

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 app: Text "app" to 55321

Parish Office255-4600
Parish Fax..... 255-4616
Food Pantry.....255-3104

Parish Office is open 7:30 a.m.-4:00 p.m.
Monday-Thursday
Friday 7:30 a.m. - 1:00 p.m.

*For Sacramental Emergencies after office hours,
please call 701-425-1483 and leave a voicemail.
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 5:30 p.m.
Monday-Friday.....12:10 p.m.

(Holy Days as scheduled)

MISSION STATEMENT

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

Msgr. Patrick Schumacher, S.T.L., Pastor 255-4600
Rev. Logan Obrigewitch, Parochial Vicar..... 975-9802
Tracy Kraft, Parish Manager..... 975-9803

PASTORAL MINISTERS

Cindy Anderst, Adult Formation 975-9810
Sarah Bengtson, Pastoral Care 975-9805
Sebastian Haboczki, Music Ministry..... 975-9806
Cole Jones, Youth Ministry..... 255-4600
Melanie Konieczka, Faith Formation 975-9809
Tammy Schafer, Pastoral Care..... 975-9816
Sr. Ivo Schoch, Outreach Ministry 975-9808

DEACONS: Bob Wingenbach, Brian Lardy, Michael Fix,
Lonnie Grabowska, Rex McDowall (Retired)

PARISH SUPPORT STAFF

Jane Bosch, Kitchen Manager..... 255-4600
Niel Heinze, Maintenance Technician 975-9815
Colleen Reinhardt, Food Pantry, Music Assoc.... 975-9807
Beverly Everett, Organist in Residence 255-4600



February 4, 2024

SACRAMENTS

Reconciliation - Reconciliation is offered, behind a screen, weekdays from 11:30 a.m. - 12:00 p.m. and from 3:00-3:30 p.m. on Saturdays. Or by appointment by calling the parish office at 701-975-9803. No Reconciliation prior to Communion Services. Also, schedule may change on Holy Days or Special Liturgies.

Baptism - The Baptism Preparation Program and Schedule are by arrangement. Please call the office at 701-255-4600 to register or do so online at corpuschristibismarck.com/baptism prior to your delivery date and the program coordinator will return your call. Parents must be registered at Corpus Christi or have permission from their parish.

Marriage - Couples planning to be married should contact the parish office at 701-975-9805 at least **12 months** in advance for completion of Diocesan requirements.

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 701-222-3035 or www.bismarckdiocese.com/nfp.

RCIA Classes - Persons wishing to learn more about the Catholic faith may call Tracy Kraft at 701-975-9803.

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

PRAYER TREE: 255-4600



CORPUS CHRISTI APP:

Download the app for any smart device.
Text the word *App* to 55321.
Or scan the QR Code.

We welcome you to Corpus Christi!

To become a registered member, stop by the parish office, or scan this QR Code.



Livestreaming Schedule:

WEEKDAY MASSES

Monday - Friday: 12:10 p.m.

WEEKEND MASSES

Saturday: 4:00 p.m.

Sunday: 10:45 a.m.

Weekly Mass Intentions

Mon., Feb. 5 (12:10 p.m.) - *Jerome Hager*

Tues., Feb. 6 (12:10 p.m.) - *†Andrew Tran*

Wed., Feb. 7 (12:10 p.m.) - **Collective Mass Intention:**

†*Felimaco Tapiculin*

†*Mary Ann Weigel-Vetter &*

†*Alois Vetter*

Thurs., Feb. 8 (12:10 p.m.) - *†Wayne Weikum*

Fri., Feb. 9 (12:10 p.m.) - *†Jody Foy*

Sat., Feb. 10 (4:00 p.m.) - *†Karen & †Kevin Weiler*

Sun., Feb. 11 (8:30 a.m.) - *Pro Populo*

(10:45 a.m.) - *†Jim Kosteletzky*

(5:30 p.m.) - *†William C. Bement*

The Diocese of Bismarck is firmly committed to the health and protection of children, young people, and vulnerable adults.

The Catholic Church must be exemplary: clergy, employees, whether diocesan, parish or Catholic school and volunteers are held accountable for their behavior. To enable the highest level of accountability, there must be a clear and unambiguous definition of appropriate behavior. To this end, this *Code of Conduct* (bismarckdiocese.com/safe-environment-program) is defined for the Diocese of Bismarck and it provides a foundation for implementing effective and enforceable standards for all clergy, educators, employees and volunteers in contact with children and youth.

Fr. Paul Becker is available on Thursdays, 1:00-2:00 p.m., for meetings in 15 minute increments. Meetings are pre-scheduled (no walk-ins). To schedule a time to meet with Fr. Becker, call the Parish Office, 255-4600.



**Corpus Christi
Women's Group**

Thursday, February 8

7:00-8:30 p.m.

Parish Hall

Topic: Sharing Your Faith

CONTRIBUTIONS (General Fund) - (2,443 households)	
Adult Envelopes (237 Envelopes)	\$13,913.97
Youth Envelopes	\$253.75
TOTAL RECEIVED (Jan. 28)	\$14,167.72
<i>1st Sunday</i>	<i>\$14,359.16</i>
<i>Online Giving Week 1 (Jan. 1-7)</i>	<i>\$7,813.00</i>
<i>Electronic Contributions</i>	<i>\$13,683.68</i>
<i>2nd Sunday</i>	<i>\$11,080.56</i>
<i>Online Giving Week 2 (Jan. 8-14)</i>	<i>\$4,505.00</i>
<i>3rd Sunday</i>	<i>\$13,549.59</i>
<i>Online Giving Week 3 (Jan. 15-21)</i>	<i>\$5,830.00</i>
<i>Electronic Contributions</i>	<i>\$10,680.68</i>
<i>4th Sunday</i>	<i>\$14,167.72</i>
<i>Online Giving Week 4 (Jan. 22-28)</i>	<i>\$3,852.15</i>

We are grateful for your generosity, which is part of being a faithful steward of Corpus Christi.

Stewardship Thought: Like St. Paul in the second reading, the good steward can say, "I do all that I do for the sake of the gospel in the hope of having a share in its blessings." God has given each of us some special abilities. It is important that we use them to help one another, passing on to others the many blessings God has given us.



Food for the Soul

Tuesday, February 6

5:30 p.m. in the Community Room

Eating alone after the loss of a spouse could likely be called the "6th Stage of Grief." Corpus Christi has created a community of friendship and support within our beautiful, Catholic family to assure you that there is always room at the table. *Food for the Soul* is a once-a-month gathering and potluck meal for those who have lost a spouse. For more information, contact Tammy Schafer at her direct office number, 975-9816.



**Knights of
Columbus**

Upcoming Events

Perpetual Rosary for Vocations:

February 10 at 3:20 p.m., Church

February 11 at 4:45 p.m., Church

Caramel Roll Sale:

February 11 after Sunday Morning Masses

The proceeds will benefit two Corpus Christi parishioners going to Peru for a youth mission trip.

Knights of Columbus Scholarship Contest for graduating seniors. Check out the parish website for more information. Deadline is March 1st.

Children's Liturgy of the Word:

February 11 & 25 at the 10:45 a.m. Mass.

For children in Preschool - 2nd Grade.

Lessons are geared for this age group.



Ash Wednesday - February 14

Mass Schedule: 7:00 a.m., 12:10 p.m., 5:30 p.m., 7:00 p.m.

Sign up sheets for Liturgical Ministers are available in the Usher's Room. Thank you for your assistance!

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members from age 14 onwards. (USCCB.org)



The **Corpus Christi Lenten Fish Fries** will start on Friday, February 16. It's never too early to start thinking about when you can help, when you will attend, and how good it all will taste!

Online sign-ups have started and fish cutters, servers, table setters, table cleaners, dishwashers, and desserts are all needed.

If you have questions, contact Melanie at her direct office number, 975-9809 or melanie.konieczka@corpuschristibismarck.com. Register to help by scanning this QR code



STATIONS OF THE CROSS

Fridays during Lent at 5:30 p.m.

February 16 - Stations of the Cross led by a Deacon

February 23 - Stations of the Cross with a focus for Children

March 1 - Stations of the Cross led by a Deacon

March 8 - Shadow Stations presented by the Middle School Youth Group

March 15 - Stations of the Cross led by a Deacon

March 22 - Living Stations presented by the High School Youth Group

Black and Indian Mission Collection

February 4, 2024

Thank you for supporting the Black and Indian Mission Collection, which helps diocesan communities assist the African American, Native American, and Alaska Native people of God. There is still time to donate. The donation envelopes are at the Church entrances.



Food Pantry Needs:

Instant Potatoes

1 lb. Bag of Rice



What's Going on Here This Week

Sun. 2/4	Faith Formation Group D , 9:30-10:45 a.m. SNAC, 6:30 p.m., Room 140
Mon. 2/5	RCIA, 7:00-9:00 p.m.
Tues. 2/6	Quilters, 9:00 a.m., Community Room Eucharistic Adoration 12:45-7:00 p.m. Food for the Soul, 5:30 p.m., Community Room Sacrament Track, Tuesday A Group , 5:30-7:00 p.m., Parish Hall
Wed. 2/7	Family Table Meal, 4:45-5:30 p.m. Choir Rehearsal, 5:15 p.m. Faith Formation Group F , 5:30-6:45 p.m. Faith Formation 7th Grade , 7:00-8:30 p.m. Middle School Youth Ministry (6th & 8th Grade), 7:00-8:30 p.m., Room 140
Thurs. 2/8	Corpus Christi Women's Group, 7:00-8:30 p.m., Community Room
Sat. 2/10	Sacrament Track, Saturday Group , 9:00-11:00 a.m., Parish Hall Knights of Columbus Rosary for Vocations, 3:20 p.m., Church
Sun. 2/11	Knights of Columbus Caramel Roll Sale, after the Sunday Masses, Lower Gathering Space Faith Formation Group A , 9:30-10:45 a.m. Children's Liturgy of the Word, 10:45 a.m. Mass Knights of Columbus Rosary for Vocations, 4:45 p.m., Church SNAC, 6:30 p.m., Room 140

Corpus Christi Youth Ministry:

High School SNAC (Grades 9-12)

SNAC: Sunday Nights After Church

Sunday, February 4: 6:00-8:00 p.m.

Topic: Fun Night!



Middle School Youth Ministry

Wednesday, February 7: 7:00-8:30 p.m. (Grades 6 & 8)

Topic: Service

Spring 2024 40 Days for Life Campaign

February 14 - March 24, 2024

7:00 a.m. to 7:00 p.m. at the State Capitol.

This peaceful, prayerful vigil would make a great Lenten prayer time. Praying can be done at home or at the capitol grounds. Signs are available to use while you pray or to place in your yard. Encourage a group you are in to take a whole day! Call Diane at 701-527-3265 with questions or to sign up if you don't have a computer or sign up online for your time slot today at www.40daysforlife.com/bismarck.

WOMEN'S SIMPLE LENTEN RETREAT

Saturday, February 17

8:00 a.m. to 2:00 p.m.

Corpus Christi Church in Bismarck

The *Diocesan Women's Simple Lenten Retreat* is back in 2024. There will be two talks. One reflection will be "*Holiness Reflected Through Saints and Heroes*" by Mother Mary Joseph with the Sisters of Mary based in Bismarck. The other presentation is "*Inspirations for Lent*" by Msgr. Patrick Schumacher. The day also includes Mass at 8:00 a.m., Eucharistic Adoration, confession, breakfast, lunch and vendors.

Registration is \$40. Registration closes on Friday, February 9 to obtain an accurate meal count. Register at <https://bismarckdiocese.com/lenten-retreat-for-women>.

Job Opportunities at the Diocese of Bismarck:

- Full-time Administrative Assistant in the Office of Mission Advancement.
- Full-time Fiscal Office Accountant, Accountant I to IV level.

For all job opportunities, full descriptions, and how to apply, visit <https://bismarckdiocese.com/job-openings>.



Corpus Christi is in need of Hospitality Ministers (Ushers and Greeters) at all Masses. Your help is needed - are you willing to join the group of dedicated volunteers who serve as Hospitality Ministers? To volunteer for your Mass time, contact Tracy Kraft at the Parish Office, 975-9803.

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. Meetings are held the 1st and 3rd Tuesdays of the month from 6:30-7:30 p.m. at Parkway Funeral Service, 2330 Tyler Parkway. The next meeting will be on Tuesday, February 6. Topic: Panel of Speakers: Parent-Child-Sibling-Spouse.

Sea Glass is a grief support group to help children and teens learn their own ways of smoothing out their grief. Meetings are held the 1st and 3rd Tuesdays of the month from 6:30-7:30 p.m. at Parkway Funeral Service, 2330 Tyler Parkway. The next meeting will be on Tuesday, February 6. Please RSVP via call or text to Mardee at (701) 880-0422 or Brenda at (701) 426-1021.

Capella is a new choir at the University of Mary made up of skilled, scholarshiped student musicians with a special devotion to sacred music. Auditions accepted through February 19. Substantial scholarships are available! www.capellaumary.com.



2024 CARNIVAL FEBRUARY 2-3-4

St. Mary's Academy: 1025 N 2nd Street

Carnival raffle tickets:

Please return raffle tickets to St. Mary's Academy no later than Sunday, February 4 by 2:00 p.m.

At Corpus Christi, tickets can be added to the weekend collection and they will be sorted after Masses.

Tickets must be received no later than the 10:45 a.m. Mass on Sunday, February 4 so the tickets can be delivered to St. Mary's Academy in time for the 2:00 p.m. raffle drawing.

Do not put tickets in the Sunday 5:30 p.m. collection.

The Midway will be open:

Friday: 5:30 - 9:00 p.m.

Saturday: Noon - 9:00 p.m.

Sunday: 9:00 a.m. - 2:00 p.m.

Meals will be offered:

Friday

Classic Carnival Dinner

Pork Roast, Mashed Potatoes, Coleslaw, Corn
4:30 - 7:00 p.m.

Saturday

Chick-fil-A Dinner

Regular or Spicy Chicken Sandwich, Chips, Cookie
4:30 - 7:00 p.m.

Sunday

Brunch

Pancakes, Eggs, Sausage
9:00 a.m. - 1:00 p.m.

From the Desk of Msgr. Patrick A. Schumacher, S.T.L., Pastor



My youngest Dalmatian was born on January 26, the Feast of Sts. Timothy and Titus. We celebrated Titus' 3rd birthday on the 30th with my parents, who are always so good about treating the Dals with their own birthday cake. As you can see from this picture, Romeo was just as excited (he's in the front) to get a bite of the cake as Titus. The weather was absolutely beautiful so both Titus and Romeo were able to play around the backyard at Mom & Dad's, which is one of their favorite places to be!

This weekend is the annual St. Mary's Carnival, which has a long standing tradition of being a fun, family, and community centered event. For all the ways that you supported this year's event - thank you! And, if you haven't taken the time to stop by the Carnival this year, there is likely time yet to do so with a wide variety of activities through Sunday afternoon. I would also like to take an opportunity to extend my gratitude to parishioners Dennis & Milissa Kelly, who were our parish coordinators again this year - thank you for your commitment and dedication to the Light of Christ Catholic School system!

~Have a great week! Msgr. Patrick Schumacher



**Eucharistic
Revival**



Embark on a transformative spiritual journey! The Bismarck Diocese and the University of Mary warmly invite you to join us on a seven-day pilgrimage (July 16-22, 2024) to the National Eucharistic Congress in Indianapolis. Register today at www.umary.edu/NEC. This is sure to be a wonderful event! If you have questions or would like to visit with someone about the details, feel free to contact Melanie Konieczka at the Parish Office, 975-9809.

Did you know...

- There are hearing aid devices available for parishioners to use during Mass.
- Low gluten Communion is available.

Please contact an usher or hospitality minister to assist you.

LITURGICAL MINISTRY SCHEDULE

Please review the schedule and contact the office to let us know if you are willing to serve as a minister next weekend.

If you are not scheduled and would be willing to help, call Tracy Kraft at 701-975-9803.

Date: Feb 10-11		February 10, 2024		February 11, 2024		February 11, 2024		February 11, 2024
		4:00 PM		8:30 AM		10:45 AM		5:30 PM
Hospitality	1	Mary Ann Grossman	1	Jason Krebsbach	1	Rita Mastel	1	Mary Nelson
	2	Evelyn Spangler	2	Abbie Krebsbach	2		2	
	3		3	Eva Krebsbach	3		3	
	4		4	Kort Krebsbach	4		4	
Ushers	1	Helen Berger	1	John Saiki	1	Phil Kambeitz	1	Tim Rivinius
	2	Sam Theurer	2	George Simek	2	Dennis Mastel	2	Bernie Rivinius
	3	Derek Theurer	3	Pius Ternes	3	Chuck Holzer	3	
	4	Ron Hopfauf	4		4	Bernie Holzer	4	
Lectors	1	Nikki Ferderer	1	Amy McKay	1		1	Christopher Knudson
	2	Heather Lundeen	2		2		2	Bob Willenbring
Servers	1	Chloe Lundeen	1	Anna Brash	1	Ben Miller	1	Joelle Knudson
	2	Conner Lundeen	2	Warren Miller	2	Jake Miller	2	Kyan Knudson
Eucharistic Min		BODY OF CHRIST		BODY OF CHRIST		BODY OF CHRIST		BODY OF CHRIST
	R-1	Carol Thompson	R-1	Gerard Mathern	R-1	LaVerne Kaufman	R-1	Tim Bohan
	2	Father	2	Father	2	Father	2	Father
	3	Bob Clooten	3	Danell Becker	3	Steven Mittelsteadt	3	Mary Nelson
	4	Sandy Wald Clooten	4	Pam Mathern	4	Karen Stahl	4	
	5		5	Amy McKay	5	Cec Reetz	5	
	6	Clare Auble	6	Mike Hilbert	6	Gary Feist	6	
	7	Deacon	7	Deacon	7	Deacon	7	Deacon
	8	Heather Lundeen	8	Jerome Werlinger	8	Kathy Feist	8	
	9		9	Judane Ohlhauser	9		11	
	10		10		10		12	
	11				11			
At 4:00*	D12				12			
	LG		LG		LG		LG	

04 February 2024

WORD OF THE WEEK

Evangélization ˌi-van-jə-lə-ˈzā-shən

The act of preaching or proclaiming the gospel; how the Good News of Christ's coming is delivered to the ends of the earth. **Evangélizing** begins with the witness of an authentic Christian life. This witness involves humility, detachment from wealth, faith, hope, and charity. In this way one becomes a credible proclaimer of the joy found in Jesus.

Pronunciation: <https://tinyurl.com/Take5-evangelization>

CONTEXT

An **evangelizer** must never look like someone who has just come back from a funeral!

—Pope Francis, *Evangelii gaudium*

The person who has been **evangelized** goes on to **evangelize** others. Here lies the test of truth, the touchstone of **evangelization**: it is unthinkable that a person should accept the Word and give himself to the kingdom without becoming a person who bears witness to it and proclaims it in his turn.

—Pope Paul VI, *Evangelii nuntiandi*

To teach in order to lead others to faith is the task of every preacher and of each believer.

—Saint Thomas Aquinas

WHY IT MATTERS

Jesus is the first **evangelizer** when he proclaims the coming of God's reign. Delivering the Good News of what God has done for us is, in fact, the entire mission of the church.

All people have a right to receive the gospel, and all Christians have a duty to proclaim it. This is not an obligation, says Pope Francis in *Evangelii gaudium*, but a joy as we "point to a horizon of beauty" for all.

RELATED WORDS

Gospel | *Evangelii gaudium* | Preaching

QUESTION OF THE WEEK

What's the difference between catechesis and evangelization?

Catechesis is basically religious education. Rooted in the Greek word for "echo," its intent is to nurture the Christian life through imitation in word and deed. **Evangelization** also has Greek origins and means "proclaiming good news." That good news of God's reign is contained in the gospel. Just as catechesis doesn't mean memorizing rote facts about faith, **evangelization** isn't the same as shouting scripture verses to passersby. We can think of **evangelization** as creating the spark that ignites the fire, and catechesis as the work of tending the flame once it's established. . . . When the two work hand in hand, **evangelization** and catechesis can make us saints by bringing us to faith and then to holiness, inch by inch.

—Alice Camille, from *Questions Catholics Ask* <http://tinyurl.com/QCA-evangelization>

REFLECTION OF THE WEEK

FIFTH SUNDAY IN ORDINARY TIME (FEBRUARY 4)

Our everything

The Second Vatican Council said the church is "missionary by its very nature"—in other words, mission, these days also called "**evangelization**," is more than just another thing the church does: It is part of everything the church does. What is mission? It's not only the sending of missionaries to foreign countries. Most simply, **evangelization** is bringing to others the Good News to which Jesus witnessed. It means seeing the face of Christ in everyone, especially the poor and outcast.

READINGS: Job 7:1-4; 6-7; 1 Corinthians 9:16-23; Mark 1:29-39 (74 <https://bible.usccb.org/bible/readings/020424.cfm>). "Let us go to preach . . . For this purpose have I come."

FAITH IN ACTION

We can all be missionaries and **evangelizers** by showing compassion, spreading goodness, transforming, forgiving, loving, serving, preaching, teaching, and healing.

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

February 2024

Church of Corpus Christi

One Minute Meditations

St. Josephine Bakhita

Born in Darfur, Sudan around 1869, she was kidnapped and sold into slavery. Her captors gave her the name Bakhita, meaning "fortunate." After several years of serving under cruel masters, she was bought by Augusto Michieli. The Michielis sent Bakhita with their daughter to Italy, where Bakhita encountered Catholicism. Overjoyed, she was baptized and took the name Josephine. In 1893, instead of returning to Africa with the Michielis, she entered the Institute of St. Magdalene of Canossa.



The moment of truth

Conversion begins when we accept responsibility for our failures. Lent is an opportunity to stop and take a good look at our lives. Identify all the ways that sin keeps you from living the way Jesus taught us to live. Know that it may take courage to face your shortfalls.

"Apart from the cross, there is no other ladder by which we may get to heaven." St. Rose of Lima



Deepen the connection to Christ during Lent

The key to a fruitful Lent is not to perform miserable penances. A good Lent hinges on encountering Christ in a personal way and letting Him change our hearts and minds. In fact, an effective way to deepen our encounter with Him is through the Eucharist. Consider these suggestions:

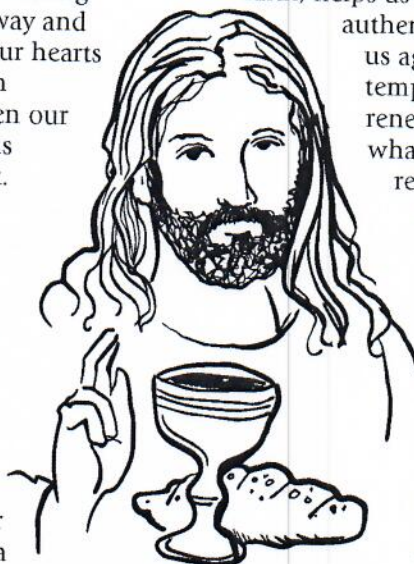
"Here I am, Lord. Love me!" Mother Teresa told her sisters to start their chapel time with this bold prayer, "Here I am, Lord. Love me!" No matter whether you are in His Presence for Mass, a holy hour, or a quick visit in front of the Blessed Sacrament, begin with, "Here I am, Lord. Love me!" It's a prayer of faith God delights to answer.

Live for the next Communion.

Every Communion deepens our union with God, strengthens our faith, helps us love more authentically, and immunizes us against future temptations. Each week, renew your resolve to do whatever is needed to receive Jesus well. For example, avoid activity or entertainment that tempts you away from God, and if you sin seriously, immediately go to Confession and start anew.

Invite others to the feast. Invite a friend, neighbor or colleague to Mass or Adoration

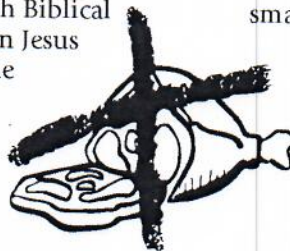
with you. Pray for priests to stay close to the Eucharist. Most importantly, pray that more people come to faithfully encounter Jesus in the tabernacle.



Why Do Catholics Do That?

Why do Catholics have to fast on Ash Wednesday?

Fasting is a practice with Biblical roots, most notably, when Jesus fasted for forty days in the desert. Those in good health, aged 18-59, are required to fast on Ash Wednesday and Good Friday. We're permitted one full meal and two



smaller meals that together don't equal the full meal. This includes abstaining from meat. Fasting expresses our recognition that we've sinned and desire to make amends. It purifies our hearts and frees them to love God and others well.

Pope Francis's three-point approach to Confession

Instead of dreading seeking the Sacrament of Penance and Reconciliation (Confession), Pope Francis suggested we look at it as "the Sacrament of the tenderness of God, His way of embracing us." Follow the pope's three-point approach to the Sacrament:

What's my intention? Rather than an obligation, consider the Sacrament a fresh start. Firmly resolve, from this moment forward, to give up the activities or behaviors that separate you from God. The firm resolution to change is key to receiving absolution effectively.

Are there loose ends? Unconfessed sin creates



distance between us and God. Make sure you have not withheld mortal sins in prior Confessions, either intentionally or accidentally. If you become aware that you have, confess them and leave the confessional a new man or woman.

Have I completed the assigned penance?

The Sacrament is meant to change us. Purposefully make amends and continue your resolutions to realign your life to the Gospel.

Seeking Reconciliation often and staying in a state of grace helps us become holier people of God.

from Scripture

Mark 9:2-10, Heavenly glory, not worldly power

In Jesus' time, Israel was occupied by the Romans. The Israelites already had a long history of being attacked and conquered by other nations. The Jews dreamed of the day when the Messiah would set them free and make them the victors.

God had set up Moses as liberator and lawgiver, and sent them Elijah, the first of the great prophets who foretold Christ's coming. So when Jesus was transfigured in glory with Moses and Elijah, the Apostles assumed that God was revealing Jesus as the Messiah.

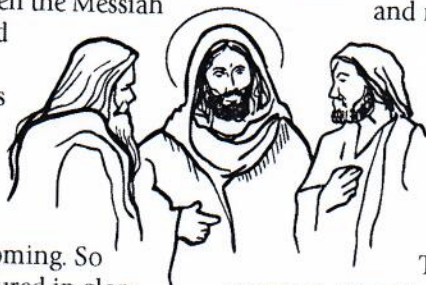
Moses and Elijah spoke with Jesus about His death and Resurrection.

Jesus warned His disciples that He would suffer and die (Mark 8:31). While many Jews were expecting the Messiah to overthrow the Romans and make Himself king,

God revealed that the Messiah would save His people by His own death and Resurrection.

The Transfiguration was

meant to strengthen the faith of the Apostles and prepare them for the Passion. The Transfiguration reminds us that however difficult this life may be there is unimaginable glory that awaits us in Heaven.



Q & A Why should we "offer it up"?

When tempted to complain about suffering, we may be encouraged to "offer it up" instead. This act of surrender carries incredible spiritual power.

A share in Christ's Cross. Because Jesus is God, His suffering and sacrifice have infinite value. When we unite even our

small sufferings to Jesus' suffering, it takes on an infinite value in helping Him to save souls.

Spiritual "strength training." When we offer

our sufferings to God, He is able to work on our hearts. Suffering for others helps us to become less selfish and more compassionate, less hard-hearted and more patient, less self-indulgent and more generous. Our hearts emerge more Christ-like, and better able to love.

Prudence is needed. Under most circumstances, encouragement to "offer it up" works as a spiritual discipline for inconveniences or mild suffering. Sometimes, however, remediation or professional help may be needed. God sees the sincerity of our love so we can still offer our suffering to Him and yet take constructive action to remediate whatever is causing the suffering. Be prudent.



Feasts & Celebrations

February 3 – St. Blaise (316). A bishop in fourth-century Turkey, St. Blaise was arrested for being a Christian. On his way to jail, he healed a young boy choking on a fish bone. Refusing to deny his faith, the bishop was martyred.

February 11 – Our Lady of Lourdes (1858). A heavenly lady appeared to St. Bernadette Soubirous, a poor girl from a French village, and a spring with miraculous, healing waters emerged from a nearby cave. The lady revealed herself as the "Immaculate

Conception," the Blessed Virgin Mary.

February 14 – Ash Wednesday. The first day of Lent. Ashes of old palms are placed on the forehead as a sign of penance. It's also a day of abstinence from meat and fasting – one regular meal and two small meals that together don't equal a full meal.

February 22 – The Chair of St. Peter. Marking St. Peter's establishment of the Holy See, on this festival we thank God for His Church and pray for its holy preservation.



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