

CHURCH OF CORPUS CHRISTI

1919 North 2nd Street, Bismarck, ND 58501-1735
email: info@corpuschristibismarck.com
website: www.corpuschristibismarck.com
facebook: www.facebook.com/CorpusBismarck

Parish Office255-4600
Parish Center255-3104
Parish Fax..... 255-4616

WEEKLY LITURGY SCHEDULE

Saturday (Vigil of Sunday)4:00 p.m.
Sunday 8:30 & 10:45 a.m. and 6:30 p.m.
Spanish Mass (3rd Sunday) 1:00 p.m.
Monday 7:00 a.m. & 12:10 p.m.
Tuesday 7:00 a.m. & 12:10 & 5:30 p.m.
Wednesday-Friday 7:00 a.m. & 12:10 p.m.

EUCCHARISTIC ADORATION

Tuesdays (12:45-3:15 p.m.); Thursdays (7:00 p.m.)

MISSION STATEMENT

***As disciples of Jesus, we live our faith
through Word, Sacrament, and Service.***

Rev. Paul D. Becker, Pastor 255-4600 (ext. 203)
Rev. Raphael Obotama, Parochial Vicar 255-4600 (ext. 211)
Rev. Terry Wipf, Parochial Vicar255-4600 (ext. 218)
Tracy Kraft, Parish Manager.....255-4600 (ext. 212)

PASTORAL MINISTERS

Cindy Anderst, Pastoral Care.....255-4600 (ext. 205)
Jennifer Braun, Music Ministry.....255-4600 (ext. 209)
Mariah Conner, Faith Formation255-4600 (ext. 219)
Mary Janusz, Pastoral Care255-4600 (ext. 220)
Patrick Hall, Confirmation(call office)
Sr. Ivo Schoch, Outreach Ministry255-4600 (ext. 208)

DEACONS: Michael Fix, Lonnie Grabowska, Rex McDowall

PARISH SUPPORT STAFF

Loretta Arntz, Bookkeeper 255-4600 (ext. 201)
Jane Bosch, Kitchen Manager..... 255-4600
Viola Bullert, Janitress 255-4600
Niel Heinze, Maintenance Technician 255-4600
Bridget Johnson, Administrative Secretary..... 255-4600
Colleen Reinhardt, Receptionist 255-4600



March 5, 2017

SACRAMENTS

Reconciliation - Saturdays at 3:00 p.m., Weekdays: 15 minutes prior to Mass or please call the pastor at 255-4600 for an appointment. If you are homebound and unable to come to the Church and need a priest to come to your home for confession, please call 255-4600 to set this up.

Baptism - The Baptism Preparation Program and Baptism Schedule are by arrangement. Please call the parish office at 255-4600 to register prior to your delivery date and the program director will return your call. Parents must be registered at Corpus Christi or have permission from their parish.

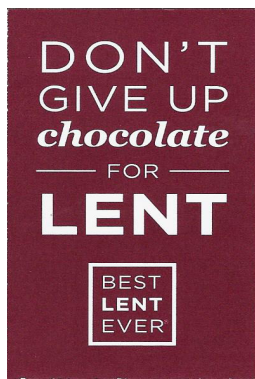
Marriage - Couples planning to be married should call the parish office at 255-4600 at least **9 months** in advance. Completion of required paperwork and taking the FOCCUS premarital inventory is also needed this early. This process is usually administered the fourth Thursday of each month from 7:00-9:00 p.m.

Natural Family Planning Classes are offered by the Bismarck Diocese. The methods offered are Billings Ovulation Method, Creighton Model Fertility Care System, Marquette Model and Sympto-Thermal Methods. If you have questions about NFP please contact the Diocese of Bismarck at 222-3035 or www.bismarckdiocese.com/nfp.

Persons wishing to learn more about the Catholic faith may call Tracy Kraft at 255-4600.

PARISH BULLETIN DEADLINE: Articles must be received by noon on Wednesdays (*typed format*).

PRAYER TREE: 255-4600

**BEST LENT EVER**

Sign up for **Best Lent Ever**, a **FREE**, video-based email program featuring internationally acclaimed speaker and New York Times bestselling author Matthew Kelly. From Ash Wednesday to Easter Sunday, Matthew will help you identify what stands between you and happiness... and what to do about it. Are you ready for your best Lent ever? This

year's Best Lent Ever program is based on Matthew Kelly's newest book, *Resisting Happiness*. You can request a free copy of *Resisting Happiness* (just pay shipping) by going to dynamiccatholic.com.

Weekly Mass Intentions

Monday, Mar. 6- †Louis Lou Dressler (7:00 a.m.)

†Tom Jahner (12:10 p.m.)

Tuesday, Mar. 7- †Mary Brendel (7:00 a.m.)

†James Miller (12:10 p.m.)

†Val Kuntz (5:30 p.m.)

Wednesday, Mar. 8- †Paul Ferrell (7:00 a.m.)

†Elizabeth Brost (12:10 p.m.)

Thursday, Mar. 9- †Joseph Rivinius (7:00 a.m.)

†Al Feist (12:10 p.m.)

Friday, Mar. 10- †Brielle Moos (7:00 a.m.)

Amanda Vetter (12:10 p.m.)

Saturday, Mar. 11- †Marlys Webb (4:00 p.m.)

Sunday, Mar. 12- †Dick Olson (8:30 a.m.)

†Ray Miller (10:45 a.m.)

Spanish Mass

Sunday, March 19, 2017

1:00 p.m.

K.C. Breakfast at Corpus Christi

Sunday, March 12

(9:00 a.m.-1:00 p.m.)

Serving pancakes, sausage and eggs.

**Prepare, Care, Share and Prayer Women's Group**

Prepare, Care, Share and Prayer women's group will meet on Thursday, March 9 at 7:00 p.m. in the Community Room. This month we will explore the church and what it means to be, "A Body both Suffering and Glorious." Hope you can join us for this evening of learning and time of sharing. For questions, please call Cindy Anderst at 255-4600.

CONTRIBUTIONS (GENERAL FUND) - (2,247 households)

Adult Envelopes (300).....	\$17,524.18
Youth Envelopes	\$ 229.08
TOTAL RECEIVED (February 26)	\$17,295.26
1st Sunday	\$21,022.55
Electronic Contributions (141).....	\$13,189.81
2nd Sunday	\$19,726.38
3rd Sunday	\$19,985.56
Electronic Contributions (101).....	\$ 9,181.81
Spanish Mass	\$ 144.30
4th Sunday	\$17,295.26

We appreciate your generosity which is part of being faithful stewards of Corpus Christi.

EUCCHARISTIC ADORATION. Tuesdays 12:45-3:15 p.m. (private, quiet time, incense free) with the Chaplet of Divine Mercy at 3:00 p.m. All are welcome to spend time in Jesus' awesome Eucharistic presence. Eucharistic Adoration (Benediction, Rosary and the Chaplet of Divine Mercy) is also available Thursdays with Father Terry from 7:00-8:00 p.m.

On Sunday morning, March 5, Fr. Raphael will be giving a Lenten Talk in the Parish Hall at 9:30 a.m. entitled: **"The Intercessory Power of Mary"**

COMMUNION DISTRIBUTION OUTSIDE THE PARISH

Our new Diocesan Synod Guidelines offer specific methods and documentation requirements for the offering of the Blessed Sacrament to those not able to attend Mass with us at the church. Therefore, if you take the Eucharist from Corpus Christi and distribute it to someone that is not able to attend mass at this time, we ask that you contact the parish office as soon as possible for updates and distribution information. Please ask for Tracy Kraft at 255-4600 or by email at tracy.kraft@corpuschristibismarck.com.

DAILY SCHEDULE DURING LENT

Monday-Friday: Mass 7:00 a.m. & 12:10 p.m.
(The 12:10 p.m. mass is followed by lunch)

Tuesday: Mass - 5:30 p.m.

Stations of the Cross

Thursday - 7:00 p.m. (with Adoration)

Friday - 5:30 p.m. (followed by a fish fry)

Please call Tracy at the Parish office to help with readings, lights or the carrying of the cross.



Fish Fries have begun and will run every Friday through **April 7**. This is an excellent fundraiser for our youth ministry programs and is also a great way to participate in meaningful ministry for the parish.

Sign-up sheets for working Fish Fries are located on the table in the lower gathering space of the church. Shifts are usually 5:00-8:00 p.m. each Friday. All are welcome.

Fish Fry Meals for the Homebound. Each Lent, the Corpus Christi Youth Group joins together with our homebound ministry program to offer Fish Fry deliveries to our parishioners that are no longer able to leave their homes and come to church. If you participate in our homebound ministry programs, and you would like to have a fish fry meal delivered to your home on March 17 or April 7, please call the parish office at 255-4600 so that we can add you to the list.

LENTEN TALKS

Sundays in the Parish Hall
9:30-10:30 a.m.

March 5 - Fr. Raphael
March 19 - Fr. Paul
April 2 - Fr. Terry



LENTEN PRESENTATIONS

Wednesdays 7:00-8:00 p.m.

March 8 - Taize' with Jen and Choir
March 15 - Fr. John Guthrie
March 22 - Centering Prayer with
Sr. Ivo and Larry Maslowski

Lenten Resources are Available:

Lenten Resources are available at each of the entrances of the church. Please stop by and pick one up today.

PLEASE JOIN US FOR THE DAILY
LENTEN LUNCHEONS DOWNSTAIRS
AFTER THE 12:10 P.M. MASS.

PRAY, FAST, GIVE
LENTEN ALMSGIVING
PANCAKE MIX AND SYRUP



What's Going on Here This Week

Mon. 3/6	Lenten Lunch, 12:30 p.m., Parish Hall
Tues. 3/7	Lenten Lunch, 12:30 p.m., Parish Hall Quilters, 9:00 a.m., Community Room Eucharistic Adoration, 12:45-3:15 p.m., Chapel
Wed. 3/8	Lenten Lunch, 12:30 p.m., Parish Hall Faith Formation (B), 3:30-5:00 p.m. Faith Formation (B), 6:00-7:30 p.m. Confirmation(3), 6:30 p.m., Conference Room Taize Prayer Experience, 7:00 p.m., Church Pre-Confirmation(2), 7:00 p.m., Community Room Middle School Faith Formation, 7:00-8:30 p.m., Parish Hall Confirmation(4), 7:30 p.m., Conference Room
Thurs. 3/9	Toastmasters, 6:30 a.m., Community Room Lenten Lunch, 12:30 p.m., Parish Hall Handbells, 6:30 p.m., Choir Room Prepare, Care, Share & Prayer, 7:00 p.m., Community Room Eucharistic Adoration with Stations, 7:00 p.m., Chapel, Church
Fri. 3/10	Lenten Lunch, 12:30 p.m., Parish Hall Lenten Fish Fry Supper, 5:00-7:00 p.m. Stations of the Cross, 5:30 p.m., Church
Sun. 3/12	K.C. Breakfast, 9:00 a.m. - 1:00 p.m., Parish Hall Faith Formation, 9:30-10:30 a.m. Children's Liturgy, 10:45 a.m. Praise and Worship Choir, 5:15 p.m. SNAC, 7:30 p.m., Room 140

Vocation Views: During this time of fasting we may be tempted to go astray. Pray for the grace to follow the way that leads to life. (Matthew 4:1-11)

Stewardship Thoughts: Stewardship involves a willingness to give from the very core of who we are and what we have; from substance rather than abundance.

TAIZE PRAYER SERVICE
WEDNESDAY, MARCH 8
7:00-8:00 P.M.

Come experience a beautiful service of prayer,
song, and contemplation.

BISMARCK MISSION IN KENYA

Come and join us for a fascinating presentation on Monday, March 6 at 1:00 p.m. in the Community room by Alicia and Leon Heick on the Bismarck Mission in Kenya, Africa which is sponsored by the Diocese of Bismarck. They served as missionaries from 2014-2015. They will share about the work they did to serve the 400 AIDS orphans with food, educational needs and medical care.

The Holy Father Speaks... Don't scandalize "the little ones" with a double life, because scandal destroys. We should not put off conversion. "Cut off your hand, pluck out your eye, but don't scandalize the little ones," that is, the just, those who confide in the Lord, who believe simply in the Lord. For the Lord, scandal is destruction: But what is scandal? Scandal is saying one thing and doing another; it is a double life. A totally double life: 'I am very Catholic, I always go to Mass, I belong to this association and that one; but my life is not Christian, I don't pay my workers a just wage, I exploit people, I am dirty in my business, I launder money...' A double life. And so many Christians are like this, and these people scandalize others. How many times have we heard - all of us, around the neighborhood and elsewhere - 'but to be a Catholic like that, it's better to be an atheist.' This happens every day, it's enough to see the news on TV or to read the paper. And with the scandals there is destruction. Jesus talks, in the Gospel, about those who commit scandal, without saying the word 'scandal,' but it's understood. But when you arrive in heaven and you knock at the gate: 'Here I am, Lord, but don't you remember? I went to Church, I was close to you, I belong to this association, I did this...Don't you remember all the offerings I made? Yes, I remember. The offerings, I remember them: All dirty. All stolen from the poor. I don't know you. The double life comes from following the passions of the heart, the capital sins that are the wounds of original sin, hiding the passions, but following them. Do not put off conversion.

Date: Mar 11-12		March 11, 2017		March 12, 2017		March 12, 2017		March 12, 2017
		4:00 PM		8:30 AM		10:45 AM		6:30 PM
Hospitality	1	Mary Ann Grossman	1		1	Bonnie Kisch	1	
	2	Catherine Kordonowy	2		2	Stella Schiele	2	
	3	Evelyn Spangler	3		3	Lucille Shea	3	
	4		4		4		4	
	5		5		5		5	
	6		6		6			
Ushers	1	Helen Berger*	1	Bob Dauenhauer*	1	Chuck Holzer*	1	Tim Rivinius
	2	Derek Theurer	2	John Novak	2	Bernie Holzer	2	Vince Selensky
	3	Michael Kordonowy	3	George Simek	3	Nancy Haunz	3	Karen Selensky
	4	Ron Hopfauf	4	Pius Ternes	4	Dennis Mastel	4	
	5		5		5		5	
	6		6		6			
Lectors	1	Joyce Hinman	1	Dale Kasowski	1	Albert Wolf	1	Annie Paulson
	2		2	Mary Kasowski	2	Claudia Dietrich	2	Michael Schaff
Servers	1	Abby Weber	1	Kylie Paczkowski	1	Nathan Kraft	1	Mikayla Brackin
	2	Noah Weber	2	Mattie Schatz	2		2	Zachary Brackin
Eucharistic Min		BODY OF CHRIST		BODY OF CHRIST		BODY OF CHRIST		BODY OF CHRIST
	R-1	Darrell Pladson	R-1	William Knudson	R-1	Donna Howe	R-1	Maureen Vosberg
	2	Bob Clooten	2	Kathy Knudson	2	Cora Buchholz	2	Tim Bohan
	3	Sandy Wald Clooten	3	Emerita Loeb	3	Laverne Kaufman	3	Patricia Herbel
	4	Jan Eiseman	4	Gerald Mathern	4	Rick Kaufman	4	Mary Soucie
	5	Alex Gross	5	Pamela Mathern	5	Kathryn Feist	5	
	6	Mary Gross	6	Anna Rathbun	6	Mary LaDuke	6	
	7	Phyllis Lentz	7	Helen Werlinger	7	Matt Kraft	7	Father Terry
	8		8	Denver Jorgenson	8	Steven Mittelsteadt	8	
	9	Father Paul	9	Father Raphael	9	Father Paul		
	10		10	Bobbi Jorgenson	10	Phyllis Lentz		
	11				11			
	12				12			
	LG		LG		LG		LG	
		BLOOD OF CHRIST		BLOOD OF CHRIST		BLOOD OF CHRIST		BLOOD OF CHRIST
	1	Carol Thompson	1	Helen Dauenhauer	1	Karen Stahl	1	Myles Vosberg
	2	Clyde Thompson	2	Jim Janusz	2	Annette Sauer	2	Moni Krantz
	3	Lorraine Hoffman	3	Amy McKay	3	Corinne Scholl	3	
	4	Sharlene Pulver	4	Charlie Volk	4	Mary Siverson	4	
	5		5	Jerome Werlinger	5	Kim Wetzel	5	
	6		6		6	Vicki Wetzel	6	
	7	Deacon	7	Deacon	7	Deacon	7	Deacon
	8		8		8	Kathy Zahn	8	
	9		9		9	Raymond Zink		
	10		10		10			
	11				11			
	12				12			

Can you help? The blank spaces mean we need more help in that ministry. Please come to the ushers room and sign in on the schedule to help. Thank You.



OPERATION RICE BOWL

We encounter the Singh family in India, where a mother and father are using innovative farming techniques to feed their family amidst a flood. How is God inviting us to think outside the box in service to others this Lent? Visit crsricebowl.org for more.



THE STATIONS OF THE CROSS

The Stations of the Cross will be prayed each Friday during Lent at 5:30 p.m. in the church. They will also be prayed Thursday evenings as part of the Eucharistic Adoration at 7:00 p.m. Please join us for this meaningful prayer experience.



COMING UP IN THE AREA

Ultreya - Tuesday, March 7, 7:00 p.m., St. Mary's Parish
 Sounds of Silence Support Group - Tuesday March 7, 7:00 p.m., Parkway Funeral & Cremation Service
 Catholic Daughters - Tuesday, March 7, 7:00 a.m., Cathedral of the Holy Spirit
 Retired Nurses Luncheon - Wednesday, March 8, 11:30 p.m., Elks Club

Marriage Moments: Lent has just begun, but too easily it can go the way of New Year's resolutions - Good idea but soon forgotten. Help each other. If you choose the same practice, you can reinforce each other. If you choose different ones, support each other's growth - but don't nag. It's not a contest.

Parenting Pointer: Lent has just begun. We just celebrated **National Day of Unplugging**. Can your family do a "tech fast" of a day without TV or the internet? If not today, choose another day soon. What kind of homemade fun can you substitute?Susan Vogt@www.susanVogt.net.

2017 AFRICAN MISSION APPEAL

"Offering Hope, Creating Hope, Changing Lives"

This weekend is our 28th Annual African Mission Appeal collection. As Catholics, we all have a shared responsibility to support our church's work. This can be done through your prayers and generous support of our African Mission Team. Please be as generous as you can in supporting the important work of Deacon Brent & Jessica Naslund and their children, Cameron and Chloe, as they minister on our behalf to our brothers and sisters in Kisii, Kenya, East Africa. You are also encouraged to follow our missionaries in action at: <https://www.facebook.com/BismarckCatholicMission>. If you are interested in serving as a member of the Diocesan Mission team or would like more information, please write to: Chuck & Tip Reichert, Diocese of Bismarck, PO Box 1137, Bismarck, ND 58502-1137.



LENTEN LUNCHEON COOKS, SERVERS AND DISHWASHERS



Our Lenten lunches have started and are Monday through Friday after our 12:10 p.m. daily mass. These Lenten meals have been very well received in the past and meet an important need in our parish community. We will be serving lunches through Wednesday, April 12. In order for this to run smoothly, we need people that are willing to assist us. If you are able to help in any way, please contact Tracy in the parish office at 255-4600.



SUNDAY, MARCH 5, 2017 FIRST SUNDAY OF LENT Talking to the devil

Temptation is part of the human story, as unavoidable as original sin. Each of us regularly spends a few moments chatting with the devil about the weaknesses that haunt us the most. Should we have another piece of cake or another drink? Why not leave work early (no one's watching) or say that unkind remark (it will never get back to her) or tell that lie (it will make you look better)? To fortify yourself against those little chats so potentially destructive to integrity, why not spend a few minutes each day in conversation with the Lord? Prayer is the best-known antidote to temptation.

TODAY'S READINGS: *Genesis 2:7-9; 3:1-7; Romans 5:12-19; Matthew 4:1-11* (22). "Jesus was led by the Spirit into the desert."

MONDAY, MARCH 6 LENTEN WEEKDAY Less is more

Possessions might seem like blessings but can end up being burdens, and many saints went to great lengths to empty their pockets in order to lighten their hearts. Case in point: Sixth-century Brigid of Kildare, who enraged her Druid dad by giving to the needy everything that wasn't nailed down. When a nobleman tried to stop her chariot, she charged his blockage, surviving but totaling her chariot. Finally her father decided to sell her at market, but she entered a monastery instead. Give in to the spirit of generosity—and you just might find that the new lighter you can't get enough of less.

TODAY'S READINGS: *Leviticus 19:1-2, 11-18; Matthew 25:31-46* (224). "For I was hungry and you gave me food, I was thirsty and you gave me drink."

TUESDAY, MARCH 7 MEMORIAL OF PERPETUA AND FELICITY, MARTYRS I am what I am

In 203 A.D., a time of persecution of Christians, 22-year-old Vibia Perpetua put her life in danger by converting. Her father tried to persuade her of the danger of such a move. Perpetua pointed to a water jug, asking, "Do you see that pot lying there? Can you call it by any other name than what it is?" Her father said, "Of course not." Perpetua replied, "Neither can I call myself by any other name than what I am—a Christian." She and her friend, Felicity, didn't let others define who they were or what they believed—even at the risk of death. It takes courage to remain true to one's Baptism, even in the face of much less extreme challenges. Remember the example of these women and stay strong in your faith.

TODAY'S READINGS: *Isaiah 55:10-11; Matthew 6:7-15* (225). "Your Father knows what you need before you ask him."

WEDNESDAY, MARCH 8 MEMORIAL OF JOHN OF GOD, RELIGIOUS It's no trouble

What might be your first thought about a person described as a wanderer, an alcoholic, and a psychiatric patient? "Saint" would probably not be the word, and yet today's memorial celebrates a person who, despite many struggles throughout his life, oriented himself to God. Saint John of God's experiences—which often left him as an outcast in society—were transformed through the grace of God and John's willingness to be transformed by this grace. He opened not only his heart but his door to helping others who were in difficulty, eventually founding the Hospitaller Order in Granada, Spain. How might your own struggles in life be an opportunity for grace?

TODAY'S READINGS: *Jonah 3:1-10; Luke 11:29-32* (226). "In the greatness of your compassion wipe out my offense."

THURSDAY, MARCH 9 LENTEN WEEKDAY The original super girl

Looking for teen superheroes? During Women's History Month, look no further than the Book of Esther. A Jewess orphaned in Persia, Esther was raised by a sympathetic uncle. A kingdom-wide beauty contest obliged her to audition for the position of next Queen of Persia. She didn't want to be queen, and she didn't want to be exposed as Jewish—since Jews were due to be systematically eliminated. Esther had no superpowers, but even an Everygirl can find in herself the courage to save a nation. Support the young Esthers you know!

TODAY'S READINGS: *Esther C:12, 14-16, 23-25; Matthew 7:7-12* (227). "Help me, who am alone and have no help but you, for I am taking my life in my hand."

FRIDAY, MARCH 10 LENTEN WEEKDAY; DAY OF ABSTINENCE Fast with a light heart

Fasting is a spiritual practice acknowledged across religions. Muslims respect it as a way to grow in compassion for the needy. Jews see it as a way to heighten awareness of God's many gifts and broaden periods of self-denial to include refraining from bathing, sexual relations, and wearing leather shoes (once considered a luxury). Synagogue attendees could show up feeling quite grubby—and grumpy—for certain observances. We might keep in mind the fourth-century monk John Cassian's warning: "What we gain from fasting does not compensate us for what we lose through anger." Food for thought!

TODAY'S READINGS: *Ezekiel 18:21-28; Matthew 5:20-26* (228). "Settle with your opponent quickly while on the way to court."

SATURDAY, MARCH 11 LENTEN WEEKDAY Honk if you love your enemies

Surely Jesus' most radical command is to love our enemies. But exactly how are we supposed to do that? One way to begin is by learning from the example of others. A man was waiting in his car at the window of a drive-up Starbucks. His order was taking some time and eventually the person behind him began impatiently blowing his horn. Instead of becoming angry himself, the first man paid for the second one's order and drove away. With this profoundly simple but powerful act, he turned a negative interaction into a positive one and changed the other man's day. Today may we pray to offer a loving response to anyone who tries to cause us grief.

TODAY'S READINGS: *Deuteronomy 26:16-19; Matthew 5:43-48* (229). "For if you love those who love you, what reward do you have?"



Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

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Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

March 2017

Church of Corpus Christi

One Minute Meditations

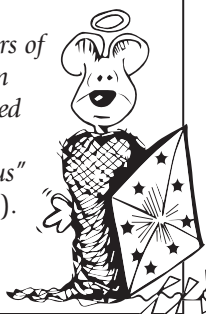
St. Dominic Savio

St. Dominic was born to a pious peasant family in Riva, Italy. When he was 12, he joined St. John Bosco's Oratory as a student. There, he founded the Company of the Immaculate Conception to help Don Bosco in his work. Dominic had mystical experiences in prayer but tried to keep them secret. His frail health led to lung problems. He died at home of a lung infection. He is the youngest non-martyr to be canonized.

Hearing God's voice

It can be difficult to "hear" God's voice in today's world, but with some effort, we can learn to recognize it. Read a chapter of the Gospels and listen: a phrase may grab your attention or you may experience peace and joy. Remember, God often speaks to our hearts, not our ears.

"So be imitators of God...and live in love, as Christ loved us and handed himself over for us" (Ephesians 5:1).



Make the most out of Catholic Spring Training

One way to think of Lent is as Spring Training for Catholics. We may come into the season out of top spiritual form but, by working to renew our skills, we can be back in shape by Easter. Strengthening the Cardinal Virtues will help.

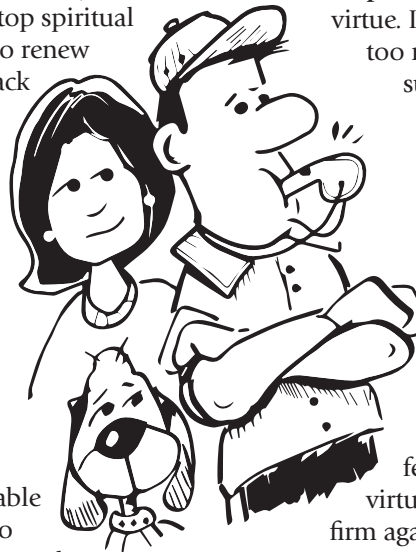
Prudence - the thinking virtue. It helps us live wisely in the middle ground between fear and recklessness. For example, we can take out a mortgage to buy a home that's comfortable but we avoid going into excessive debt to impress others. Prudence helps us live with wisdom.

Justice - the "play fair" virtue. We learn early to "play fair" by sharing toys and treats. Fairness is a basic ingredient of justice. Justice thrives when we give

what is due to God and others.

Temperance - the "just right" virtue. It is possible to have too much of a good thing, such as too much food or drink or watching too much television. Temperance, also called "moderation," is the virtue that helps us find the balance. It keeps us from becoming too attached to the world.

Fortitude - the fearless virtue. This virtue helps us to stand firm against fear and hardships and persevere in attaining what is good. Fortitude strengthens our resolve to resist temptation, overcome personal weaknesses, and make sacrifices for what is good.

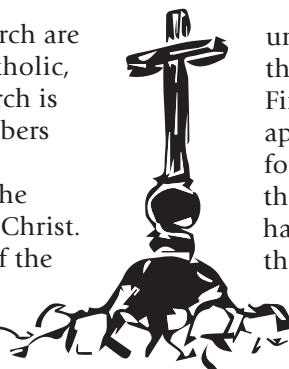


Why Do Catholics Do That?

The Marks of the Church are that she is "one, holy, catholic, and apostolic." The Church is one because all her members are united in Christ. The Church is holy because she shares in the holiness of Christ. She is catholic because of the

What do Catholics believe are the Four Marks of the Church?

universal mission to spread the Gospel to all people. Finally, the Church is apostolic because she is founded on the teaching of the Apostles, which was handed down to us through their successors, the bishops.



"And the Lord said, 'Lighten Up' ..."

With all the fighting and suffering in the world around us we can sometimes forget the joy of being a child of God. Try these tips to lift your spirits:

"Therefore I commend mirth, because there is nothing good for man under the sun except eating and drinking and mirth" (Ecclesiastes 8:15). Laughter is like changing a baby's diaper. The change isn't permanent, but it makes everything okay for a while. Each day, try to find at least one



thing that makes you smile. Even the act of looking can help.

"Rejoice in the Lord always. I shall say it again: Rejoice! ... Have no anxiety at all" (Philippians 4:4, 6a). St. Paul wrote that while he was in prison – not a place conducive to hope. He knew that like the most loving father, God wants us to be happy and carefree. All we have to do is trust him. Turn your worries over to the Lord and know that he will handle them better than you can.

from Scripture

John 9:1-41, The sight of faith

In this Gospel reading, Jesus cured a blind man on the Sabbath by making clay and smearing it on the man's eyes. This cure was two-fold; the man received both physical sight and the sight of faith. As he was being questioned by the Pharisees, his understanding of Jesus moved from knowing him as simply a "man", to acclaiming him as a prophet, and finally, to worshipping him as the Son of God.

While the faith of the cured man progressed, the spiritual sight of the Pharisees did just the opposite. Their anger blinded them to the truth—that



the curing of the blind man was God's work. Furious that Jesus failed to observe the Sabbath, they refused to believe that the man had been born blind and was miraculously healed.

In baptism, we are given the gift of faith—the ability to "see" God and our life in relation to his loving plan.

The longer we follow Jesus and learn from him, the better we understand him. The more we turn away from sin, the sharper our "vision" becomes.

Q & A Why do we give things up for Lent?

We give up things for Lent to help us grow closer to God. We imitate Jesus, who spent forty days in the desert, fasting



and praying. "By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert" (*Catechism of the Catholic Church*, #540).

Whenever we think of our sacrifice — whether it is a favorite food, pastime, or fifteen minutes of sleep — we are reminded of Christ's sacrifice of love for us.

Giving things up for Lent is also an expression of penance for the wrong we've done. The forms of penance the Church recommends are prayer, fasting, and almsgiving (charitable deeds). To be effective, however, these acts must come from a place of sincere repentance. "Jesus' call to conversion and penance ... [aims at] the conversion of the heart, interior conversion" (CCC #1430). It involves turning our hearts back to God and away from that which separates us from him. "Going without" purifies us and helps us resist temptation more easily.

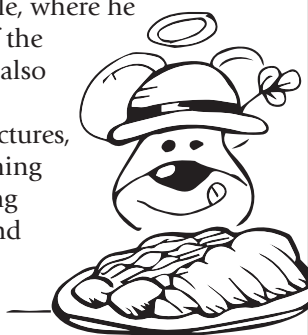
Feasts & Celebrations

March 1 – Ash Wednesday. The first day of Lent. Ashes from the burnt palms of the previous Passion Sunday are blessed and placed on the foreheads as a sign of penance.

March 17 – St. Patrick of Ireland (c.461). Born in Scotland, St. Patrick was kidnapped and brought to Ireland as a slave. He escaped but later returned to become the bishop of Ireland and is credited for having established the Church there.

March 18 – St. Cyril of Jerusalem (386). Born around 315 and raised in

Jerusalem, St. Cyril was ordained a priest by the bishop of Jerusalem. He was appointed the Bishop of Jerusalem, but spent half of it in exile due to a conflict between himself and the Arian heretics. He was falsely accused and banished from Jerusalem. He attended the Second Council of Constantinople, where he was cleared of the rumors. He is also known for his catechetical lectures, aimed at teaching those preparing for baptism and the newly baptized.



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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)