

Christi simus, non nostri

We belong to Christ, not ourselves

ST COLUMBAN CATHOLIC CHURCH

A Parish of the
Archdiocese of Seattle

FIRST SUNDAY OF LENT

St. Columban Church

506 First St. S | Yelm, WA 98597

Sunday Mass: 10:30 AM

Saturday 5:00 PM

Daily Mass 9:00 AM (*Tuesday-Friday, Except First Fridays*)

Eucharistic Adoration First Fridays 6:30 PM, *resuming in May*

Confessions Saturday 3:30-4:30 PM,

Fridays in Lent 6:00 PM *until all are heard*

Anointing of the Sick By request

Baptism & Wedding Preparation

Contact the Parish Office

Parish Office Hours at St. Columban Mon.-Thurs. 9:00 AM - 2:00 PM Friday by appointment

St. Peter Mission

149 Keithahn St S | Tenino, WA 98589

Sunday Mass 8:00 AM | First Friday Mass 9:00 AM

Confessions Sunday 7:30-7:45 AM

Anointing of the Sick By request

Society of St. Vincent de Paul

Providing emergency assistance for those in need.

Help Line: 360-458-1904

February 26, 2023

1st Sunday of Lent Cycle A

Entrance Antiphon: *When he calls on me, I will answer him. I will deliver him and give him glory. I will grant him length of days.*

1st Reading: Genesis 2:7-9, 3:1-7

Responsorial Psalm: *Be merciful O Lord, for we have sinned.*

2nd Reading: Romans 5:12-19

Gospel Acclamation: *One does not live on bread alone, but on every word that comes forth from the mouth of God.*

Gospel: Matthew 4: 1-11

Offertory Antiphon: The Lord will conceal you with his pinions and under his wings you shall find hope,

Communion Antiphon: *The Lord will conceal you with his pinions and under his wings you will trust.*



www.saintcolumbanyelm.org

360-458-3031

parishoffice@saintcolumbanyelm.org

Parish Staff

360-458-3031

Fr. Brian Thompson Priest Administrator
frthompson@saintcolumbanyelm.org Ext 6

Jennifer Langham PA for Admin, Liturgy, and Music
jennifer@saintcolumbanyelm.org Ext. 1

Holly Dodd PA for Admin, Bookkeeping, & Records
holly@saintcolumbanyelm.org Ext. 4

Gabriela Makinster Elementary & Adult Faith Formation
gaby@saintcolumbanyelm.org *habla Español* Ext. 2

Chad Lucero Youth Ministry
chad@saintcolumbanyelm.org Ext. 3

Steve Slater St. Columban Maintenance
steven@saintcolumbanyelm.org

Gilberto Espino St. Peter Maintenance

St. Columban Parish Pastoral Council

Judith Cusick (Chairperson), Sheila Johnson, Jerome Didier, Joseph Judge, Dennis Stumpf

St. Peter Advisory Commission

Sherry Bachmann (Chairperson), Marilyn Ritter, Bernie Schwarz, Bob Bacon, Diane Weston
stpeteradvisory@saintcolumbanyelm.org

St. Columban Parish Finance Council

Joseph Judge (St Columban)
 Mari Evans (St Peter)

Weekly Calendar & Mass Intentions

All events are at St. Columban unless otherwise noted.

MONDAY February 27

Rosary Prayer Group 7:00PM Church

TUESDAY February 28

Mass 10:30AM *+In Memory of: Nicholas Loch RIP* Church

Choir Practice 6:00PM Church

RCIA 6:30PM RE Building

Spanish Prayer Group 6:30PM Parish Hall

WEDNESDAY March 1

Mass 9:00 AM *Int:* Church

THURSDAY March 2

Mass 9:00 AM *Int.* Church

Sunday Scripture Study 6:30 PM Sm. Hall

FRIDAY March 3

NO FIRST FRIDAY MASS

Funeral for Karen Bellrose 10:30AM St. Peter Mission

Homeschool Enrichment 10:00AM RE Building

Stations of the Cross 6:00 PM Church & St. Peter

Confessions 6:00 PM - until all are heard Church

Soup Supper 6:30 PM Parish Hall & St. Peter

SATURDAY March 4

Confessions 3:30 PM Church

Anticipatory Sunday Mass 5:00 PM *Int.: Pro Populo* Church

SUNDAY March 5

2nd Sunday of Lent Year A

Confession 7:30-7:45 AM St. Peter

Sunday Mass 8:00 AM *Int.: Pro Populo* St. Peter

Sunday Mass 10:30 AM *Int.: Pro Populo* Church

Faith Formation (Grades K-5) 9:00-10:15 AM RE Building

Youth Bible Study (Grades 6-12) 9:15-10:00 AM Small Hall

Confirmation Preparation 11:45-1:00 PM RE Building

Week of February 12, 2023

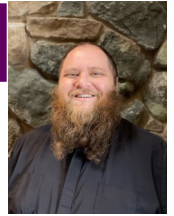
Ordinary Income	St Columban	St Peter
Weekly Goal	\$5,800.00	\$1,000.00
Collection (Cash & Envelopes)	\$3,243.00	\$370.00
Online Giving	\$1,294.33	\$15.00
Net	(\$1,262.67)	(\$615.00)
Special Funds		
St Vincent DePaul	\$169.00	\$0.00
Sacramentals (Candles, Beeswax tapers, Salt)	\$19.00	\$15.50
Flowers	\$336.79	\$30.00
Building Fund	\$26.37	\$0.00
Mass Intentions	\$55.00	\$0.00
2 nd Collection (name)	\$0.00	\$0.00



Catholic Home Missions
 USCCB Office of National Collections
 P. O. Box 96278
 Washington DC 20090-6278

Make your check or money order payable to:
 "Catholic Home Missions Appeal"

A Word from Father Thompson



Those of you who have already had an opportunity to go to confession this Lent may have noticed a very slight change in the form of Absolution (though maybe not, because the change is during the preamble I tend to say while you are making your Act of Contrition). Much like the correction of the prior, poor, translation of the Missal we benefitted from about a decade ago; and in more recent years the orders of celebrating Confirmation, Matrimony, and Baptism; as of Ash Wednesday we now have a more accurate translation of the official text for celebrating the Sacrament of Penance (incidentally, we are still anticipating the corrected translation of the Liturgy of the Hours and possibly the Lectionary in the next few years).

It's worth remembering that the official prayers of the Roman Rite are in Latin, and vernacular translations are meant to express the content of the official prayers as accurately as possible. Unfortunately, there are elements of languages that do not translate perfectly or well, hence the proverb *omnis traductor traditor* (every translator is a traitor). In the case of Penance, the old translation opted for more prosaic and simple language over the more poetic wording of the Latin original. It was not so insultingly dumbed-down as the Mass's translation used to be, but it was insufficient and is now corrected. As you can see it is really just altering two words and taking out an extraneous phrase:

*God, the Father of mercies, Through the Death and Resurrection of his Son has reconciled the world to himself And **poured out** the Holy Spirit ~~among us~~ for the forgiveness of sins; Through the ministry of the Church May God **grant** you pardon and peace.*
AND I ABSOLVE YOU FROM YOUR SINS IN THE NAME OF THE FATHER, AND OF THE SON, + AND OF THE HOLY SPIRIT.

Incidentally, the new Order of Celebrating Penance also includes a new suggested Act of Contrition. Now, the book says the penitent can use “these or similar words,” so you—unlike the priest—are free to use your own preferred version of the prayer, but nonetheless, here is the revised Act of Contrition as well:

O my God, I am sorry and repent with all my heart for all the wrong I have done and the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin. Through the merits of the passion of our Savior Jesus Christ, Lord, have mercy.

In Christ,

Remember in Your Prayers

Loving God, we join with others of your people here asking you to hold in Your hands all of our homebound brothers and sisters and those who have asked for our prayers:



The Sick and Homebound

Jessica Nash, Mary Taylor, Jeanine Kavanaugh, Vivienne Hayden, Ralph Monroe

The Deceased

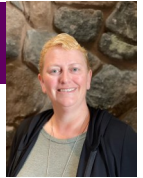
Extraordinary Intentions

- + All those in harm's way, especially those experiencing natural disasters and terrorism.
- + All the souls in purgatory, especially those who have no one to pray for them.


To add a name to this list or request a Mass Intention please contact the parish office. All submissions must have permission from the named individual or an authorized family member for privacy purposes.

St. Columban Prayer Chain: Confidential and private prayer chain. To join contact the parish office.

Parish Ministries & Events



Please contact Jennifer at the Parish Office for more information about events and to connect with our various parish groups: 360-458-3031 x1 jennifer@saintcolumbanyelm.org




Altar Society
Meets every Thursday after Daily Mass to clean the church.



Daughters of Mary
St. Columban Catholic Church Yelm, WA


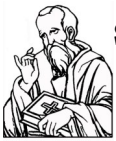
Monthly Meeting
March 10, 10:00 AM
RE Bldg.
daughtersof-mary@saintcolumbanyelm.org



Knights of Columbus
Council 17152
Next Council Meeting
March 15th
5:30 PM Church
6 PM Hall

Society of St. Vincent de Paul

Monthly Meeting
March 16th, 7:00 PM
Parish Hall

St. Peter's Circle
St. Peter

Meets Bi-monthly
Next Meeting
March 14th 9:30 AM

Prayer Groups

Rosary Prayer Group
Mondays - Church
6:00 PM

Spanish Prayer Group

Fridays of Lent



JOIN US FOR THE
STATIONS OF THE CROSS

Ladies Social
Wednesday March 15, 2023
6:00PM in the Parish Hall

Join us for a great time of fellowship with the Daughters of Mary! Meet our members, learn more about all that we do, and how you can get involved!

Bring your favorite dish to share!

All Ladies Welcome!

ST. COLUMBAN

Stations of the Cross & Confessions - 6:00PM

Soup Supper (Parish Hall) - 6:30PM

March 3 *hosted by the Altar Servers*

March 10 *hosted by Faith Formation & Youth Ministry*

March 17 *hosted by the Knights of Columbus*

March 24

March 31

ST. PETER MISSION

Stations of the Cross 6:00PM | Soup Supper 6:30PM

Daughters of Mary



Celebrate Irish heritage with
St. Patrick's Dinner
Saturday, March 11
after the 5:00 PM Mass
St. Columban Parish Hall
Tickets will be on sale after
all Masses



Knights of Columbus

Hosted by St. Columban Council 17152

Lent: Reflect and Renew

Go to archseattle.org/lent for more resources and a link to the Archbishop's video for this First week of Lent.

This Scripture-based reflection and time of prayer is intended to help you meditate on how to encounter Christ, as you journey through Lent towards Easter.

Begin with prayer: O God, who established the Holy Church upon the foundation of the Apostles with Christ Jesus himself as the chief cornerstone, grant that the people gathered in your name may revere you, love you, follow you and grow into the temple of your glory, until led by you, they come at last to the heavenly city. Through Christ our Lord. Amen.

Reading Mt 16:13-19 - When Jesus went into the region of Caesarea Philippi he asked his disciples, "Who do people say that the Son of Man is?" They replied, "Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets." | He said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my Church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the Kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven."

Reflection: How did you first encounter Christ—really encounter him? How do we encounter Christ in parish life?

Petitions: To Christ, the Son of the living God, I pray in humble trust: That during these holy days of Lent, I may meet Christ in new ways. (Add other prayer intentions here) With longing for the coming of God's kingdom, I offer up the prayer as Jesus taught us: **Our Father...**

Closing prayer: Almighty, ever-living God, pour out your grace upon the Church and upon our parish and extend the gift of your help to all who call upon you, that the power of your word and of the Sacraments may strengthen the hearts of your faithful. Through Christ our Lord. Amen.



LENTEN FASTING & ABSTINENCE FOR CATHOLICS

WHEN

Ash Wednesday & Good Friday = Fasting & Abstinence
Every Friday = Abstinence

WHO?

Catholics 14+ practice abstinence,
Catholics 18-59 practice fasting

WHAT IS FASTING?

One full meal & two smaller meals ≠ one full meal

WHAT IS ABSTINENCE?

No meat

ARCHDIOCESE OF SEATTLE

During Lent, the Marian Antiphon that is prayed is the *Ave Regina Caelorum*. The lyrics for the hymn are translated as:

Hail, O Queen of the heavens. Hail, O Lady of the angels. Hail, root of Jesse and the portal from which the world's true Light is risen. Rejoice, O glorious Virgin, O fairest of all creatures. Farewell, O most lovely one; pray for us to Christ, our Lord.

VI

A - ve Re-gí-na cae-ló-rum, * Ave Dómi-na Ange-ló-rum: Salve rá-dix, salve porta, Ex qua mundo lux est orta: Gaude Virgo glo-ri- ó-sa, Su-per o-mnes spe-ci- ó-sa: Va-le, o valde de-có-ra, Et pro no-bis Christum ex-ó-ra.

Catholic Relief Services *Rice Bowl* - A SEASON FOR SLOWING DOWN

During this sacred season, we will intentionally slow down so that we can pay closer attention to our relationship with God, our neighbors and our planet. Reflect on how the pillars of prayer, fasting and almsgiving can guide your journey for a more enriching Lenten experience. How can practicing these pillars help you to live in solidarity with our sisters and brothers around the world? Visit crsricebowl.org to learn more.



Elementary Faith Formation

Gaby Makinster 360-458-3031 x2 *habla Español* gaby@saintcolumbanyelm.org



Prayer, Fasting and Almsgiving



Prayer is how we communicate with God. During Lent, we are called to increase our prayers, to raise our hearts and minds more often to the Lord as we prepare to celebrate His Passion.

Fasting is a practice of giving up something, usually food, as a penance. Latin Catholics ages 18-59 are obligated to fast from food on Ash Wednesday and Good Friday. Oftentimes, as part of our Lenten practices, we will fast from a particular activity or treat in addition to fasting from food as a way to draw closer to God and offer a sacrifice to Him.

Almsgiving is the giving of money or goods to those in need. It is an act of fraternal charity directed towards our brothers and sisters in Christ, and a "work of justice pleasing to God"

A link to this article will be posted on our Online bulletin and on our Facebook.

Dear Lord,

Thank you that you are our Father who loves us with a deep and tender love. As we walk with Jesus during these 40 days of Lent, Please fill us with your Holy Spirit. Help us remember how much you love us. Help us to pray a little more, to be kind and generous to others, and to offer up little sacrifices for others. In Jesus' name.

Amen

Tuition is now Due

Tuition is used for the purchase of the curriculum books used in class along with other catechetical items. **Please call me if you are in need of a scholarship.**

Faith Formation: Grades K-12

All K-5 classes meet before Mass from 9AM-10:15AM on Sundays.

Mar 5	Class
March 12	No Class (Daylight Saving time)
March 19	Class
March 26	Class

Act of Contrition

O My God, I am sorry and repent with all my heart for all the wrong I have done and the good I have failed to do, Because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasion of sin. Through the merits of the passion of our Savior Jesus Christ, Lord, have mercy.

RCIA & Adult Faith Formation



The next class is Tuesday February 21 at 6:30pm in the Religious Education Building.

The topic is: Sacraments of Healing

Understand both the church's teaching about the Sacrament of Penance and Sacrament of Anointing of the sick as well as the ceremony of words and action when one should celebrate these two sacraments of healing.

What the Catholic Church Teaches

1444 In imparting to his apostles his own power to forgive sins the Lord also gives them the authority to reconcile sinners with the Church. This ecclesial dimension of their task is expressed most notably in Christ's solemn words to Simon Peter: "I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." 45 "The office of binding and loosing which was given to Peter was also assigned to the college of the apostles united to its head." 46

1445 The words bind and loose mean: whomever you exclude from your communion, will be excluded from communion with God; whomever you receive anew into your communion, God will welcome back into his. Reconciliation with the Church is inseparable from reconciliation with God.

The sacrament of forgiveness

Catechism of the Catholic Church, paragraphs 1444 & 1445

Youth Ministry & Confirmation



POC: Chad Lucero
chad@saintcolumbanyelm.org

IGNITE YOUR TORCH

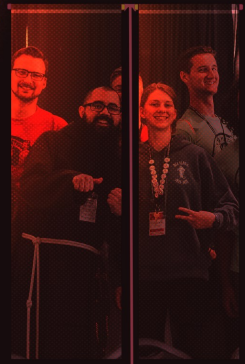
N O R T H W E S T

A CATHOLIC YOUTH CONFERENCE LIKE NO OTHER



MARK 16-15

P R O C L A I M



REGISTER ONLINE AT:
WWW.IGNITENW.ORG
Deadline is Wednesday, May 31

QUESTIONS? CONTACT US AT:
info@ignitenw.org | 360.535.3999

JULY 6-9, 2023

UNIVERSITY OF PORTLAND

CONFIRMATION



Second Year Confirmation update

Our Confirmation Date is set! Friday, April 28 at 6:30pm.

Second Year Confirmation Candidates: You will need to complete missed classes at home. Due by April 16. Next Sunday classes will discuss the tradition of taking a Saint Name for Confirmation and what happens at the Confirmation Mass. Classes after the Confirmation Mass will cover mystagogy.

Rehearsal for Confirmation Mass is scheduled for April 23, after the 10:30am Mass. Sponsors or a stand-in are required to attend.

SCRIPTURE + STUDY

Youth Sunday Scripture Study meets 9:15-10AM in the Youth Space. Grades 6-12.

Bible Tidbit: There are 73 books in the Bible; 46 in the Old Testament and 27 in the New Testament.

Catholic Media Recommendations for Everyone



Our parish pays for a subscription to [FORMED.org](https://www.formed.org), a streaming service from the Augustine Institute and Ignatius press. Go to [formed.org/signup](https://www.formed.org/signup) and enter our parish name to redeem your FREE membership.



Session 1: Jesus: Model and Master of Prayer

In this episode of his course on the Our Father, Dr. Ben Akers teaches us what we can learn from the perfect model and master of prayer: Jesus himself.



STRENGTHENING THE CHURCH AT HOME



Home mission dioceses across the country face similar challenges: small Catholic populations, great distances between parishes, and economic hardships that make it difficult for parishes to meet the pastoral needs of their communities. In northern Alabama's Diocese of Birmingham, for instance, one parish is the only Catholic church in its county. Another parish affected by high unemployment and underemployment lacks resources to pay for youth ministry and parish activities. Despite these economic challenges, the diocese is committed to forming disciples in the parishes and providing quality education to poor and minority students.

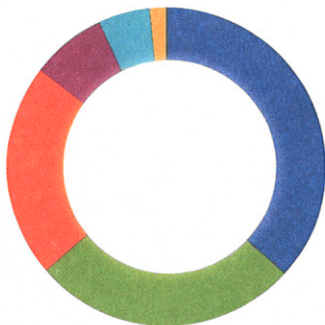
Support from Catholic Home Missions makes the day-to-day ministries of these parishes possible through grants to the diocese for parish operations, training of parish catechetical leaders, youth ministry support, and one-on-one attention to help struggling Catholic school pupils succeed in their education. When you support the Catholic Home Missions Appeal, your contribution helps dioceses like Birmingham keep their parishes open and available to meet the pastoral needs of their communities.

For more information about the Catholic home missions, visit www.usccb.org/home-missions.

What Is a Home Mission Diocese?

Home mission dioceses are those Catholic dioceses in the United States, its territories, and former territories that cannot provide basic pastoral services without outside help. Basic pastoral services include Mass, the sacraments, religious education, and ministry training for priests, deacons, religious sisters, and laypeople. Nearly 40% of dioceses in the United States and its territories are considered home missions.

CHMA FINANCIALS 2021

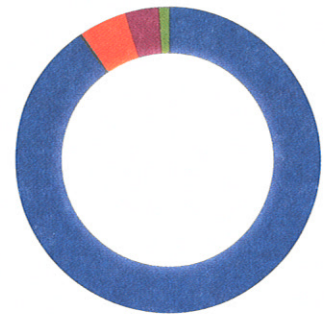


Totals by Program Area

• Diocesan and Parish Assistance	\$3,410,000
• Faith Formation	\$2,505,000
• Priestly and Religious Vocations	\$2,017,500
• Cultural Ministries*	\$715,000
• Strengthening Marriage and Family Life	\$485,000
• Life and Dignity of the Human Person†	\$150,000

Total: \$9,282,500

*including Hispanic and other ethnic and cultural ministries
†including prison ministries and ministries for persons with disabilities



• Grants and Donations	\$8,084,200
• Program Costs	\$432,593
• Promotions and Fundraising Expenses	\$336,841
• Administrative Expenses	\$81,035

Total Expenses: \$8,934,669



CATHOLIC HOME MISSIONS APPEAL

OFFICE OF NATIONAL COLLECTIONS

3211 FOURTH STREET NE • WASHINGTON, DC 20017-1194

202-541-3400 • FAX 202-541-3460 • WWW.USCCB.ORG/NATIONALCOLLECTIONS



FORTALECIENDO LA IGLESIA AQUÍ



Las diócesis misioneras en nuestro país enfrentan desafíos similares: poblaciones con un pequeño número de católicos, grandes distancias entre parroquias y dificultades económicas que no les permiten a estas diócesis responder a las necesidades pastorales de sus respectivas comunidades. Por ejemplo, en la zona norte de Alabama, en la Diócesis de Birmingham, una parroquia es la única iglesia católica en el condado. Otra parroquia, afectada por mucho desempleo y subempleo, carece de recursos para pagar la pastoral juvenil y las actividades parroquiales. A pesar de estos desafíos económicos, la diócesis se ha comprometido a formar discípulos en las parroquias y proporcionar una educación de calidad a los estudiantes pobres y los de minorías.

El apoyo de las Misiones Católicas hace posible que estas parroquias puedan

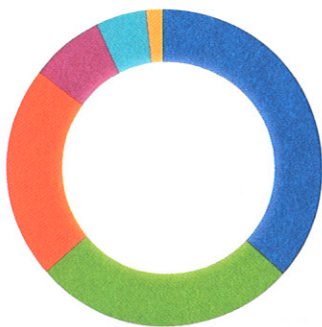
enfrentar los ministerios cotidianos mediante subvenciones a la diócesis para el funcionamiento de la parroquia, la capacitación de líderes catequéticos de la parroquia, apoyo a la pastoral juvenil y, para que puedan obtener una educación exitosa, una atención personalizada a aquellos alumnos de la escuela católica que luchan por salir adelante. Cuando ustedes apoyan el Llamado para las Misiones Católicas, sus contribuciones ayudan a diócesis como la de Birmingham a mantener sus parroquias abiertas y disponibles para responder a las necesidades pastorales de sus comunidades.

Para más información acerca de las misiones católicas, visite www.usccb.org/home-missions.

¿Qué es una Diócesis Misionera?

Las diócesis misioneras son aquellas diócesis en los Estados Unidos, sus territorios y antiguos territorios, que no pueden proporcionar los servicios pastorales básicos sin recibir una ayuda externa. Los servicios pastorales básicos incluyen la Misa, los sacramentos, la educación religiosa y la capacitación en el ministerio para sacerdotes, diáconos, religiosas y personas laicas. Casi el 40% de las diócesis en los Estados Unidos y sus territorios, es considerado territorio de diócesis misioneras.

DATOS FINANCIEROS DE CHMA 2021

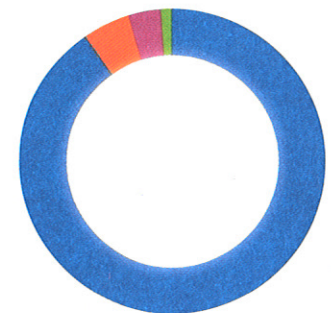


Totales por área de programa

- Asistencia a diócesis y parroquias \$3,410,000
- Formación en la fe \$2,505,000
- Vocaciones al sacerdocio y a la vida religiosa \$2,017,500
- Ministerios culturales* \$715,000
- Fortaleciendo el matrimonio y la vida familiar \$485,000
- La vida y la dignidad de la persona humana† \$150,000

Total: \$9,282,500

*incluyendo al ministerio hispano y a otros ministerios étnicos y culturales
†incluyendo a los ministerios en prisiones y ministerios para personas con discapacidades



- Subvenciones y donaciones \$8,084,200
- Costos del programa \$432,593
- Gastos de promoción y recaudación de fondos \$336,841
- Gastos administrativos \$81,035

Total de gastos: \$8,934,669



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Make Space for God

February 26, 2023

1st Sunday in Lent

ARCHDIOCESE OF SEATTLE

At Home with Faith

Lent is a time to remember that we need Jesus, God's saving word.

Our first step is to Make Space for God, removing the things that distract us from him.



Photo: Adobe Stock

When Adam and Eve committed the “original sin” in the Garden of Eden, they chose something that was not good for them from the Tree of Knowledge of Good and Evil over something much better from God’s Tree of Life.

We face a similar temptation. We live in a world filled with distractions. Some of them bad, others mostly harmless. None of them are as good as what God intends for us.

The first step in a good Lent is making space for God by setting aside distractions. The next step is to let God’s Word enter into that space. Use the Make Space for God *Lenten Tabletop Conversation Guide* to welcome God’s Word to your dinner table.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Genesis 2:7-9, 3:1-7

The Fall in the Garden of Eden.

Psalms 51

Be merciful, O Lord, for we have sinned.

Romans 5:12-19

Christ repairs the sin of Adam.

Matthew 4:1-11

Jesus overcomes the temptation in the desert.

At Home with Faith

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Tell your children how Lent is a time to clear away distractions so as to let God's Word enter our lives. Then, print out this *Tabletop Conversation Guide* for your family, fold it in three so it can stand upright on your table. You might need to tape it together so it stands properly.

Tell your children that it is a reminder that our family dinner table is a sacred place to grow closer to God and each other. Let them know that, this Lent, we will set aside distractions like mobile phones and other screens, keeping them away from the table when we are there for dinner.

Then, each Sunday night, use the tabletop discussion guide to prompt prayer and to facilitate a family discussion. This creates an opportunity for God to enter into our lives this Lent.

Visit us online for more prayer resources and weekly Lenten reflections:

<https://archseattle.org/lent/>



Download the special *Tabletop Conversation Guide* for the dinner table to help your family make space for God this Lent.

At Home with Faith | Lenten Tabletop Conversation Guide

<https://athomewithfaith.org/>

Check out this one-minute video – very appropriate for children – that describes the meaning of Ash Wednesday and Lent:

Ash Wednesday and Lent in 60 seconds - with LEGO!

<https://youtu.be/beWSVFNPw0s>

Reflect on the meaning of Ash Wednesday and the way we look forward to Palm Sunday and Easter.

Why the Ashes? The Meaning of Ash Wednesday

<https://catholic-link.org/images/infographic-the-meaning-of-ash-wednesday/>

For more resources, visit us online at:

<https://www.athomewithfaith.org>



SUNDAY, FEBRUARY 26, 2023

1ST SUNDAY OF LENT



Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." - Mt 4:8-9

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)

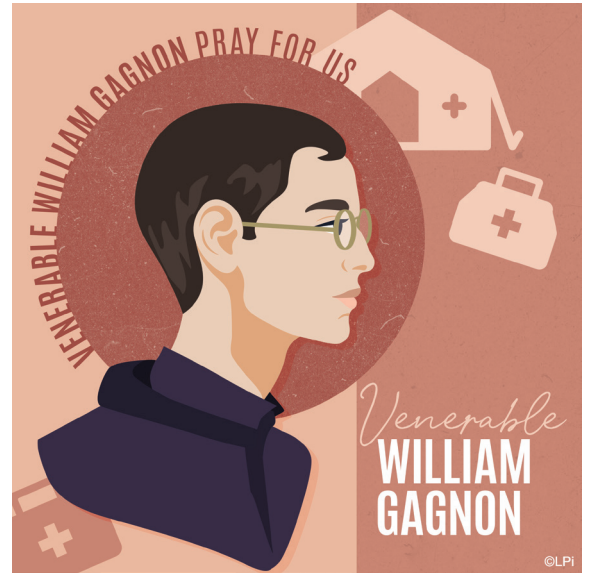
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Live The Liturgy Inspiration of the Week

We worship a God who understands human limitation. A God who has felt the pangs of fasting and the enticements of the tempter. Our God, hungry and tired and weakened, has stared into the face of the devil and said: "I am stronger than you."

Observances for the week of February 26, 2023

- Sunday:** 1st Sunday of Lent
Monday: St. Gregory of Narek, Abbot and Doctor of the Church
Friday: St. Katharine Drexel, Virgin
Saturday: St. Casimir
Next Sunday: 2nd Sunday of Lent



Saint of the week

Venerable Brother William Gagnon cared for every victim of war who entered his hospital regardless of military affiliation. A missionary to Vietnam between 1952 and 1972, he is remembered as a true servant leader who loved Jesus and his fellow man.

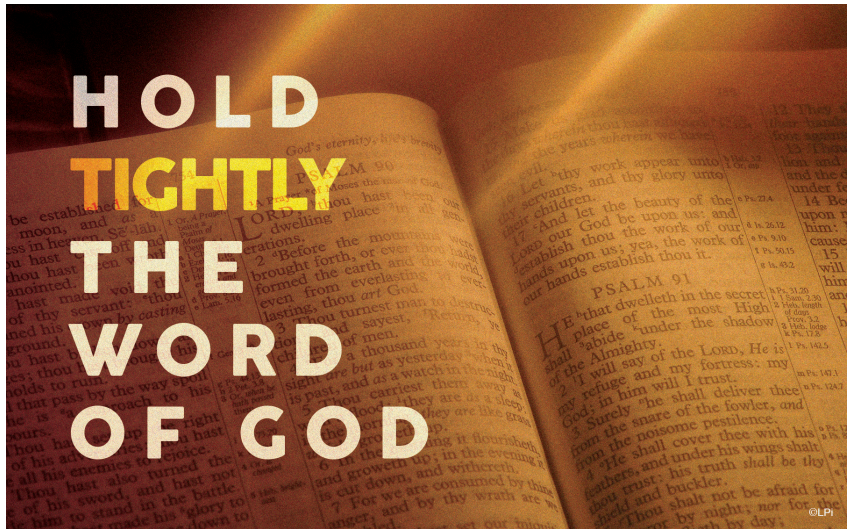
Prayer

Prayer for Venerable Brother William Gagnon's intercession

Lord, Jesus, your mercy inspired the Venerable William Gagnon, O.H., to live hospitality with the ill, the refugees and the poor. Grant that we may always minister to all suffering people with charity, as did this son of St. John of God. Lord, hear the prayer that we address to you [personal intention] by the intercession of the Venerable William Gagnon, in order that we may be affirmed in our faith and that your glory and the joy of the Church be proclaimed.
Amen.

Readings for the week of February 26, 2023

- Sunday:** Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17 (see 3a)/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11
- Monday:** Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46
- Tuesday:** Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15
- Wednesday:** Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32
- Thursday:** Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12
- Friday:** Ez 18:21-28/Ps 130:1-2, 3-4, 507a, 7bc-8/Mt 5:20-26
- Saturday:** Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48
- Next Sunday:** Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22 (22)/2 Tm 1:8b-10/Mt 17:1-9



Gospel Meditation

Encourage Deeper Understanding of Scripture

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: **“He fasted for forty days and forty nights, and afterwards he was hungry.”** Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word “fast” means to “hold firmly.” We still use it that way when we say, “I held fast to my original decision.” We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. **“Man does not live by bread alone,”** he says, **“But by every word that comes forth from the mouth of God.”** Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

— *Father John Muir*



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(PRACTICING) CATHOLIC

Formed and Fallen

There is a version of myself that walks into church on Ash Wednesday and a version of myself that walks into church on Good Friday. Aside from having the same face, these women bear very little resemblance to one another.

Ash Wednesday Me is fired up. She's ready to go. She's got a stomach full of *paczki*, a forehead full of ashes, an oven full of fasting bread and a whole list of Lenten resolutions. She's got a plan for the next 40 days and she's ready to be transformed.

Good Friday Me is tired. She's lumbering into church dragging six weeks of failure and unfulfilled expectations behind her. Nothing went the way it was supposed to (again). She didn't accomplish what she wanted (again) and she doesn't want to dwell on it (again).

If Satan offered both versions of myself the same deal he offered Christ — submit to me, and you will have the whole world — I have to wonder: which one of these creatures, formed and fallen, would be strong enough to defy him? Would either?

I can't say that the chipper, optimistic woman on Ash Wednesday has more strength than the tired woman on Good Friday. To each of these women Satan offers an easy way out. But to each, too, Christ offers an abundance of grace and the gift of justification.

This Lent, I know that I will be tested. I know that I will fail in many ways. I know that my intentions and my best efforts will not be enough.

But I bring them to the altar anyway, and I leave them there as an offering. And I know that Easter morning will dawn, and the tomb will be empty.

*"The gift is not like the transgression."
— Romans 5:15*

Colleen Jurkiewicz Dorman

Why do we do that? Catholic Life Explained

Question:

Can you recommend some good books for Lenten spiritual reading?

Answer:

On more than one occasion, a coach being interviewed about his team--successful or not--will be asked about the next step. The inevitable response includes something about getting back to basics. Reviewing the fundamentals of the sport strengthens performance and builds confidence.

The best Lenten reading takes us back to the fundamentals. If Lent is the time for the Church to be on retreat, then we should focus on the texts that help us deepen our understanding of our faith. Spend time reading one of the Gospels and use a Scripture commentary to learn all you can about the passion of Jesus. Read about the lives of the saints, especially your patron saint and that of your parish. Perhaps there is some local candidate for sainthood, like Father Walter Cizek, SJ, who wrote several faith-inspiring books. Finally, you can use the Catechism of the Catholic Church to learn more about the church's teachings and beliefs. The sections on prayer and the Mass are really great reflections. Focusing on the basics really helps us take another step forward in our faith. We have not only a better understanding of what we believe and practice, but also why we believe. With that belief comes the confidence we need to be better, more faithful witnesses to Christ.

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, “All these I shall give to you, if you will prostrate yourself and worship me.” At this, Jesus said to him, “Get away, Satan!”

-Mt. 4:8-10a

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Questions of the Week

Invite Parishioners to Reflect and Respond to Scripture

First Reading

Genesis teaches us that humanity’s first sin against God was that of disobedience — they listened to the voice of the snake (the devil) rather than God’s voice. What are some ways we can avoid the sin of disobedience in this first week of Lent?

Second Reading

Paul teaches us that through Jesus’ obedience to his Father (as opposed to Adam’s “transgression”), believers receive the gift of God’s grace and “acquittal” from condemnation. How can we all be more mindful of this divine reversal of fortunes during Lent?

Gospel Reading

Each year the Gospel reading for the season of Lent begins with the story of Jesus’ temptation in the desert by the devil. What temptations are you willing to confront during the forty days of Lent?



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THE GREAT

“ VIRTUE IS NOTHING WITHOUT THE TRIAL OF TEMPTATION, FOR THERE IS NO CONFLICT WITHOUT AN ENEMY, NO VICTORY WITHOUT STRIFE. ”

- ST. LEO THE GREAT

BE
MERCIFUL,
LORD,
FOR
WE HAVE
SINNED.

PSALM 51



©LPI

The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.” He said in reply, “It is written:

*One does not live on bread alone,
but on every word that comes forth from the mouth of God.”*

- Mt 4:3-4

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Prayer

Dear God, thank you for sending Jesus to save me from the devil's tricks.

Mission for the Week

One really good way to fight the devil's tricks is to pray often. Pray in the morning, at noon, and at night.

Sharing the Gospel

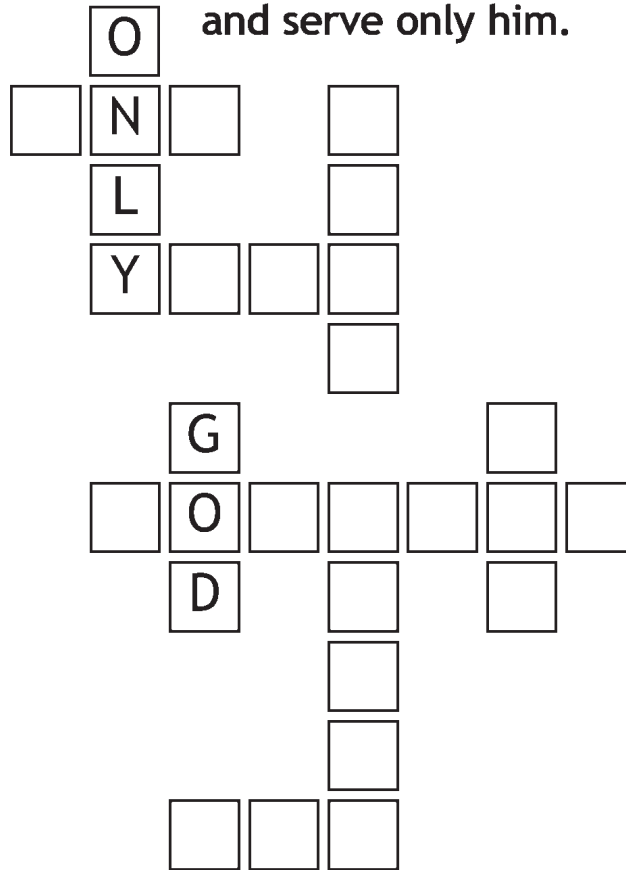
After Jesus' baptism, Jesus went 40 days without eating. Imagine how weak, hungry, tired and cranky you could be if you went that long without eating. That was the moment the devil chose to try to trick Jesus into using God's power selfishly. But Jesus was still strong. Jesus had been praying those 40 days, getting ready to save you and the whole world from the devil's tricks. Jesus would never give in to his enemy.

Now color the picture!



Fit this Gospel message into the empty squares:

**Worship the Lord your God
and serve only him.**





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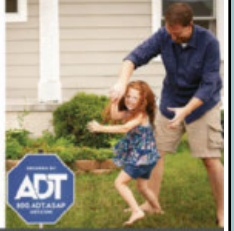
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