

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 Fax..... 255-4616

Parish Office is open 8:00 a.m.-4:30 p.m.

Monday-Friday

***For Sacramental Emergencies after office hours,
please call 701-425-1483 and leave a message.***

We will return your call in a timely manner.

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) 3:00 p.m.

Monday12:10 p.m.

Tuesday 12:10 & 5:30 p.m.

Wednesday-Friday7:00 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 Vicar.....255-4600 (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)

Melanie Konieczka, Faith Formation ...255-4600 (ext. 219)

Sr. Idelle Badt, Pastoral Care255-4600 (ext. 207)

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

Niel Heinze, Maintenance Technician 255-4600

Bridget Johnson, Administrative Secretary 255-4600

Kathy Silbernagel, Receptionist..... 255-4600



March 1, 2020

SACRAMENTS

Reconciliation is offered:

Saturdays: 3:00 p.m. (until completed)

Mondays - Fridays: 11:45 a.m.-12:00 p.m.

Tuesdays: 5:05-5:20 p.m.

Wednesdays-Fridays: 6:35-6:50 a.m.

If you are unable to make these times, you can call the pastor at 701-255-4600 for an appointment.

Baptism - The Baptism Preparation Program and Schedule are by arrangement. Please call the 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 **12 months** in advance. Completion of required paperwork and taking the FOCCUS premarital inventory is also needed this early. ***The March FOCCUS will be on March 26th at 7:00 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.

RCIA Classes - 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

When Temptation Comes. Just when we seem to be making spiritual headway in our lives, the likelihood for intense personal temptation increases. Jesus, as He was about to burst onto the scene in Jerusalem, was faced with the Tempter's luring promises. With prayer and determination, Jesus resisted each temptation, and St. Luke records that **"when the devil had ended every temptation, he departed until an opportune time"** (Luke 4:13). In other words, Satan scurried away to wait for a better time, perhaps when Jesus' guard was down. It is that same "opportune time" the Tempter seeks in each of us. When our spiritual welfare seems on course, when all seems well, too often we relax feeling secure in our faith, and Satan steps up with a new delicious suggestion. And at these times we will stand strong only if we follow the advice and example of Jesus: **"Pray"** our Lord said, **"Pray that you may not enter into temptation."** (Luke 22:40)

Weekly Mass Intentions

Monday, Mar. 2- †Phyllis Smith (12:10 p.m.)

Tuesday, Mar. 3- †George Volk (12:10 p.m.)

†Marie Emineth (5:30 p.m.)

Wednesday, Mar. 4- †Bernadine & Keith Ziegler (7:00 a.m.)

†Betty Gall (12:10 p.m.)

Thursday, Mar. 5- †Florence Kiefer (7:00 a.m.)

†Quirin Friese (12:10 p.m.)

Friday, Mar. 6- †Frank & Eva Kuntz (7:00 a.m.)

Bishop Kagan (12:10 p.m.)

Saturday, Mar. 7- †Joe J. & Philipina Hagel (4:00 p.m.)

†Quirin Friese (8:30 a.m.)

†Phyllis Smith (10:45 a.m.)

CONTRIBUTIONS (GENERAL FUND) - (2,337 households)	
Adult Envelopes (327).....	\$27,549.43
Youth Envelopes	\$ 150.88
TOTAL RECEIVED (February 23)	\$27,700.31
1st Sunday	\$18,119.13
Electronic Contributions (141)	\$14,613.68
2nd Sunday	\$16,233.93
3rd Sunday	\$14,864.75
Spanish Mass	\$ 174.00
Electronic Contributions (98).....	\$10,565.68
4th Sunday	\$27,700.31

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) with stations is also available Thursdays with Father Raphael from 7:00-8:00 p.m.

FLU SEASON

We encourage you to remain healthy at this time by taking the following precautions.

- Stay home if you are feeling ill.
- Use the hand sanitizer that is available at all Church entrances.
- The parish staff will not be able to do daily visits to parishioners at Sanford Hospital due to visitor restrictions.



LENTEN LUNCHEONS

Our Lenten lunches are Monday through Friday after our 12:10 p.m. daily mass. The 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 8th.

Your stepping stones back into life...

SOS (Sounds of Silence) is a suicide support group which provides compassionate support and grief education with the hope that family members and friends will find guidance on the path of healing. The next meeting will be on Tuesday, March 3rd, at 7:00 p.m. at Parkway Funeral Service, 2330 Tyler Parkway. There will be an **"open session"**.



Check out the bulletin board in the Lower Gathering Space to see what's going on during Lent in our Community.

Sacrament of Anointing will be offered at the 4:00 p.m. Mass on Saturday, March 28th. This sacrament is held as part of a Eucharistic Celebration each year as a means of providing grace of strengthening, peace, and courage to overcome the difficulties that go with the condition of serious illness and the frailty of old age. The Sacrament of Reconciliation will be offered from 3:00-3:30 p.m. that afternoon.



Fish Fries have started and will run every Friday through April 3rd. 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.

The cost is: **Adults \$9, Children \$5, Family \$30.**

All are welcome.

Marriage Moments: Lent has just begun. Adam and Eve were tempted by food (an apple) and the lure of power. (Genesis 3:1-6) The devil also tempted Jesus with food (bread) and the promise of power. (Mt. 4:1-10) May the food you share with each other this week remind you to be of service to each other - not who is better.

Parenting Pointers: Are you in the spirit of fasting yet? March 6th-7th is 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?

MEN'S SPIRITUALITY BREAKFAST

All men of the parish are invited to come on **Wednesday, March 4th** at 7:00 a.m. to have breakfast (served at NO charge) and grow in spirituality before you begin your busy day. *There will be a guest speaker this Wednesday.*

Please check your page at:
Facebook.com/CorpusBismarck



TAIZÉ PRAYER SERVICE
Tuesday, March 3rd
8:00-9:00 p.m.



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

What's Going on Here This Week

- | | |
|------------|---|
| Mon. 3/2 | Lenten Lunch, 12:40 p.m.
Faith Formation, 5:30-6:00 p.m. |
| Tues. 3/3 | Quilters, 9:00 a.m., Community Room
Lenten Lunch, 12:40 p.m.
Eucharistic Adoration with Stations,
12:45-3:15 p.m., Chapel
Taizé Prayer Service, 8:00 p.m., Church |
| Wed. 3/4 | Men's Spirituality Breakfast, 7:00 a.m., Parish Hall
Lenten Lunch, 12:40 p.m.
Faith Formation, 3:30-5:00 p.m.
Children's Choir, 4:30 p.m., Choir Room
Faith Formation, 3:30-5:00 p.m.
Pre-Confirmation(1), 7:00 p.m., Community Room
Middle School Faith Formation, 7:00-8:30 p.m.
Parish Hall |
| Thurs. 3/5 | Lenten Lunch, 12:40 p.m.
Eucharistic Adoration, 7:00 p.m., Chapel |
| Fri. 3/6 | Lenten Lunch, 12:40 p.m.
Fish Fry, 5:00-7:00 p.m., Parish Hall
Stations of the Cross, 5:30 p.m., Church |
| Sun. 3/8 | Faith Formation, 9:00-10:30 a.m.
Children's Liturgy, 10:45 a.m. |

The Catholic Daughters will meet on Tuesday, March 3rd at 7:00 p.m. at Cathedral. For more information call Delores @ 701-221-2818.

Stewardship Thoughts: "While we have the opportunity, let us do good to all people - especially to those of the household of faith." (Galatians 6:10)

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)

DAILY SCHEDULE DURING LENT

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

The Holy Father Speaks... Worldliness is the enemy of God, because the Lord calls us to humility. In referring to the Gospel where Jesus tells the disciples, "If anyone wishes to be first, he shall be the last of all and the servant of all." If we make compromises while trying to live out the Gospel, we will end up imbibing the spirit of the world, which leads to dominating others and is the "enemy of God". On the contrary, Jesus calls us to the path of service. Jesus knew that the disciples, because of ambition, had been arguing about which one of them was the greatest. This attitude of wanting to advance, of wanting to be raised up is "the spirit of the world". This anxiety of worldliness, this concern to be more important than others, saying, "No, I deserve this, that person doesn't deserve it": this is worldliness, this is the spirit of the world, and those who breathe in this spirit, breathe in the enmity of God. Jesus said: "Either you are with me or you are against me". There are no compromises in the Gospel. When someone wants to live the Gospel while making compromises, they ultimately find themselves with the worldly spirit, which always seeks to make compromises in order to climb higher, to dominate, to be greater. So many wars and so many quarrels come precisely from worldly desires, from the passions. It's true that there are many actual wars in the world today. What about the wars among ourselves, like the one among the Apostles about who is the most important? Those who are infected with worldliness are like careerists who are always striving for a higher place, for greater recognition. This is the spirit of the world, and this is not Christian. And then, there's the wickedness of chatter: gossip. Where does it come from? Envy. The great envious one is the devil. We know that as it says so in the Bible. Through the devil's envy, evil enters into the world. Envy is a worm that pushes you to destroy, to bad-mouth others, to annihilate others. We must try to overcome worldliness and envy.

Welcome! Thank you for choosing to worship with us today and we hope you will return often. If you do not belong to a parish, please consider choosing Corpus Christi as your church home. You may call the parish office at 255-4600 to register.

Date: Mar 7-8		March 7, 2020 4:00 PM		March 8, 2020 8:30 AM		March 8, 2020 10:45 AM		March 8, 2020 6:30 PM
Hospitality	1	Mary Ann Grossman	1	Paula Bement	1	Bonnie Kisch	1	
	2	Evelyn Spangler	2		2	Stella Schiele	2	
	3		3		3	Rita Mastel	3	
	4		4		4		4	
	5		5		5		5	
	6		6		6			
Ushers	1	Helen Berger*	1	John Novak	1	Chuck Holzer*	1	Tim Rivinius
	2	Derek Theurer	2	John Saiki	2	Bernie Holzer	2	Vince Selensky
	3	Michael Kordonowy	3	George Simek	3	Phil Kambeitz	3	Karen Selensky
	4	Ron Hopfauf	4	Pius Ternes	4	Dennis Mastel	4	Bernie Rivinius
	5		5		5		5	
	6		6		6			
Lectors	1	Joyce Hinman	1	Amy McKay	1	Albert Wolf	1	Annie Paulson
	2	Nikki Ferderer	2		2		2	Michael Schaff
Servers	1	Conner Lundeen	1	Kylie Paczkowski	1	Kaleb Clark	1	Mikayla Brackin
	2	Olivia Lundeen	2	Adriana Thein	2	Charile Holzer	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	Laverne Kaufman	R-1	Maureen Vosberg
	2	Bob Clooten	2	Kathy Knudson	2	Cora Buchholz	2	Tim Bohan
	3	Sandy Wald Clooten	3	Gerard Mathern	3	Kathryn Feist	3	
	4	Phyllis Lentz	4	Pam Mathern	4	Mary LaDuke	4	
	5		5	Helen Werlinger	5	Matt Kraft	5	
	6		6	Anna Rathbun	6	Steven Mittelsteadt	6	
	7		7		7	Phyllis Lentz	7	Father Raphael
	8		8		8		8	
	9	Father Al Bitz	9	Father Raphael	9	Father Al Bitz		
	10		10		10			
	11				11			
	12				12			
	LG		LG		LG		LG	
		BLOOD OF CHRIST		BLOOD OF CHRIST		BLOOD OF CHRIST		BLOOD OF CHRIST
	1	Carol Thompson	1	Jim Janusz	1	Karen Stahl	1	Myles Vosberg
	2	Clyde Thompson	2	Amy McKay	2	Mary Siverson	2	Margie Schiff
	3	Lorraine Hoffman	3	Jerome Werlinger	3	Kathy Zahn	3	
	4		4	Mike Hilbert	4	Raymond Zink	4	
	5		5		5		5	
	6		6		6		6	
	7	Deacon	7	Deacon	7	Deacon	7	Deacon
	8		8		8		8	
	9		9		9			
	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.

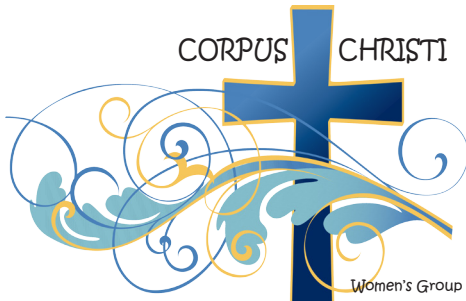
2020 AFRICAN MISSION APPEAL

"By our actions we bring hope to their lives" is the theme for the 31st Annual African Mission Appeal, which begins next weekend (March 7th-8th) in every parish in the Diocese of Bismarck. Your gift will help support the work of our Mission Team as they minister on our behalf to our brothers and sisters in Kisii, Kenya, East Africa. The African Mission Appeal brochure and envelopes are available in the bulletin for you to take home and read. Please prayerfully consider a generous gift to the appeal. 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, you can call the Diocese at 701-222-3035.

WOMEN'S SIMPLE LENTEN RETREAT



The 13th Annual Women's Simple Lenten Retreat will be on Saturday, March 14th at St. Joseph's Church in Mandan. Presenter, Father Craig Vasek will talk on everyday human woundedness and walk us through channels of grace that Jesus used to bring faith, hope, love, and healing. **"This is not just another talk,"** he explains. **"Each person should leave given over more faithfully to the Lord."** To register, go to bismarckdiocese.com and click on the "Events" tab. Or, send your check to Women's Retreat at PO Box 1137, Bismarck, ND 58501. The registration is \$25 by March 1st or \$35 after that date. Call 701-391-2805 with questions.



Corpus Christi Women's Group

Spirituality of the Two Halves of Life (Part 1)

March 12th

7:00 - 8:30 p.m. in the Community Room

This will be a video workshop with Fr. Ronald Rolheiser exploring spirituality and discipleship.

This two part Lenten series (March 12th and April 2nd) will help women understand how the heartbreaks and disappointments in life can become stepping stones to great spiritual joy in the second half of life. Come meet other Catholic women and grow in your faith. **No cost or registration required. For additional questions, contact Cindy Anderst in the parish office at 255-4600.**

LENTEN ALMSGIVING 2020

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me."



Participate in almsgiving this Lent by bringing food to help fill the shelves of the food pantry. Your donations can be placed in the boxes in the upper and lower gathering spaces of the church.

ESSENTIAL ITEMS NEEDED ARE:

Week 1: Pancake Mix and Syrup

OPERATION RICE BOWL

When Jesus fed the 5,000, he said, "Give them some food yourselves." Reflect on the challenge of global hunger. How can you contribute to support the hungry in your community?

• **Faith** • **Actions** • **Results**

Visit crsricebowl.org for more.



Sunday, Mar 01, 2020

FIRST SUNDAY OF LENT

Count me in

A fresh supply of blood keeps the body nourished, just as children add a new chapter to the story of every family. In the same way, our nation's vitality has always been renewed by the welcoming of immigrants. The church likewise depends on making the way of Jesus attractive to new members. Today we celebrate those entering our church community through the Rite of Election. As they sign their names in the Book of Election, we might ask: What are we doing to keep the Body of Christ alive and well?

TODAY'S READINGS: Genesis 2:7-9; 3:1-7; Romans 5:12-19; Matthew 4:1-11 (22). *"How much more did the grace of God . . . overflow for the many."*

Monday, Mar 02, 2020

LENTEN WEEKDAY

Heaven all the way

Today's gospel raises the specter of "eternal punishment," better known as hell. In popular imagination, hell is a fiery place of suffering that a punishing God sends people to. Not so fast, say today's Catholic theologians, including the last three popes. God is not a torturer. Hell is not so much a physical place but a separation from God chosen by humans. "It is heaven all the way to heaven," declared Saint Catherine of Siena. To which Father Richard Rohr, O.F.M. adds, "It's hell all the way to hell." Today choose heaven.

TODAY'S READINGS: Leviticus 19:1-2, 11-18; Matthew 25:31-46 (224). *"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me."*

Tuesday, Mar 03, 2020

MEMORIAL OF KATHARINE DREXEL, VIRGIN

Stand for equality

The first American-born U.S. saint, Katharine Drexel was exactly what the country needed. Born into wealth and privilege in 1858, she learned about charity from her parents and took an interest in serving Native Americans and African Americans, who she saw were unjustly excluded from the American dream. Of all the great things she did, perhaps her biggest accomplishment was the founding of Xavier University in New Orleans, the first Catholic university in the United States for African Americans. Look to her and help everyone get an equal chance.

TODAY'S READINGS: Isaiah 55:10-11; Matthew 6:7-15 (225). *"Give us this day our daily bread."*

Wednesday, Mar 04, 2020

MEMORIAL OF CASIMIR

Let's be the royal we

It's that day of the year when you can joke about the date also being a direct order—to "march forth." But under whose authority? And for what purpose? In biblical times, of course, it was at the behest of a powerful king or other sovereign. But what about us? If we were baptized as children in the Catholic rite that anoints us "priest, prophet, and king" along with Jesus, we can look to someone such as Saint Casimir. Like this beloved prince of Poland in the 1400s, we act like a sovereign whenever we use

our resources for good and influence those under our direction—they be they children, students, coworkers, or fellow citizens—to do the same.

TODAY'S READINGS: Jonah 3:1-10; Luke 11:29-32 (226). *"When the news reached the king of Nineveh, he rose from his throne."*

Thursday, Mar 05, 2020

LENTEN WEEKDAY

Let the body guide you

Prayer takes many forms—mental, verbal, visual, and physical. We speak, sing, reflect silently, stand, kneel, clasp our hands together. One time-honored Catholic tradition that is rarely seen—except perhaps on Good Friday or at ordinations and monastic professions—is prostration, the act of lying facedown on the ground. It symbolizes profound adoration, humility, or sorrow before God, and also expresses the "earthy" connection between God, humanity, and all creation. We "shorten" this prayer form when we bow our heads. As you enter into your own prayer, consider how bowing your head or lying prostrate might assist you in connecting more fully or in a different way with God.

TODAY'S READINGS: Esther C:12, 14-16, 23-25; Matthew 7:7-12 (227). *"Queen Esther, seized with mortal anguish, had recourse to the LORD. She lay prostrate upon the ground."*

Friday, Mar 06, 2020

LENTEN WEEKDAY; DAY OF ABSTINENCE

Be a little more careful

Lent invites us to a conversion of heart; any practices of prayer, fasting, and almsgiving can be the means of surrendering anger and loving more deeply. How might we do that? Smile at everyone you encounter today. Pray for ourselves and the people (or leaders) with whom we struggle. Ask each morning for the grace to imagine a walk in the shoes of a difficult person. Work to remove the judgment from your heart, and find the courage to mend a broken relationship. As the poet e.e. cummings put it, "be of love (a little) / More careful / Than of everything."

TODAY'S READINGS: Ezekiel 18:21-28; Matthew 5:20-26 (228). *"Go first to be reconciled with your brother."*

Saturday, Mar 07, 2020

MEMORIAL OF PERPETUA AND FELICITY, MARTYRS

Courage can be costly

Questions of conscience tend to get overlooked in the daily demands of work and family. But as totalitarian regimes around the world proliferate, some may face dilemmas similar to that of Perpetua and her servant Felicity. Both martyrs chose fidelity to Christ despite—or because of—their obligations as new mothers. Franz Jagerstatter, centuries later, in fidelity to his Catholic faith and love for his three daughters, refused a loyalty oath to Hitler and was beheaded. The sun rises on evil and good. But death does not have the last word. So risk speaking the truth.

TODAY'S READINGS: Deuteronomy 26:16-19; Matthew 5:43-48 (229). *"For [God] makes the sun rise on the evil and on the good."*

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 2020

Church of Corpus Christi

One Minute Meditations

St. Toribio de Mogrovejo

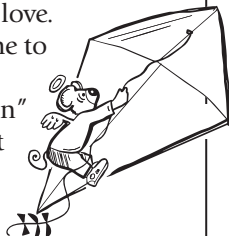
Born in Mayorga, Spain, St. Toribio was educated in law and became the Professor of Law at Salamanca University. His work and his holiness earned him the notice of the king, who named him to be the next Archbishop of Lima. Despite his arguments, Toribio was ordained a priest, consecrated, and sent to Peru. He spent his office reforming the then-corrupt diocese, catechizing the native Peruvians, and defending them from the abuses of the Spanish conquistadors.



Sunday rest

Rather than a day to catch up on errands and chores, God intends Sunday to be a day of contemplation and of rest. Sunday is the day we set aside for God and moments of praise and worship.

"I would like everyone to feel loved by the God who gave his Son for us and showed us his boundless love. I want everyone to feel the joy of being Christian" (Pope Benedict XVI).



Dealing with difficult people Jesus' way

People who argue, fight, or refuse to cooperate can make our lives downright miserable. Yet, Jesus was masterful at dealing with difficult people. Following his example can save our sanity and our relationships.

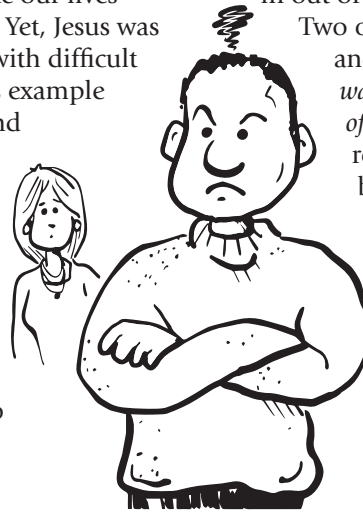
Know when to ignore. When Jesus made his Nazareth friends and neighbors so mad that they wanted to throw him off a cliff, he knew there was no reasoning with them. "Passing through the midst of them he went away" (Luke 4:30). When people speak harshly or offensively, the best response can be to disengage and walk away.

Know when to say "no." Sometimes others demand more from us than we

are able or willing to give, yet we give in out of guilt or fear of displeasure.

Two of his best friends, James and John, said to Jesus, "we want you to do whatever we ask of you" (Mark 10:35). In response to this stunning breach of boundaries, Jesus was calm and firm. He said "no" and didn't second-guess himself when he didn't make his loved ones happy.

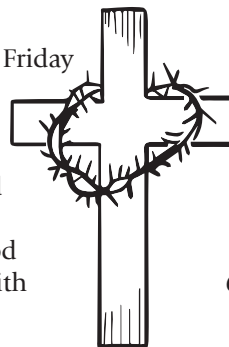
Know when to stay calm. When Jesus took a Sabbath stroll with his friends (Matthew 12), Pharisees barged in and accused him of breaking the Sabbath. He remained calm and answered them peacefully. He wasn't afraid of being tripped up or trapped because he was unconcerned about others' opinions.



Why Do Catholics Do That?

Why do Catholics call Good Friday "good"?

Although a sad day, Good Friday actually is "good" because it is the day when Jesus saved us from our sins, reconciled us with God, and reopened Heaven. Out of what seemed like defeat, God brought a greater victory. With

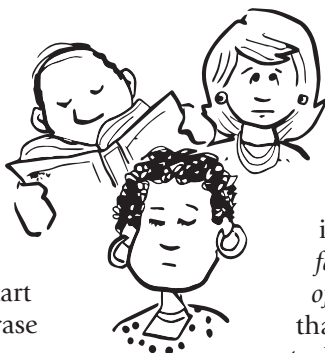


his sacrifice, Jesus conquered sin and death. On Good Friday, we see more clearly God's goodness, justice, wisdom, power, and love. "God proves his love for us in that while we were still sinners Christ died for us" (Romans 5:8).

3 ingredients for powerful prayer

A close, loving relationship with God depends on a rich prayer life. It is through prayer that God guides, consoles, strengthens, challenges, and transforms us. Ingredients of a strong prayer life can include a Scripture reading, quiet meditation, and expectation.

Meditate on Scripture each day: The Bible contains everything God wants us to know. Start each morning with a verse, a chapter, or a phrase that speaks to you and carry it with you



throughout the day.

Listen in silence: Listening is as important as talking. Spend 15 minutes in silence each day to listen to what God wants your heart to know.

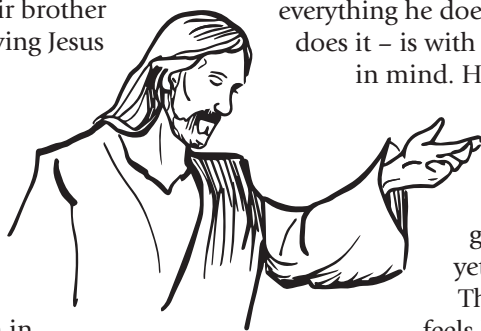
Wait in positive expectation. When we have faith that God personally loves us and wants what is best, we eagerly await the plans he has for us. "...faith is the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1). The conviction that God hears and answers us makes our prayer truly powerful.

from Scripture

John 11:1-45, Trust, and you shall be rewarded

God's ways can be puzzling. In this Gospel passage, Martha and Mary sent word to Jesus that their brother was seriously ill, believing Jesus could help. Yet, Jesus delayed in coming to them and Lazarus died. Despite this, Martha showed great faith: *"Even now I know that whatever you ask of God he will give you."* For her firm faith in God, she was rewarded generously.

God never leaves us in our troubles but draws closer to us. When the situation was at its bleakest for his friends, Jesus was with them. He wept;



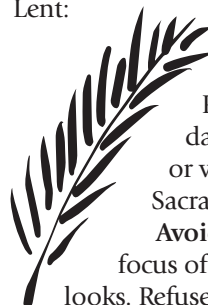
he wasn't insensitive to their pain. God's timing is not ours, yet everything he does – even when he does it – is with our best interests in mind. He was not too

late for Lazarus, but right on time and worked his greatest miracle yet.

The next time it feels like God isn't listening, remember Jesus' own words: *"Father I thank you for hearing me. I know that you always hear me."* We can trust his response, while perhaps not what we want, will work for good.

Q & A Can you suggest a meaningful sacrifice for Lent?

The point of Lent is not to greet Easter a few pounds lighter but to be transformed. Try something new this Lent:



Make extra time for him each day.

Read the Bible, attend daily Mass, pray a Rosary, or visit Jesus in the Blessed Sacrament.

Avoid the mirror. Take the focus off your appearance or looks. Refuse to compare yourself to others or accept others' view of you. Remember, your worth isn't in how others see you, but in God's infinite, unchanging love for you.

Give up one thing at every meal. Offer up a little something every time you eat – forego sugar in coffee, honey on cereal – to keep the idea, "it's Lent," in the forefront.

Offer the heroic minute. St. Josemaría Escrivá suggested jumping out of bed – no snooze button – as soon as the alarm goes off, "without granting a single minute to laziness. If, with the help of God, you conquer yourself in that moment, you'll have accomplished a great deal for the rest of the day."

Feasts & Celebrations

March 3 – St. Katharine Drexel (1955). A Philadelphia heiress, Katharine Drexel became a nun and used her inheritance to establish the Sisters of the Blessed Sacrament for African and Native American peoples. She founded missions for Native Americans and Xavier University in New Orleans, the first to admit African American students.

March 4 – St. Casimir of Poland (1483). When his father sent him to conquer Hungary, Casimir assessed the odds against winning the war and

turned back out of concern for his troops. He resolved never to be involved in war again.

March 19 – St. Joseph, husband of Mary (1st Century). Jesus' earthly father and husband to the Blessed Mother, St. Joseph is a model of fatherhood and a protector of families.

March 27 – St. John of Egypt (c.394). Born in modern Assiut, Egypt, St. John became a hermit when he was twenty. He lived an ascetic life but preached publicly on weekends. Also a prophet, he made two accurate predictions for Emperor Theodosius I.



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