



# ASH WEDNESDAY

*Saint Joseph Catholic Church*  
Church: 400 East Simpson Street  
Mechanicsburg, PA 17055-6507

E-mail: [officemanager@stjosephmech.org](mailto:officemanager@stjosephmech.org) • Website: [www.stjosephmech.org](http://www.stjosephmech.org)

**MISSION STATEMENT: Saint Joseph Parish, Mechanicsburg PA**  
Like our Patron, Saint Joseph, the Husband of the Blessed Virgin Mary, we are called to foster the presence of Christ in all that we say and do. Our mission is to grow disciples for the Lord Jesus Christ.



A Clean  
Heart  
Create  
For Me,  
GOD;  
Renew  
Within Me  
A Steadfast  
Spirit.

Psalms 51:12

**Reverend Thomas J. Rozman, Pastor**  
**Reverend Timothy J. Sald, Parochial Vicar**  
**Deacon Jack Paruso**  
**Deacon Steven Auchey**  
**Seminarian Andrew Kappenhagen**  
**Rudy Geisler, Parish Manager**  
**Rebecca A. Bamberger, School Principal**  
**Mark Rebeck, Coordinator of Religious Education**  
**Mary Vukelich, Adult Education Coordinator**  
**Justin Myers, Pastoral Musician**  
**Suzanne Bruzga, Evangelization Coordinator**  
**Reagan "Issy" Stence, Communication Coordinator**  
**Parish Advisory Council, [pac@stjosephmech.org](mailto:pac@stjosephmech.org)**

**Masses:** Saturday: 4:00 PM (fulfills Sunday Obligation)  
4:15 PM Gazebo  
Sunday: 8:00 AM, 9:45 AM (ASL), 11:30 AM  
9:45 AM Gazebo  
Weekday: See inside; Masses for the Week

**Parish Office:** 410 E. Simpson St.  
Mechanicsburg, PA 17055-6507

**Telephone Numbers:**  
Parish Office: 717-766-9433  
Video Phone for the Deaf: 717-610-0326  
Mass & Confession Times: 717-766-8032  
Parish Office FAX: 717-795-9123  
School: 717-766-2564  
School FAX: 717-766-1226  
Religious Education: 717-766-2472  
Trinity High School: 717-761-1116

**Sacrament of Penance**  
Saturday: 2:30 PM - 3:30 PM

Please notify the parish office when you or a family member has been admitted to the hospital or healthcare facility.

**Sacrament of Baptism:** Please contact the parish office, 717-766-9433, to schedule.

**Common Policy for Baptism:** Parents are encouraged to call the Parish Office to receive a copy of the Parish Baptism Policy containing essential information regarding the required instruction workshop and requirements for sponsors.

**Sponsor Certificates:** Letters of recommendation for sponsors of the Sacraments can be issued only to active members of the Parish who are registered in the Parish and receiving the Sacraments.

**Sacrament of Matrimony (Marriage)**  
**Common Policy:** It is necessary for a couple to contact the priests NINE TO TWELVE MONTHS prior to the anticipated time of the wedding. (It is recommended to contact the parish priest as soon as a formal engagement is decided.)

**Sacrament of Anointing:** Call any parish priest as soon as there is any serious illness.

**Holy Communion to the Sick:** When a parishioner is confined to home because of illness, advanced age, or infirmity, please call the office and arrangements will be made to take Holy Communion to the person.





## Masses & Events for the Week

### VIGIL - SIXTH SUNDAY IN ORDINARY TIME

- 4:00 PM † Walter Drescher (Drescher)
- 4:15 PM Outdoor Mass - Special Intention  
Lenten Resources (Exits after Mass)

### SUNDAY, FEBRUARY 14 - SIXTH SUNDAY IN ORDINARY TIME

(Leviticus 13:1-2, 44-46; 1 Corinthians 10:31—11:1; Mark 1:40-45)

- 8:00 AM † Kathy Marie Husic McKinney (Husic)
- 9:30 AM RCIA (Zoom)
- +9:45 AM People of the Parish Living and Deceased
- 9:45 AM Outdoor Mass - Special Intention
- 11:30 AM In honor of Deacon and Mrs. Kenski's 71st Anniversary (Kenski)  
Lenten Resources (Exits after Mass)
- 6:00 PM Bible Study (Zoom)

### MONDAY, FEBRUARY 15 - WEEKDAY (Genesis 4:1-15, 25; Mark 8:11-13)

- 9:00 AM Special Intention of Paulette Johns (Maceiko)

### TUESDAY, FEBRUARY 16 - WEEKDAY (Genesis 6:5-8; 7:1-5, 10; Mark 8:14-21)

- 9:00 AM † Wesley and Genevieve Pugh (Reilly)
- 1:30 PM Alpha (Zoom)
- 7:00 PM Alpha (Zoom)

### WEDNESDAY, FEBRUARY 17 - ASH WEDNESDAY— A DAY OF FAST AND ABSTINENCE

(Joel 2:12-18; 2 Corinthians 5:20—6:2; Matthew 6:1-6, 16-18)

- 6:30 AM Special Intention
- 9:00 AM † Francis Smith (Jahn-Geisler)  
Bible Study (Zoom)
- 10:00 AM Bible Study (Zoom)
- 12:00 PM People of the Parish Living and Deceased
- +6:30 PM Special Intention
- 6:30 PM Outdoor Mass - Special Intention



### THURSDAY, FEBRUARY 18 - THURSDAY AFTER ASH WEDNESDAY

(Deuteronomy 30:15-20; Luke 9:22-25)

- 9:00 AM † Michael Stepp (Johansen)
- 11:00 AM Abiding Together Women's Group (Zoom)
- 7:00 PM Abiding Together Women's Group (Zoom)

### FRIDAY, FEBRUARY 19 - FRIDAY AFTER ASH WEDNESDAY

(Isaiah 58:1-9a; Matthew 9:14-15)

- 9:00 AM † John Maciejczyk (Maciejczyk)
- 1:00 PM Stations of the Cross (Sanctuary)
- 7:00 PM Stations of the Cross (Sanctuary)
- 7:30 PM Holy Hour with Prayers, Night Prayer, Benediction
- 8:30 PM Candlelight Procession & Prayers to Our Blessed Mother  
Public and Livestreamed (Sanctuary)

### SATURDAY, FEBRUARY 20 - SATURDAY AFTER ASH WEDNESDAY

(Isaiah 58:9b-14; Luke 5:27-32)

- 6:15 AM That Man is You (Zoom)
- 2:30 PM Confessions (Parish Life & Ed. Ctr.)

### VIGIL - FIRST SUNDAY OF LENT

- 4:00 PM † Father Louis Ogden
- 4:15 PM Outdoor Mass - Special Intention

### SUNDAY, FEBRUARY 21 - FIRST SUNDAY OF LENT

(Genesis 9:8-15; 1 Peter 3:18-22; Mark 1:12-15)

- 8:00 AM Francis Spina (Spina)
- +9:45 AM † David Graham (Connell)
- 9:45 AM Outdoor Mass - Special Intention
- 11:30 AM People of the Parish Living and Deceased
- 1:00 PM Baptism (Sanctuary)
- 6:00 PM Bible Study (Zoom)  
REP Pre-School and Kindergarten (Online)

+ Mass in American Sign Language (ASL)



Join us in Church or for an outdoor Mass. Our Gazebo (Outdoor) Mass is now in the Parish Office parking lot. That will allow you to bring a chair and sit outside, or to stay warm in your cars and tune into **FM 106.3** to hear the Mass. All Masses in the Church are available by livestream. Go to our website: [www.stjosephmech.org](http://www.stjosephmech.org), Facebook Page, MyParishApp or our YouTube Channel! Masses held in our Church can also be heard from our Church parking lot on your car radio: **FM 95.5**. All are welcome!!!

### We Remember

**ALTAR FLOWERS:** For the Living and Deceased members of the Simon and Staub Family.

**TABERNACLE FLOWERS:** For the Living and Deceased members of the Simon and Staub Family.

**ALTAR CANDLES:** Special Intention

**AMBO CANDLES:** Special Intention

**RED SANCTUARY CANDLE:** Special Intention.

**TABERNACLE CANDLES:** Special Intention.

**PRO-LIFE ROSE:** Special Intention.

\$140 Donation for Tabernacle, \$70 Altar, Ambo, & Divine Mercy Flowers, \$10 Donation for candles, \$5 Donation for Pro-Life Rose

Information on our website: [www.stjosephmech.org](http://www.stjosephmech.org) or call the parish office: 717-766-9433.

Confessions are held every Saturday from 2:30 - 3:30 PM, in the Parish Life and Education Center (our school). All are welcome.



All are welcome to join us in person, in the Church, for Stations of the Cross at 1:00 PM and again at 7:00 PM every Friday during Lent (except Good Friday). Our Friday Holy Hour will begin at 7:30 PM. Stations will also be available to view via our Facebook or YouTube Channel. Holy Hour will be in person and livestreamed.

### Rest in Peace

Please pray for those who have recently died, may they rest in peace. Eternal rest grant unto them, O Lord, and let thy perpetual light shine upon them. And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

### WE REMEMBER:

Terry Brawley, Grandfather of Issy Stence  
Janice Cominsky, Mother of John Cominsky  
Patricia Fay, Grandmother of Connor Coyle  
Bobbi Groenenboom, Sister-in-Law of  
Orris Groenenboom  
Regino Igarta, Jr  
Carl Bill Johnston, Uncle of Tony Devlin  
Timothy Kostick, Brother of Mike Kostick and  
Uncle of seminarian Michael Kostick

# PARISH TRANSFORMATION

## ASHES

The ashes we receive on Ash Wednesday (February 17, 2021) are a sign of our resolve to enter more deeply into prayer, fasting, almsgiving, acts of charity, etc., as we travel the 40 days of Lent. We pray that the Lenten journey helps us grow in our relationship with God as we prepare for Holy Week and the wonderful Easter Season.

The website [www.ignatianspirituality.com](http://www.ignatianspirituality.com) recently featured an article by Nancy Small on how the ashes can help make Lent more meaningful for us. Here are a few thoughts from that article:

*“Maybe we’ll take an interior look at where God may be nudging us toward growth or change. Are there patterns of behavior that may be ready for the ash heap? Has dust settled on our souls, because we’ve been lax in tending to our spiritual practices? Do we carry within us ashes of loss or regret? Are there areas where repentance or conversion is needed? Is something preventing us from blossoming into the fullness of who God calls us to be?”*

*Maybe we’ll extend our Lenten gaze outward as well. Can our ashes connect us more deeply with the crucifixion of Christ in our world today? Could we hold in prayer the human deaths brought about by illness, injury, and injustice this past year? Can we include in our lament places reduced to ash by natural disasters and a planet in peril? Can we consider how our action or inaction contributes to societal suffering and connects us with it?”*

This year, due to the pandemic, we are being directed to offer a “contactless” distribution of the ashes. Instead of imprinting a cross on your forehead, we will only be able to sprinkle ashes on your head. No matter how we wear the ashes, let’s allow them to be, more importantly, a spiritual clothing of our inward condition. In the days of the Old Testament, such a symbol of wearing “sackcloth and ashes” made one’s change of heart visible. They demonstrated the sincerity, and the humility, of one’s need for repentance.

In the spirit of Psalm 30, may the ashes we receive “clothe me with joy” because God loves me so much and gives me so many opportunities for a change of heart, to be transformed into a brighter image of His presence in the world today.



## LENTEN GUIDELINES

As a time of abstinence, those Catholics 14 and older are obligated to abstain from eating meat on Ash Wednesday and all the Fridays of Lent. Additionally, healthy adults ages 18-59 are also asked to fast on Ash Wednesday and Good Friday by only eating one full meal and two smaller meals on those days. Those with a medical condition that makes fasting inadvisable are not obligated to fast, but they should perform another act of penance or charity.



# Order of Worship

## Sixth Sunday in Ordinary Time

Entrance Chant • LOVE DIVINE, ALL LOVES EXCELLING

### † INTRODUCTORY RITES

#### Gloria

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord, Jesus Christ, only begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; You take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. **Amen.**

Singing at public Masses: We are told that singing is one of the easiest ways for transmission of the Corona Virus, since more air is pushed from our lungs in this action. We are asked to limit singing to only the Cantor, who is in the choir loft for the entire Mass, at a substantial distance from the congregation. Music is an integral part of the celebration of Mass and we know how much you look forward to participating in our sung worship. However, prudence demands that we limit the role of congregational singing for the present time. Instead, please sing with your heart, and enjoy the fine musical leadership that always comes from the choir loft!

### † THE LITURGY OF THE WORD

#### First Reading • *Leviticus 13:1-2, 44-46*

The Lord said to Moses and Aaron, "If someone has on his skin a scab or pustule or blotch which appears to be the sore of leprosy, he shall be brought to Aaron, the priest, or to one of the priests among his descendants. If the man is leprous and unclean, the priest shall declare him unclean by reason of the sore on his head. "The one who bears the sore of leprosy shall keep his garments rent and his head bare, and shall muffle his beard; he shall cry out, 'Unclean, unclean!' As long as the sore is on him he shall declare himself unclean, since he is in face unclean. He shall swell apart, making his abode outside the camp." The word of the Lord. **Thanks be to God.**

#### Responsorial Psalm • *Psalms 32:1-2, 5, 11*

**R/. I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.**

#### Second Reading • *1 Corinthians 10:31—11:1*

Brothers and sisters, whether you eat or drink, or whatever you do, do everything for the glory of God. Avoid giving offense, whether to the Jews or Greeks or the church of God, just as I try to please everyone in every way, not seeking my own benefit but that of the many, that they may be saved. Be imitators of me, as I am of Christ.

The word of the Lord. **Thanks be to God.**

### Gospel Acclamation • *Alleluia, Alleluia, Alleluia*

#### Gospel • *Mark 1:40-45*

A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning him sternly, he dismissed him at once. He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them." The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

#### Homily

#### Nicene Creed

I believe in one God, the Father Almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, (at the words that follow, up to and including "and became man," all bow) and by the Holy Spirit was incarnate of

the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

## Universal Prayer • Lord, Receive Our Prayer † THE LITURGY OF THE EUCHARIST

Hymn • LOVE GOES ON

## † COMMUNION RITE

Communion Hymn • TASTE AND SEE

Spiritual Communion Prayer: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

## † CONCLUDING RITE

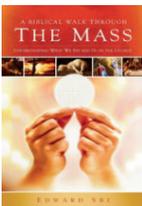
Prayer to Saint Michael: Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Closing Hymn • SING A JOYFUL SONG

Lectionary for Mass for Use in the Dioceses of the United States, second typical edition, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine; Psalm refrain © 1968, 1981, 1997, International Committee on English in the Liturgy, Inc. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner. Permission to podcast / stream the music in this service obtained from ONE LICENSE, License #A-734031. All rights reserved.

### ACT OF THANKSGIVING AFTER HOLY COMMUNION

O good Jesus, We thank You with all our hearts for giving us Yourself, the Source of all graces, in Holy Communion. We thank You for all the blessings that we have received from You, especially through the Holy Eucharist, in which You are ever present to console us and to help us in our needs. In thanksgiving of all Your favors, we offer You all that we are and have. May Your Will be done in our family and through each of us now and forever. Jesus, receive this poor offering. What can I give you? I give myself to You, that I may always serve You. I give You my body, that it may be chaste and pure. I give You my soul, that it may be free from sin. I give You my heart, that it may always love You. I give You every breath that I shall breathe, and especially my last; I give You myself in life and in death, that I may be Yours forever and glorify You eternally. AMEN.



**BIBLE STUDY via Zoom**

**A Biblical Walk Through the Mass** is a bible study program that takes you on an exciting tour of the Liturgy as it explores the biblical roots of the words and gestures we experience at Mass and explains their profound significance. You will see why we say what we say and do what we do every week at Mass, giving new life to the liturgical experience. Each week for 5 sessions, you will complete independent reading and study questions, watch an engaging video, then come together via Zoom for discussion and prayer. In order to minimize transmission of germs during this time of Covid, participants will order their own materials for \$19.95 plus shipping at the Ascension Press website. As always, our parish is happy to assist in covering all/part of the fee if needed.

**Two days/times for the Zoom sessions are available: Sundays at 6 PM beginning 2/28 and Wednesdays at 10 AM beginning 3/3.**

To register and for instructions on how to order materials, contact Mary Vukelich at [adultformation@stjosephmech.org](mailto:adultformation@stjosephmech.org).

**“YOU ARE DUST, AND UNTO DUST YOU SHALL RETURN”**

**Ash Wednesday, February 17, 2021, marks the beginning of the Lenten season which is a day of fasting and abstinence.**

**Our Mass times in our Church with Livestreaming are: 6:30 AM, 9:00 AM, 12 Noon, 6:30 PM (Mass offered in American Sign Language). We will also have an outdoor Mass at 6:30 PM.**

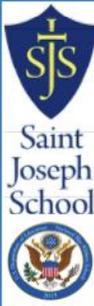
In accord with Diocesan Guidance, during this pandemic, **individual’s foreheads will not be marked with ashes this year.** After the ashes are blessed, if those present desire, you will be invited to come forward for a sprinkling of ashes on the head. We ask those present to wear facial masks, and maintain appropriate distances.

**May your Lenten Journey be blessed.**



### Lenten resources in the time of COVID-19

In order to minimize the spreading of germs, we will not have a variety of Lenten resources on a table in the narthex for people to look through as in previous years. Instead, one of the most popular Lenten booklets for adults, and Lenten calendars for children, are available at the exits of the church after the Masses this weekend while supplies last. Additionally, we have published a flyer with some ideas on Lenten devotions from the members of our Parish Advisory Council. Look for the flyer in this week’s bulletin, as well as on our website and social media!



SJS celebrated Catholic Schools Week with a special



Mass, a Vocation Day & Spirit Day and a Crazy Socks/Hair/Hat Day. Interspersed with the usual learning were some much-deserved fun and games for our students. Games ranged from traditional board games to "Dancing with the Saints". We wrapped up Catholic Schools Week with a Pajama/Movie/Frozen Treat Day.



**Our Catholic Schools Week service project** involved collecting for three charitable organizations: Lourdeshouse Maternity Services (from grades Preschool, K, and 1), Humane Society of Harrisburg Area (from grades 2, 3, and 4), and Ronald McDonald House of Hershey (from grades 5, 6, 7, and 8). Thank you to our families who were very generous with their donations! Thank you to everyone who supports us financially and with prayers!



**2021-2022 Registration**

We are currently taking registrations for next school year. Spaces are limited. Please contact Amanda Koerner, Director of Development, with questions about Saint Joseph School or the admissions process at: [akoerner@stjoesmech.org](mailto:akoerner@stjoesmech.org)



Trinity High School's St. Genesius Players will present their spring production, KVID-39, on February 26, 27, and 28. Tickets are \$12.50 per person, or \$25 for a family. Please contact Mrs. Caroline Jarrett at [cjarrett@thsrocks.us](mailto:cjarrett@thsrocks.us) for more information.



**That Man is You!** The family is the first society that impacts every aspect of society. Join us for an honest discussion about your life and role within the family, starting with your relationship with your spouse. We start this free, online meeting format that is open to everyone, every Saturday morning at 6:15 and are done by 8:00. Contact Tony Devlin at [thedeclinfamily@yahoo.com](mailto:thedeclinfamily@yahoo.com) for information.

**Abiding Together Women's group Daytime & Evening via ZOOM!** Each Thursday morning and again in the evening, amazing women like you are gathering via Zoom to accompany and support each other as we grow in faith. We discuss an episode of the Abiding Together podcast, and how the ideas presented help us draw closer to Christ. The topics are all stand-alone, so you can participate as your schedule permits. Contact Mary at [adultformation@stjosephmech.org](mailto:adultformation@stjosephmech.org) to learn more!  
**NOTE: Abiding Together will be doing a book study for Lent beginning February 25, 2021.** The book is *This Present Paradise: A Spiritual Journey with Saint Elizabeth of the Trinity* by Claire Dwyer. If you would like to read the book, now is a good time to order it from [www.sophia institute.com](http://www.sophia institute.com) or Amazon. Please contact Mary if you would like assistance covering the cost of the book.  
**Want a preview? Listen to the podcast for free using your favorite podcast app (iTunes, Stitcher, Spotify, etc.) or by visiting [www.abidingtogetherpodcast.com](http://www.abidingtogetherpodcast.com).**

**Weekly Stewardship Report - February 7, 2021**

**Regular Sunday Offerings:**

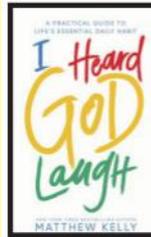
<b>Weekly Goal</b>	<b>\$ 26,731.00</b>
<b>Actual Basket Offerings -</b>	
<b>Weekend Offerings (envelopes &amp; loose)</b>	<b>\$ 18,198.00</b>
<b>Electronic Check - Bill Payer</b>	<b>\$ 3,672.00</b>
<b>Online Thru WeShare</b>	<b>\$ 9,306.00</b>
<b>Total Offering</b>	<b>\$ 31,176.00</b>

**Comparison Prior Year - February 9, 2020 \$ 36,657.00**

**Additional Offerings:**

<b>Propagation of the Faith</b>	<b>\$ 1,205.00</b>
<b>Stock Donation</b>	<b>\$ 13,500.00</b>
<b>Central/Eastern Europe, Latin America &amp; Africa</b>	<b>\$ 20.00</b>
<b>2021 Diocese Annual Campaign (DAC)</b>	<b>\$ 1,404.00</b>
<b>Capital Improvements (PLEC Roof Savings Account)</b>	<b>\$ 1,224.00</b>

"Building Disciples, Sharing Gifts"  
*Thank you for your continued generosity.*



**"I don't know how to pray."** There is not one correct way "to pray." But, the Holy Spirit wants us to pray. We are offering a very different type of Lenten series this year based on 7 steps of Matthew Kelly's "Prayer Process." Members of the parish staff will be offering short video presentations on "I Heard God Laugh" (the book given out at Christmas), Matthew Kelly's newest book, from February 22 – 26 as an introduction to the prayer series. They will cover the book according to its five sections. Beginning March 1, for 21 days in a row, we will livestream a daily prayer session. Each live session will last for 10 minutes and will begin at 9 PM each day. For those whose schedules will not allow for a daily meeting at this time, we will immediately post the livestream for on-demand viewing.

**We will keep you updated via our social communications platforms about the introductory videos. All of this will be available online for whenever the Holy Spirit nudges you to try something like this, especially if you have ever said, "I don't know how to pray."**

**More Catholic Resources available through our website! Please visit our website: <https://stjosephmech.org/lent> and you will find **Hallow**, a Catholic prayer and meditation app that helps you deepen your relationship with God through audio-guided contemplative prayer, meditation, Bible studies and spiritual music. It is currently being offered to us for free. Take advantage of it while it is available! You will also find: **Bible In A Year Podcast with Father Mike Schmitz**. Even if you haven't started yet, it's not too late! Join in today!!! What a great way to read HIS book!!!  
We hope you find these resources helpful in your spiritual journey, especially during this Lenten Season! Let us keep praying for each other.**

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**WE THANK OUR SPONSOR OF THE WEEK**  
|| = = = = = ||  
" **Garden Bouquet** "  
|| for sponsoring an advertisement in our parish bulletin. "  
|| Please patronize the businesses that underwrite all of the "  
|| publishing expenses of our weekly bulletin. "  
|| = = = = = ||

# THE PARISH ADVISORY COUNCIL'S RESOURCES FOR LENTEN PREPARATION

## FATHER ROZMAN

Parousia: The Bible & the Mass  
& Saint Matthew Passion - by  
Bach

<https://stpaulcenter.com/studies-tools/journey-through-scripture/parousia-the-bible-and-the-mass/>  
<https://www.youtube.com/watch?v=P21qLBOK-Bs>

## BOB FLAHERTY

Daily Dynamic Catholic emails  
& the Aleteia website

"After I read them first thing in the morning, I take time to reflect on them and then try to briefly revisit them several times throughout the day to see how they might be impacting my day."

<https://aleteia.org/>  
<https://www.dynamiccatholic.com/daily-reflections.html>

## TONY DEVLIN

Redeemed Online's  
#ShareJesus campaign  
They post two-minute-long videos,  
featuring great speakers, every day

"What a great way to get the day going!"

<https://redeemedonline.com/sharejesus/>

## MICHELLE SERAFIN

"Little Black Book" from the  
Diocese of Saginaw

"I look forward to getting that every year. I keep it on my night stand during Lent and read it every day."

(NOTE: This booklet will be made available at the exits of the church 2/7 and 2/14 while supplies last!)

## TERRI ROSENSTEIN

Bishop Barron's Lenten Reflection  
from Word on Fire

*Lent and Easter Wisdom* from  
Henri J.M. Nouwen,  
compiled by Judy Bauer

*Encounters with Merton* by  
Henri J. M. Nouwen

"As you can tell I am a big Nouwen fan!"

## BILL ALWARD

Best Lent Ever

<https://www.dynamiccatholic.com/lent/best-lent-ever.html>

# THE PARISH ADVISORY COUNCIL'S RESOURCES FOR LENTEN PREPARATION

## FATHER SAHD

Stations of the Cross by  
Saint Alphonsus Liguori

<https://www.ecatholic2000.com/liguori/stations/cross.shtml>

## MARY VUKELICH

The Abiding Together Podcast

This year, it's the book, *This Present Paradise: A Spiritual Journey with Saint Elizabeth of the Trinity* by Claire Dwyer.

<https://www.abidingtogetherpodcast.com/>

## RUDY GEISLER

The Passion of Christ (film)  
& Father Mike Schmitz's  
Bible in a Year podcast

"I like to watch The Passion of Christ at the beginning of Lent to help give me some perspective on what He went through - makes the things I give up seem trivial by comparison and helps me maintain focus."

<https://ascensionpress.com/pages/bly-registration>

## GARY SCICCHITANO

Quotes from  
Bishop Fulton Sheen

"That man was ahead of his  
time and so eloquent."

<https://quotes.thefamouspeople.com/fulton-j-sheen-1440.php>

## GINNY STACK

"Way of the Cross: Gateway to the  
Resurrection" by Sister Joan Chittister,  
OSB for Stations of the Cross

"I pray the stations outdoors at Gate of  
Heaven cemetery in Mechanicsburg"

## ISSY STENCE

Aunt Jen's (EASY) Salmon Pesto Pizza

Pre-bake pizza crust (store-bought for ease)  
Bake salmon in lemon & butter  
Spread pesto on crust for sauce  
When salmon cools, crumble & put on pizza crust  
Top with whatever cheese you'd like  
(I like mozzarella & gouda or white cheddar)  
Cook in oven according to packaging

"Giving up meat during Lent has always been  
difficult for me. It helps to have some quick &  
easy recipes on deck to make on Friday's.  
This is the recipe I look forward to most,  
courtesy of my Aunt Jen."

## SEEKING JESUS IN SACRED SCRIPTURE

### ASH WEDNESDAY WEEK

Feb 17 Mt 6:1-6,16-18  
Feb 18 1 Peter 5:1-4  
Feb 19 Is 58:1-9a  
Feb 20 Ps 86:1-6

### FIRST WEEK OF LENT

Feb 21 Mk 1:12-15  
Feb 22 Mt 25:31-46  
Feb 23 Is 55:10-11  
Feb 24 Ps 51  
Feb 25 Mt 7:7-12  
Feb 26 Mt 5:20-26  
Feb 27 Mt 5:43-48

### SECOND WEEK OF LENT

Feb 28 Mk 9:2-10  
Mar 1 Lk 6:36-38  
Mar 2 Is 1:10, 16-20  
Mar 3 Mt 20:17-28  
Mar 4 Jer 17:5-10  
Mar 5 Gen 37:3-28  
Mar 6 Ps 103:1-4, 9-12

### THIRD WEEK OF LENT

Mar 7 John 4:5-5:2  
Mar 8 Lk 4:24-30  
Mar 9 Lk 1:26-38  
Mar 10 Mt 5:17-19  
Mar 11 Jer 7:23-28  
Mar 12 Mk 12:28-34  
Mar 13 Lk 5:1-11

### FOURTH WEEK OF LENT

Mar 14 Jn 9:1-41  
Mar 15 Jn 4:43-54  
Mar 16 Ez 47:1-9, 12  
Mar 17 Is 49:8-15  
Mar 18 Jn 5:31-47  
Mar 19 Ps 34:17-21,23  
Mar 20 Jer 11:18-20

### FIFTH WEEK OF LENT

Mar 21 Jn 11:1-45  
Mar 22 Jn 8:1-11  
Mar 23 Jn 8:21-30  
Mar 24 Jn 8:31-42  
Mar 25 Gn 17:3-9  
Mar 26 Ps 18:2-7  
Mar 27 Ez 37:21-28

### HOLY WEEK

Mar 28 Mk 14:1-15:47  
Mar 29 Is 42:1-7  
Mar 30 Jn 13:21-33,36-38  
Mar 31 Mt 26:14-25  
Apr 1 Jn 13:1-15  
Apr 2 Is 52:13-53:12  
Apr 3 Mk 16:1-7

# Lent

## "You seek Jesus of Nazareth, the Crucified." - Mark 16:6

This holy time urges us to seek  
Jesus through prayer, penance, and  
works of charity.

# 2021



Lent precedes and prepares for Easter. It is a time to hear the Word of God, to turn away from sin, to prepare for and remember Baptism, to be reconciled with God and one's neighbor, and to make more frequent recourse to the "weapons of Christian penance": prayer, fasting and good works (cf. Mt 6, 1-6. 16-18).

The Sacred Liturgy express a mystical aspect of Lent through its great themes or values, such a relationship between "the sacrament of forty days" and "the sacraments of Christian Initiation", and the mystery of the "Exodus" which is always present in the Lenten journey. Popular piety concentrates in a special way on the mysteries of Christ's humanity, and during Lent the faithful pay close attention to the Passion and Death of Our Lord.

In the Roman Rite, the start of the forty days of penance is marked with the austere symbol of ashes which are used in the Sacred Liturgy of Ash Wednesday. The use of ashes is a survival from an ancient rite

## "THE NEED TO TURN THE MIND TOWARD THOSE REALITIES WHICH REALLY COUNT"

according to which converted sinners submitted themselves to canonical penance. The act of putting on ashes symbolizes fragility and mortality, and the need to be redeemed by the mercy of God. Far from being a merely external act, the Church has retained the use of ashes to symbolize that attitude of internal penance to which all the Baptized are called during Lent. The faithful who come to receive ashes should be assisted in perceiving the implicit internal significance of this act, which disposes them towards conversion and renewed Easter commitment.

Notwithstanding the secularization of contemporary society, the Christian faithful, during Lent, are clearly conscious of the need to turn the mind towards those realities which really count, which require Gospel commitment and integrity of life which, through self-denial of those things which are superfluous, are translated into good works and solidarity with the poor and needy.

Those of the faithful who infrequently attend the sacraments of Penance and the Holy Eucharist should be aware

of the long ecclesial tradition associating the precept of confessing grave sins and receive Holy Communion at least once during the Lenten season, or preferably during Eastertide.

There can be an effective and fruitful interaction between Sacred Liturgy and popular piety during the forty days of Lent.

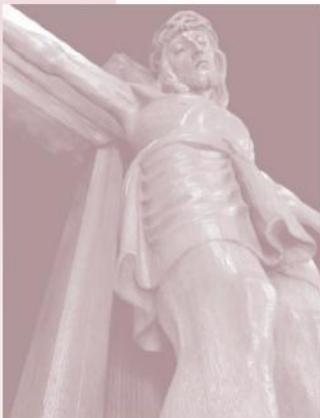
An example of such interaction is to be seen in fact that popular piety often encourages particular observances on certain days, or special devotional exercises, or apostolic or charitable works which are foreseen and recommended by the Lenten Liturgy. The practice of fasting, characteristic of the Lenten season since antiquity, is an "exercise" which frees the faithful from earthly concerns so as to discover the life that comes from above: "Man does not live on bread alone, but on every word that comes from the mouth of God" (cf. Dt 8,3; Mt 4, 4; Lk 4,4; antiphon for the first Sunday of Lent).

Adapted from *The Directory of Popular Piety and the Liturgy*, 124-126.)



## Seeking the Forgiveness of Jesus

During Lent, we approach the Sacrament of Penance and Reconciliation as the way of returning to the Father who restores for us the dignity of our Baptism and the full privilege of being adopted as His children. An integral confession calls us to spend time examining our conscience, not only remembering those material sins which we have committed, but also allowing God's Spirit to probe the depths of our hearts to uncover our unrecognized wounds and unclaimed motives. Discerning why we commit the sins in our life helps us to be open more



*Lord Jesus, Son of God, have mercy on me a sinner. Grant me the grace to be renewed during this observance of Holy Lent. Armed with prayer, penance, and almsgiving, may I lay aside those things which hinder my search for You!*

fully to the redeeming work of Christ through this Sacrament. The most important component of Confession is contrition, sorrow for our sins, which comes only when we make a good and honest self-examination before we enter the confessional.

### PRAYER

Have I prayed as I ought? Has God been at the center of my life? How I have ignored God and His divine inspiration? Have I listened attentively to God's voice in the Sacred Liturgy? Have I been faithful to my obligation for Sunday Mass and Holy Days? Do I prepare myself and those entrusted to my care for Mass? Am I lazy or complacent in prayer? Do I pray for my loved ones and my enemies? Is my prayer self-centered? Have I explored the rich spirituality of the Catholic Tradition and its many ways of devotion? Do I spend time in prayer before the Most Blessed Sacrament?

### PENANCE

Have I made Fridays throughout the year a day of penance? If I eat meat, do I do another act of penance? Do I fast throughout the year? Do I willingly abstain from those unnecessary things which clutter my life? Does noise make me deaf to others and to God? Am I aware of the ways in which my sins make me unworthy of my wonderful

vocation as a Christian? Am I humbled by the love and goodness of God in my life? Do I see my faith as a gift and not a burden? Do I receive Holy Communion worthily? Do I have a sense of entitlement or superiority? Do I exercise my body and mind? Do I live a healthy lifestyle?

### CHARITY

Do I give of myself freely and generously to others? Do I forgive those who have harmed me? Do I give others the benefit of the doubt? Do I judge the motives of others? Am I faithful to my obligations to my family, to my parish, to those in need? Do I give from my surplus or my want? Do I trust that God will reward a cheerful giver? Am I sensitive to the sufferings of others? Do I allow myself to acknowledge the many persons I encounter each day? Do I hold opinions which bring harm to others? Do I make decisions which are contrary to Catholic moral teaching? Do I desire the admiration and praise of others? Do I love myself enough to study and grow in my faith? Have I been a good steward of creation and the created goods entrusted to me?



## Seeking Jesus with the Church

*The following are the guidelines for the observance of Lent:*

**PRAYING.** Catholics are encouraged to pray more during Lent, especially with Sacred Scripture. Spiritual reading, such as the lives of the saints, and devotions like the Stations of the Cross and the Holy Rosary are helpful to spiritual growth. Lent is also an ideal time to receive properly the Sacrament of Penance in preparation for the celebration of Christ's Passion, Death, and Resurrection.

**FASTING.** Catholics aged 14 and older are to abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics aged 18-59 are required to fast, limiting themselves to one full meal and two smaller meals each day not equal to the full meal.

**ALMSGIVING.** Moved by the sacrifice of Christ and the suffering of humanity, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more upon God's abundant grace. The Corporal and Spiritual Works of Mercy provide ample inspiration for other ways to sacrifice time and resources for those most in need of help.

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