



Sts Peter & Paul
Catholic Church
Office Hours:
9:00 AM-12:00 PM
1:00 PM-5:00 PM
M-F
P.O. Box 503
Dumas, TX 79029
Office: 806-935-5002
Fax: 844-881-8577

Fr. Luis Rene Lopez, Pastor
Deacon Ricky DeLaRosa

Office Staff:
Carol Valdez
Veronica Rodriguez

Custodian/Janitor:
Ufemia Espinoza
Arturo Lopez



Finally, all of you, be of one
mind, sympathetic, loving
toward one another,
compassionate, humble.

Tengan todo unos mismos
sentimientos, sean compasivos,
ámense como hermanos, sean
misericordiosos y humildes.
1 Peter 3:8

And let the peace of Christ
control your hearts, the peace
into which you were also called
in one body. And be thankful.

Que la paz de Cristo reine en
sus corazones: esa paz a la que
han sido llamados, porque
formamos un solo Cuerpo
1 Col 3:15



FOURTH SUNDAY OF LENT

March 10, 2024



Candidates &
Catechumen from Sts
Peter and Paul with their
sponsors & catechist.



STS PETER & PAUL CATHOLIC CHURCH
Parroquia Católica de San Pedro y San Pablo
www.sppdumas.org

Email: stspeterandpaul@hotmail.com

Facebook:

Sts Peter and Paul Catholic Church Dumas, Texas
Saints Peter and Paul Pastoral Center
915 South Maddox

Ministry Assignments

DAYS	TIME	EMC	LECTOR	LECTOR	ALTAR SERVERS
Saturday Mar 16	6:00 PM Bilingual	Deacon Ricky, Jose Fuentes, Beatriz Fuentes	Kelly Melies	Beatriz Fuentes	Lucas/Clare
Sunday Mar 17	8:00 AM English	Deacon Ricky, Carol Nevarez, Miguel Nevarez, Galy Huggenburger, Miranda Huggenburger	Miguel Nevarez	Carol Nevarez	Easton/Samuel
	11:00 AM Spanish	Silvia Garcia, Susana Arenivar, Rosi Garcia, Martha Sandoval	Monica Gomez	Norma Muñoz	Victoria/Yaretzi
	12:30 PM Spanish	Rosita Huerta, Yolanda Sanchez, Amanda Garcia, Martina Ramos	Moni Hernandez	Martha Chacon	Alonzo/Isaac

Mass Intentions

Day	TIME	MASS INTENTIONS	REQUESTED BY:
Wednesday Mar 13	6:00 PM	No Mass	
Thursday Mar 14	7:00 AM	No Mass	
Thursday Mar 14	6:00 PM	No Misa	
Friday Mar 15	9:00 AM	Our Parish	
Saturday Mar 16	6:00 PM	+ Demetrio Gauna	Carol Valdez
Sunday Mar 17	8:00 AM	For All Food Pantry Volunteers	
	11:00 AM	+ Eustacio Barraza & + Roberto Barraza	Esperanza Barraza
		+ Juan Macias & + Edgar Macias	Familia Lucero
		+ Serapio Gonzalez & + Jose Victor Gonzalez	Familia Mendoza
	12:30 PM	+ Lorenzo & +Jesus Gutierrez	Familia Gutierrez
		+ Aurora Gonzalez & + Minerva Sanchez	Familia Sanchez
		+ Humberto Tarango	Oralia Tarango
		+ Sergio Balderas & Almas del Purgatorio	Familia Chacon
		+ Jose Luis Nava & + Juana Paredes	Familia Nava
		+Daniel & +Rogelio Cortez	Familia Nava
		+Jose Aguero & Accion de Gracias a San Jose	Familia Nava

READINGS FOR THE WEEK

Sunday: 2 Chr 36:14-16, 19-23/Ps 137:1-2, 3, 4-5, 6 (6ab)/Eph 2:4-10/Jn 3:14-21
 Scrutiny: 1 Sm 16:1b, 6-7, 10-13a/Ps 23:1-3a, 3b-4, 5, 6 (1)/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38
 Monday: Is 65:17-21/Ps 30:2 and 4, 5-6, 11-12a and 13b/Jn 4:43-54
 Tuesday: Ez 47:1-9, 12/Ps 46:2-3, 5-6, 8-9/Jn 5:1-16
 Wednesday: Is 49:8-15/Ps 145:8-9, 13cd-14, 17-18/Jn 5:17-30
 Thursday: Ex 32:7-14/Ps 106:19-20, 21-22, 23/Jn 5:31-47
 Friday: Wis 2:1a, 12-22/Ps 34:17-18, 19-20, 21 and 23/Jn 7:1-2, 10, 25-30
 Saturday: Jer 11:18-20/Ps 7:2-3, 9bc-10, 11-12/Jn 7:40-53

LECTURAS DE LA SEMANA

Domingo: 2 Chr 36, 14-16. 19-23/Sal 136, 1-2. 3. 4-5. 6 (6)/Ef 2, 4-10/Jn 3, 14-21
 Escrutinio: 1 Sm 16, 1. 6-7. 10-13/Sal 22, 1-3. 3-4. 5. 6 (1)/Ef 5, 8-14/Jn 9, 1-41 o 9, 1. 6-9. 13-17. 34-38
 Lunes: Is 65, 17-21/Sal 29, 2 y 4. 5-6. 11-12 y 13/Jn 4, 43-54
 Martes: Ez 47, 1-9. 12/Sal 45, 2-3. 5-6. 8-9/Jn 5, 1-3. 5-16
 Miércoles: Is 49, 8-15/Sal 144, 8-9. 13-14. 17-18/Jn 5, 17-30
 Jueves: Ex 32, 7-14/Sal 105, 19-20. 21-22. 23/Jn 5, 31-47
 Viernes: Sab 2, 1. 12-22/Sal 33, 17-18. 19-20. 21 y 23/Jn 7, 1-2. 10. 25-30
 Sábado: Jr 11, 18-20/Sal 7, 2-3. 9-10. 11-12/Jn 7, 40-53

SAINTS AND SPECIAL OBSERVANCES

Sunday: 4th Sunday of Lent, Daylight Saving Time begins
 Monday:
 Tuesday:
 Wednesday:
 Thursday:
 Friday:
 Saturday:

LOS SANTOS Y OTRAS CELEBRACIONES

Domingo: 4º Domingo de Cuaresma, Inicio del horario de verano
 Lunes:
 Martes:
 Miércoles:
 Jueves:
 Viernes:
 Sábado:

COMMUNION TO THE SICK AND HOMEBOUND: Mark & Lisa

Hatley, Deacon Ricky DeLaRosa

COMUNION A ENFERMOS: Esperanza Barraza

FINANCE COUNCIL/CONSEJO DE FINANZAS: Joe Rahija...806-934-2485

PASTORAL COUNCIL/CONSEJO PASTORAL: Chris Gerber

DIRECTOR OF RELIGIOUS EDUCATION:

Ofelia Garbalena...806-570-9656

RCIA: Lisa Hatley...806-930-8737

ALTAR SERVERS/SERVIDORES DEL ALTAR: Deacon Ricky

DeLaRosa...806-922-6020

LECTORS/COMMUNION MINISTERS: Lisa Hatley English...806-930-

8737 Martha Sandoval Español...806-717-3403

ADULT CONFIRMATION: Deacon Ricky DeLaRosa 806-922-6020

EMAIL PRAYER CHAIN: reznikgrace11@gmail.com

FUNERAL MEALS: Sandra Garcia

YOUTH GROUP: Sue Stout/Dorothy Schwertner/Leticia

Borunda/Yessenia Longoria

MARRIAGE PREP/CHOICE WINE: Miguel & Carol Nevarez

...806-236-0555

PREPARACIÓN MATRIMONIAL: Juan & Daisy Villa..806-922-8911

MARIA SERVIDORA: Sandra y Gilberto Alcantar, **YOUNG**

COUPLES GROUP: Valerie Jasso806-674-6626

GRUPO DE ORACION: Sister Mariana

THANKSGIVING DINNER: Chris & Kelly Gerber

KNIGHTS OF COLUMBUS: Miguel Nevarez

WOMENS BIBLE STUDY: Lisa Hatley

THAT MAN IS YOU: Chris Gerber

Knights of Columbus Council 5061
2022-2023 Officers

GRAND KNIGHT.....MIGUEL NEVAREZ

DEPUTY GRAND KNIGHT...JESUS ARANDA

CHAPLAIN.....FR LUIS RENE LOPEZ

CHANCELLOR.....JUAN VILLA

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ADVOCATECHRIS JASSO

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INSIDE GUARD.....GILBERTO ALCANTAR

OUTSIDE GUARD.....JESUS VILLA

TRUSTEE 1 YEAR.....RUDY PEÑA

TRUSTEE 2 YEAR.....CARLOS LOPEZ

TRUSTEE 3 YEAR.....ARNIE STORK

If you have any questions regarding the Knights

of Columbus, please ask any Knight.

Ministry Meetings

Sunday: RCIA, 6:30-8:00 PM

Monday: Parish Council, 6:45PM (The Tuesday before Finance Council Meeting)
Parish Office; Opening Your Heart (Women's Bible Study) 1st & 3rd Monday at 6:30 PM; Young Couples meet from 6:30-8:00 PM

Tuesday: Rosary, 5:00PM English

Thursday: Finance Council, Second Thursday 6:45 PM Parish Office, Knights of Columbus, 7:00 PM (The Third Thursday of the month)

Monday-Friday: Morning Prayer (Liturgy of the Hours) 7:00 AM

Saturday: That Man is You, 6:00 AM

Finance Council Members: Joe Rahija Becky Gomez Arnie Stork

Parish Council Members: Chris Gerber Lisa Hatley Valerie Jasso
Gilberto Alcantar Carlos Lopez Elizabeth Noggler

BAPTISM Parents must come to the parish office for information

MARRIAGE Couples must contact the priest at least 6 months before the proposed wedding date.

FUNERAL In the event of a death, please contact the parish office or priest, as soon as possible.

QUINCEAÑERA Parents must contact the parish office 6 months prior to the desired date.

Schedule of Masses/Horario de Misas

Daily Mass/Misa de la Semana:

Wednesday English: 6:00 PM at Church

Thursday English: 7:30 AM followed by Exposition in the chapel at 2:00 pm

Jueves español: 6:00 PM en la capilla

Friday English: 9:00 AM in the chapel

Weekend Masses/Misa de fin de Semana:

Saturday/sabado

Bilingual/bilingüe 6:00 PM

Sunday/domingo

English/Inglés 8:00 AM

Sunday/domingo

Spanish/Español 11:00 AM & 12:30 PM

Confessions are at 4:30 PM on Saturday in the Church

Adoration: Thursday/jueves, 2:00 PM-6:00 PM in the chapel

September-May/septiembre-mayo

FAITH FORMATION: Our Faith Formation classes are held from the first Sunday after Dumas schools start until the end of April.

These classes are for our students in Kindergarten to 8th grade who have attended the prior years of Faith Formation and received their sacraments on time. Your student must be registered for these classes.

SACRAMENTAL PREPARATION: Our Sacramental Preparation classes are held from the first Sunday after Dumas schools start until the end of April or middle of May. These classes are for students in Kindergarten to 11th grade who have not regularly attended Faith Formation classes and are behind on sacrament reception. Your student must be registered for these classes.

YOUTH GROUP: Our Youth Group is open to students in 9th – 12th grades and meets on Wednesday from August to May. All students in our Youth Group must have already received the sacraments of First Communion and Confirmation. Your student must be registered for our Youth Group

ADULT CONFIRMATION: These classes are offered once a year in February or March and are for adults in our parish who have been baptized and received First Communion but somehow missed receiving the sacrament of Confirmation but have been attending Mass and are active Catholics.

RCIA: These classes are for anyone wishing to know more about the Catholic faith and are open to both Catholics and non-Catholics. If you were baptized Catholic but just haven't been actively involved come and join us, if you aren't Catholic, but would like to know more about the Catholic faith, come and join us!! Next session will begin in September. Contact Lisa Hatley for more information: 806-930-8737



Prayer Line/Linea de oración (Please remember all of these in your daily prayers) Efinita Garcia, Larry Garcia, Irma Madrid, Margie Clements, Amber Ruiz, Roger Schilling, Diego Serrano, Fr. Dale Allder, John Rahija, Teresa Wisdom, Norma Schwertner, Rosa & Geronimo Rivera, Socorro Rodriguez, Humberto Avila Jr., Esperanza Barraza, Jimmy Carrasco, Joanna Ovalle, Elizabeth Ragon, Michael Weskamp, Manuel Baeza, Gilberto Montiel, Manuel Velasco, Denisia Garcia, Manuel Salmon, Martin Gallegos, Linda Hubbs, Andrea Espinoza, Lyndsey Burnett, Bernice Schwertner, Margie Monroe, Phil Cervantes, Luis Raul Arpero, Victor Peña, David Cross, Jerry Pflug, Cecilia Salinas, Fidel Lopez, Carlos Amaya, Zayvian Baeza, Paul Vasquez, Ivonne Garcia, Laura Fuentes, Julia DelBosque, Raul Arballo, Robin Quiroz, Gregorio Santos, Simona Reyes, Karen Monroe, Dolita Simmons, Hector Delbosque, Bo Roscoe, Larry Reilman, Michael Castillo, Nataly Sosa, Christopher DelaRosa, Hugo Martinez

(We have removed some names due to them being on the prayer line for an extended period. Please call the office if you would like to re-add or add someone.)

If you would like someone's name on the prayer line please call the office. Names will be removed after 3 months unless you call and ask them to remain.

Names that are given us will not appear in the bulletin until 10-14 days after we receive them. Please call if someone needs to be removed from the list.

!! HAPPY BIRTHDAY !!!!!FELIZ CUMPLEAÑOS!!

Mar 11: Mabel Contreras, Enrique Medrano, Maia Mendoza, Grace Reznik

Mar 12: Kenna Rivera

Mar 13: Rodrigo Coronel, Aidan Hill, Raul Maldonado

Mar 14: Azucena Carrillo, Patricia Marquez

Mar 15: Samuel Cano, Jesus Gaytan, Matteo Mendoza, Yanetti Rivera

Mar 16: Liza Aranda, Cesar Humberto Mendoza, Diana Mendoza, Agueda Rivero, Romilda Garcia

Mar 17: Ricardo DelaRosa



General Collection: \$10,525.00

Building Fund: \$4,798.15

Children's Collection: \$460.00



Building Debt: \$741,511.08

UCA Quota: \$44,835.00

UCA Paid: \$33,237.63



Can We Chew Gum at Mass?

Question:

Does chewing gum break the fast before Communion?

Answer:

If you look in Canon Law or in the Catechism, there is no mention of chewing gum. I guess it does not rate the attention of the universal church! The Church requires us to fast for one hour before we receive the Eucharist. Basically, we are to refrain from food and drink, not including water or medicine. There are also exceptions for people who are ill. Overall, the fast is intended for us to prepare ourselves to receive the Eucharist and in some small way to literally as well as spiritually hunger for what we are about to receive. Chewing gum, while not really food, does at least break the spirit of the fast. Besides that, it is a distraction and rude. What do you do with the gum when it is time to receive Communion? People have actually come to the altar chewing away, oblivious to what they were doing or Who they were receiving. At best, it is distracting and irreverent. At worst, it adds a barrier to giving our best to receiving God's best.

¿Podemos mascar chicle en misa?

Pregunta:

¿Masticar chicle rompe el ayuno antes de la Comunión?

Respuesta:

Si nos fijamos en el Derecho Canónico o en el Catecismo, no se menciona el chicle. ¡Supongo que no merece la atención de la iglesia universal! La Iglesia exige que ayunemos durante una hora antes de recibir la Eucaristía. Básicamente, debemos abstenernos de comer y beber, sin incluir agua ni medicamentos. También hay excepciones para las personas enfermas. En general, el ayuno tiene como objetivo prepararnos para recibir la Eucaristía y, de alguna manera, tener hambre literal y espiritual de lo que estamos a punto de recibir. Masticar chicle, aunque no es realmente un alimento, al menos rompe el espíritu del ayuno. Además de eso, es una distracción y una mala educación. ¿Qué haces con el chicle cuando llega el momento de recibir la Comunión? De hecho, la gente ha llegado al altar masticando, ajenos a lo que estaban haciendo o a quién estaban recibiendo. En el mejor de los casos, distrae y es irreverente. En el peor de los casos, añade una barrera para dar lo mejor de nosotros y recibir lo mejor de Dios.

ATTENTION CONFIRMATION STUDENTS AND PARENTS

There will be a meeting for students receiving Confirmation in May, on Wednesday, March 20th @ 7:00 pm

ATENCIÓN CONFIRMACIÓN ESTUDIANTES Y PADRES

Habrá una reunión para los estudiantes que recibirán la Confirmación en mayo, el miércoles 20 de marzo a las 7:00pm

**Stations of the Cross/ Via Crucis
Fridays/Viernes 6:00 PM**

Lectors:

Mar. 15 Jose Fuentes Norma Muñoz
Mar. 22 Kelly Gerber Ana L. Cabrera

Please join us for our bilingual Stations of the Cross. Let us take these 40 days to grow in our relationship with Jesus, to try and grasp as best we can, the love that was shown to mankind through the suffering and death of our Savior, Jesus Christ.

Lenten Meals:

Mar 15 Yolanda, Liliana and Sandra
Mar 22 Parish Council and the Church office staff



Faith Formation Important Dates

March:

3/10 No CCD Spring Break
3/13 No CCD Spring Break
3/17 No CCD Spring Break
3/27 No CCD Holy Week
3/31 No CCD Easter Sunday

April:

4/27 Confirmation Mandatory Retreat
4/28 Last day of CCD for Sunday
4/30 1st Communion Rehearsal 5:00pm

May:

5/1 Confessions for 2nd grade
5/1 Last day of CCD for Wednesday
5/2 Confessions for sacramental prep students preparing to receive 1st Communion
5/8 Confessions for Confirmation @ 6:30pm
5/9 Confessions for Confirmation @ 6:30pm

RETIRO PARA QUINCEAÑERAS EN FAMILIA

La parroquia de Ss. Peter and Paul en Dumas, Texas ofrecerá un retiro para Quinceañeras en familia. El retiro es en español con material bilingüe.

¿PARA QUIÉN? Jovencitas preparándose para celebrar sus XV años, junto con sus padres. Papá, mamá y niña.

FECHA: Sábado, 16 de marzo de 2024.
HORARIO: de 8:30 am - 2:30 pm.
LUGAR: SS. Peter and Paul Catholic Church
915 S. Maddox Avenue
Dumas, Texas, 79029

PRESENTADORA: Hna. Magdalena Casas-Nava, DLJC.

Para mayor información, favor de comunicarse con la parroquia al 806.935.5002, o con la Hna. Magdalena al correo electrónico: sistermagdalena@gmail.com.

FECHA LÍMITE para inscribirse: 9 de marzo de 2024.

UP COMING PARISH EVENTS

March 10: Daylight Saving Time
March 16: Quinceanera Retreat 8:30am-2:30pm
March 23: Spring Craft Show
March 24: Palm Sunday
March 26: Chrism Mass 7:00 pm
March 27: Bilingual Mass of Anointing of the Sick 6:00pm
March 30: Easter Vigil
March 31: Easter Sunday
April 7: English Baptism Class 2:00pm
April 27: Confirmation Mandatory Retreat
May 4: First Communion 10 am & 12 pm
May 18: Confirmation 6:00 pm
August 25: Parish Festival at McDade Park

EVENTOS PARROQUIALES

16 de marzo: Retiro para quinceañeras 8:30-2:30
23 de marzo: Muestra de artesanía de primavera
24 de marzo: Domingo de Ramo
26 de marzo: Misa Crismal 7:00pm
27 de marzo: Misa Bilingüe de Sanación 6:00pm
30 de marzo: La Vigilia Pascual
31 de marzo: Domingo de Pascua
27 de abril: Retiro Obligatorio de Confirmación
4 de mayo: Primera Comunión 10 am & 12 pm
18 de mayo: Confirmaciones 6:00 pm
25 de agosto: Festival de la parroquia en el parque

Our bulletin advertiser of the week is **Castillo Heating & Air**. Thank you!!! We appreciate your support of our parish.

QUINCEAÑERAS FAMILY RETREAT

SS. Peter and Paul Catholic Church in Dumas, Texas will offer a Quinceañeras Family Retreat. The retreat is in Spanish with Bilingual material.

FOR WHO? Young ladies preparing to celebrate their 15th Birthday and her parents: Dad, mom and young lady.

DATE: Saturday, March 16, 2024.
SCHEDULE: 8:30 am – 2:30 pm.
PLACE: SS. Peter and Paul Catholic Church
915 S. Maddox Ave.
Dumas, Texas, 79029

PRESENTER: Sister Magdalena Casas-Nava, DLJC.

For more information, contact the Parish office:
806.935.5002, or Sister
Magdalena: sistermagdalena@gmail.com.

DEADLINE to register: March 9, 2024.

El abogado de Inmigración estara en el salon parroquial el Viernes, 15 de marzo, a partir de la 1:30 pm. Para agendar una cita llame a Manuel Velasco 806-930-7474.

The following young people from our parish are in the last few months of preparation to receive Jesus for the very first time in the Holy Eucharist. Please keep them in your prayers.



Josue G. Aguillon	Deighan C. Guidi	Alex Rivera
Aaron Avalos	Aaron Gutierrez	Damian Rivera
Anthony Avalos	Ingrid Guzman	Adrian Rivero
Ariel Avalos	Kimberly Guzman	Vanessa Rivero
Luis A. Bautista	Manuel Hernandez	Eduardo Rocha
Evenny Becerra	Solanyi Hernandez	Christopher Rodriguez
Dalexxa Beltran	Elisa Lerma	Jocelyn Rodriguez
Janeth Bueno	Isaac D. Loya	Marcelo Romero
Sofia Castillo	Jesse Loya	Dulce Maria Ruiz
Maleny Cera	Kayla Martinez	Aaron Sagarnaga
Jarely A. Chavira	Edwin Marquez	Ava Salcido
Kimberly, Chavira	Malillany Marquez	Iker Salinas
Laiza Chavira	Joshua Mendoza	Adrian Saucedo
Davian Diaz	Matteo Mendoza	Alexander Saucedo
Serenity Elizondo	Aubryna Medrano	Xiimena Saucedo
Alonso Escobar	Jaime H. Molina	Everly Tarango
Mario Fabian	Jancarlo Molina	Itus Torres
Kendra, Fierro	Britany Montanez	Mario III Vasquez
Francely G. Flores	Brandon Morales	Diego Velasco
Edwin Galicia	Landon Morales	Diana Velarde
Julian Galicia	Martin Narvaez	David Villa
Javier Garay	Ian A. Nevarez	Mia Villareal
Diego Garcia	Alexander Ontiveros	Sebastian Veldanez
Eleya Garcia	Danely Ontiveros	Freddy Veldanez
Judith Garcia	Bryan Perez	Abigail Ortiz
Evelynn Gonzalez	Cynthia Perez	Genesis Balbuena
Sofia Gonzalez	Xzadrian Beltran	Enrique Medrano

Almighty God, we are in need of rain. We realize now, looking up to the clear blue sky above, what a marvel even the least drop of rain really is. To think that so much water can fall out of the sky, which now is empty and clear. We place our trust in You. We are sure that You know our needs, but You want us to ask You anyway, to show You that we know we are dependent on You. Look on our dry fields, dear God, and bless them with the living blessing of soft rain. The land will rejoice, and the rivers will sing Your praises, and the hearts of men will be glad. **Amen!**

Nuestros campos parecen desiertos y la desolación se ve por todos lados. Nuestras almas, como la tierra, esperan con ansia tus bendiciones. Padre nuestro que estás en el cielo; Tú prometiste escuchar la plegaria del que te pide con fe ¿permitirás que tus hijos sufran hambre y escasez? Para que no falte el pan de cada día envíanos Señor la bendición de la lluvia. ¡Señor! envía desde el cielo la lluvia sobre nuestros campos para fecundarlos y sobre nuestras ciudades para calmar nuestra sed y remediar las múltiples necesidades; te lo pedimos, Padre amoroso, por nuestro Señor Jesucristo tu Hijo... Amén.

Faith Formation class/Catecismo

Times/Horario: Sunday/domingo 9:15-10:40 AM Wednesday/miercoles 6:00-8:10 PM

English Baptism Class on Sunday, April 7th at 2:00 pm in the parish hall.

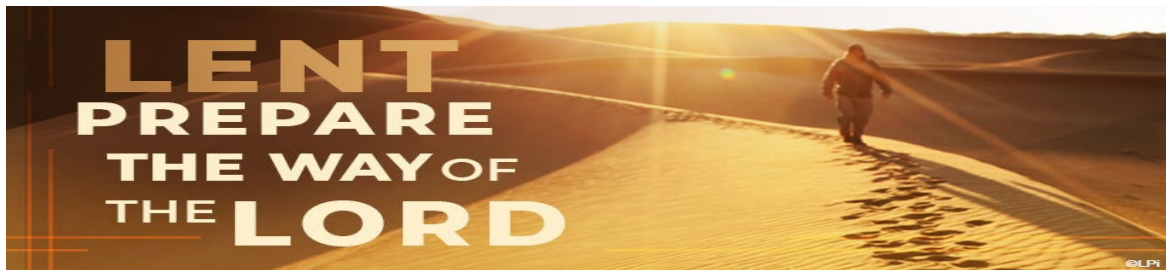
Things you can do to improve your Lent

1. Make a commitment to read the Sunday scriptures before you go to Mass. Familiarizing yourself with the readings ahead of time will help you experience them in a deeper way on Sunday.
2. Try a new spiritual practice. Sign up for an hour of Eucharistic Adoration. Attend Mass at a parish that's made up of people from a different racial/ethnic group. Sign up for a silent retreat or spend at least one hour in silent meditation each weekend.
3. Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
4. Make a commitment to fast from insensitive, cruel comments about others. So, no gossiping or going down the Twitter rabbit hole.
5. Spend at least one weekend or evening volunteering during Lent. Serve a meal at your local soup kitchen. Visit the elderly. Stock shelves at a food pantry.



Cosas que puedes hacer para mejorar tu Cuaresma

1. Comprométete a leer las Escrituras dominicales antes de ir a Misa. Familiarizarte con las lecturas de antemano te ayudará a experimentarlas de una manera más profunda el domingo.
2. Prueba una nueva práctica espiritual. Regístrate para una hora de Adoración Eucarística. Asista a misa en una parroquia compuesta por personas de un grupo racial o étnico diferente. Regístrese para un retiro en silencio o pase al menos una hora en meditación silenciosa cada fin de semana.
3. Piensa en un hábito que te ha impedido ser quien Dios te llama a ser. Abandona conscientemente ese hábito durante la Cuaresma.
4. Comprométete a ayunar de comentarios insensibles y crueles sobre los demás. Así que no cotillees ni te metas en la madriguera de Twitter.
5. Pase al menos un fin de semana o una noche como voluntario durante la Cuaresma. Sirva una comida en el comedor de beneficencia local. Visita a los mayores. Almacene los estantes en una despensa de alimentos.



SHOWING RESPECT AND REVERENCE AT CHURCH

In keeping with the sacredness of the Mass and so as to help other's better focus, please observe the following guidelines.

- Do not chew gum, drink coffee, eat food or snacks, etc. inside the church.
- Remember to silence or turn off your cell phones and to refrain from texting while in the church. Also, please do not talk inside of the church with others, but rather seek to foster your own personal dialogue with God
- Genuflect towards the Tabernacle as you enter or leave your pew. Bow your head instead if are not able to do so.
- Wear modest and tasteful attire, and keep bodily gestures that convey the respect, joy, and solemnity of this moment when Christ becomes our guest.
- Please consume the Host in front of the minister, and wait to leave the church until after the final procession

Thank You for witnessing to the Faith!

MOSTRAR RESPETO Y REVERENCIA EN LA IGLESIA

De acuerdo con el carácter sagrado de la Misa y para ayudar a otros a concentrarse mejor, observe las siguientes pautas.

- No mascar chicle, tomar café, comer alimentos o snacks, etc. dentro de la iglesia.
- Recuerde silenciar o apagar sus teléfonos celulares y abstenerse de enviar mensajes de texto mientras esté en la iglesia. Además, por favor no hable con otras personas dentro de la iglesia, sino más bien busque fomentar su propio diálogo personal con Dios.
- Genuflexión hacia el Tabernáculo al entrar o salir de su banco. En lugar de eso, inclina la cabeza si no puedes hacerlo.
- Vestid con vestimenta modesta y de buen gusto, y guardad gestos corporales que transmitan el respeto, la alegría y la solemnidad de este momento en el que Cristo se convierte en nuestro huésped.
- Por favor consuma la Hostia frente al ministro y espere para salir de la iglesia hasta después de la procesión final.

¡Gracias por dar testimonio de la fe!



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