



Saint Anthony Parish

15 Church Street
White River Jct. Vermont 05001

Second Sunday in Lent
March 5, 2023

Father Cyrain G. Cabueñas
Deacon John P. Guarino

Most Reverend Christopher J. Coyne
Bishop of Burlington

Parish Office

You may contact the parish office by email or phone. If we are unable to take your call, please leave a message, and we will respond as soon as possible. Father is available for appointments at Saint Anthony Parish on Monday and Friday and at St. Francis of Assisi Parish in Windsor on Tuesday and Thursday. The phone number at St. Francis is 802-674-2157.

Telephone: 802-295-2225, ext. 3
E-mail: stanthonychurch@vermontcatholic.org
Website: <https://stanthony.vermontcatholic.org>

Mass Schedule

Weekend: Saturday 4:00 PM
Sunday 8:30 AM
Weekday: Monday & Friday 9:00 AM
Holy Days: Consult the parish bulletin

Rectory Chapel

The rectory chapel is currently closed.

Religious Education

Coordinator: Diane Usher, dmgu70@icloud.com

Sacraments

Reconciliation: Saturday from 3:15 – 3:45 PM
Baptism: Parents must contact the rectory to get the necessary forms at least one month in advance.
Marriage: Couples must contact the parish at least six months in advance.

Mass Intentions

| | | |
|---------------------------|----------------|--|
| Saturday, March 4 | 4:00 PM | Sean Hamilton by Deacon John & Mary Guarino |
| Sunday, March 5 | 8:30 AM | The People of Saint Anthony Parish |
| Monday, March 6 | 9:00 AM | NO MASS |
| Friday, March 10 | 9:00 AM | NO MASS |
| Saturday, March 11 | 4:00 PM | The People of Saint Anthony Parish |
| Sunday, March 12 | 8:30 AM | Catherine McKenney by Gary & Karleen McKenney |



Charlotte King
Frank Klymn
Elizabeth McArthur
Diane Reilly
Heidi Whidden

Please also remember any others
who need our prayers.

Sanctuary Lamps
will burn for:
Brandi Wilson
Birthday Remembrance



Sacrificial Giving Report

To meet our expenses, we need: **\$4,325.00**
Offertory Collection Feb. 25 & Feb. 26: \$3,038.00
Thank You for Your Support
of Saint Anthony Parish!



Parish Support: Here at Saint Anthony Parish, we do not pass a collection basket during Mass. There are collection boxes by the tables at the entrance of the church. We appreciate your contributions for the support of our parish. Thank you!



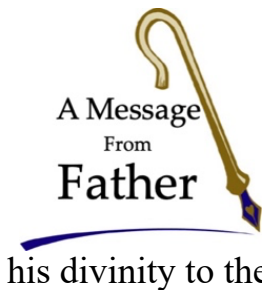
Confessions: The Sacrament of Reconciliation is available in the confessional at St. Anthony Church on Saturdays from 3:15-3:45 p.m. Individual confession is available by appointment. Please call to schedule.



Low Gluten Altar Bread: Low gluten hosts for Communion are available to those who require them. When you come up to receive, let the minister know and they will get one for you.



Sanctuary Lamps: The Sanctuary Lamps burning in front of the tabernacle may be sponsored for your intentions. A donation to help defray the cost of the candle is appreciated, but not necessary. Please contact the office for availability.



This Lent, we remember the essential Christian disciplines. Last week, it was fasting. This week it is prayer. So, Jesus went up to the mountain to pray. From the very beginning of salvation history, we will know that mountains are special places for encounters with God. Abraham was enlightened by God at Mt. Moriah. God revealed his name and gave the ten commandments to Moses at Mt. Sinai. Elijah conversed with God in Mt. Horeb. And now, Jesus revealed his divinity to the three disciples in Mt. Tabor.

The gospel suggests that the Transfiguration was a fruit of Jesus' prayer. And like anything very important that happens, prayer precedes it. It is during his prayer that Jesus is transfigured. Likewise, saints have often transfigured in their prayer and adoration. This is not surprising. Prayer is an encounter with the Father, it configures us to him, at least spiritually if not physically, as in the case of Jesus and the saints.

While prayer seems simple, so many of us find it difficult to truly pray. We live in a world full of distractions and enticements to do most other things. We live in an environment that makes us believe we do not need outside help, and divine help. We can do things on our own. We have become experts of the art of control. And why not? We live in a culture of control. We now control the earth, the sky, air and water, communications, and the future. But how come, and this is still a mystery, we cannot control the direction of our marriage, the behavior of our children, the spread of cancer? We have no mastery over our evil impulses, or the evils that engulf other people's hearts. We cannot even heal our personal emotional and psychological wounds.

In the end, we must accept that in this life, there are many things beyond our grasp. We need Someone who will help us confront our troubles and right the wrongs we find around us with a power that is not ours but His. Our strength is limited, as is our knowledge. We need strength from the Transfiguration of the Lord Jesus Christ. We need the strength, the peace and the assurance of prayer.

If fasting heals our greedy minds, then prayer heals our proud self. Our selfishness and greed do not transfigure us, they disfigure us.



Weekly Bulletin: Our bulletin is on our website <https://stanthony.vermontcatholic.org>. For those who do not have online access and would like a copy of the printed bulletin, you may pick one up outside the parish office from the wooden box on the small porch near the office door. You will also find copies of the *Living Faith* booklet and the Vermont Catholic magazine.



Mass Intentions: If you would like to have a Mass offered for your intentions, for loved ones living or deceased, or for a special occasion, please contact the parish office by email, phone, or drop a note in the collection box. Please include the name of the person for whom the Mass will be offered and who is requesting the Mass. Let us know if you want a specific date or if you would prefer the first available Mass, weekday, or weekend. We will do our best to accommodate your requests. Please include your contact information in the event that we are unable to reserve the date you have requested. The customary offering is \$10.00. Thank you.



Religious Education Classes: Classes for grades 1-6 are Sunday, **March 5, 2023** in the Religious Education Center from **9:30 AM to 10:30 AM**



Lenten Fasting Guidelines: Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, 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 of the Latin Catholic Church from age 14 on.



Lenten Scripture Series:

Location: La Salette Shrine Cafeteria, Enfield New Hampshire

Dates and Times: Tuesdays, February 28th to April 4th from 9:30 - 11:00 AM

Leader: **Father John P. Sullivan, M.S.**

There will be coffee, tea, and baked goods to enjoy during the sessions. Donations of baked goods are always welcomed.



**Upper Valley
Haven**

The Haven Food Shelf: The Food Shelf is open to anyone in our community Monday - Thursday 9:00am - 4:30pm & Friday 9:00 - 3:00.

Visit uppervalleyhaven.org/foodshelffaq/ for more information.

Saint Anthony Parish has long supported the Haven by collecting non-perishable food in the basket at the entrance to the church. Thank you for your contributions.

Food Items: Canned Tuna, Canned Chicken, Pasta, Canned Vegetables, Pasta Sauce, Soups or Broths, Canned Tomatoes, Macaroni & Cheese, Canned Fruit, Peanut Butter, Rice, Canned beans (black & kidney), Shelf-stable Milk, Instant oatmeal, and Pasta Sauce.

Personal Items: Toothpaste, Shampoo, Shaving items (razors and shaving cream), Body wash, Deodorant (men's/women's), Toothbrush, Body Lotion, Diapers (sizes 3, 4, 5 & 6) and Pull-ups (sizes 3T-4T).



Knights of Columbus wish to thank the parishioners who supported our Coffee Hour on February 12, 2023 at which we distributed information cards about the services of the Pregnancy Center of the Upper Valley. Knight of Columbus are called to care for the widows and orphans. Pro-life Pregnancy Centers, such as Pregnancy Center of the Upper Valley, West Lebanon, NH, which offers

service to unborn children and mothers experiencing unexpected pregnancies certainly fall within our mandate. The donations collected were matched by the Knights and a check was sent to support the Center's services.

Save the Date - Knight of Columbus are planning a **Corned Beef and Cabbage Dinner** for Saturday, March 25, 2023. Information about the dinner will be in future bulletins.

March 2023

PRAY FOR PRIESTS

Please join us in praying for all our diocesan priests.

A PRAYER FOR PRIESTS

O Jesus, I pray for your faithful and fervent priests;
for your unfaithful and tepid priests;
for your priests laboring at home or abroad in distant mission fields;
for your tempted priests;
for your lonely and desolate priests;
for your young priests;
for your dying priests;
for the souls of your priests in purgatory.

But above all, I recommend to you the priests dearest to me:
the priest who baptized me;
the priests who absolved me from my sins;
the priests at whose Masses I assisted and who gave me your Body and
Blood in Holy Communion;
the priests who taught and instructed me;
all the priests to whom I am indebted in any other way (especially ...).

O Jesus, keep them all close to your heart,
and bless them abundantly in time and in eternity.

Amen.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|----------------------------------|--------------------------------|-------------------------------------|
| | | | 1 Pope Francis | 2 Bishop Christopher Coyne | 3 Fr. John Tokaz, O.F.M.CAP | 4 Fr. Richard VanderWeel, S.S.E. |
| 5 Fr. James Zuccaro | 6 Fr. Fidelis Agughara | 7 Fr. Ilayaraja Amaladass, H.G.N. | 8 Fr. Julian Asucan | 9 Fr. Michael Augustinowitz | 10 Fr. Luke Austin | 11 Fr. Dwight Baker |
| 12 Fr. Justin Baker | 13 Fr. Albert Baltz | 14 Fr. William Beaudin | 15 Fr. Andrzej Bednarowicz | 16 Fr. Richard Berube, S.S.E. | 17 Fr. Leopold Bilodeau | 18 Msgr. Bernard Bourgeois |
| 19 Fr. Lawrence Brown, O.S.B. | 20 Fr. Cyrain Cabuenas | 21 Fr. Richard Calapan | 22 Fr. Gregory Caldwell | 23 Fr. Michael Carter, S.S.E. | 24 Fr. Kevin Chalifoux | 25 Fr. Roger Charbonneau |
| 26 Fr. Thomas Aquinas Chin-nappin, H.G.N. | 27 Fr. Benny Chittilappilly, S.D.V. | 28 Priests who are having difficulty | 29 Priestly and religious vocations | 30 All our seminarians | 31 All deceased priests | |



ROMAN CATHOLIC
DIOCESE OF BURLINGTON

Follow Diocese of Burlington Pray for Priests
on social media:

 facebook.com/dioburlington
 twitter.com/dioburlington

NEWS FROM The Inland See *MARCH 4-10, 2023* FOR THE DIOCESE OF BURLINGTON

Diocese hosts three spring retreats

The Diocese of Burlington will be hosting three retreats over the next few months and invite you to join us! There will be a Young Adult Retreat, the Annual Men's Conference, and the Annual Women's Retreat. While the Men's and Women's Retreats are repeat events, the Young

Adult Retreat is a new retreat aimed at creating community and spiritual nourishment for those in our diocese aged 20-39. For questions about any of the retreats listed, please contact Nicole Hamilton at nhamilton@vermontcatholic.org or 802-658-6110 x 1131.



Young Adult Retreat

Friday, March 17 (Evening) – Sunday, March 19

Saint Anne's Shrine, Isle La Motte

Cost: \$75 (includes lodging and meals)

Register at: vermontcatholic.org/2023-young-adult

This retreat is an opportunity for Catholic Young Adults (both married and single) to gather with others from around the state for a weekend of community, fun, and spiritual nourishment. The retreat will also include members of the Franciscan Sisters of the Eucharist and will feature time for Mass, Adoration, and Confession. Intended for ages 20 through 39.

Annual Vermont Catholic Men's Conference

Saturday, March 25

9 am to 2:15 pm

Our Lady of the Angels Parish Hall, Randolph

Cost: \$30 with lunch included

Register at: vermontcatholic.org/men

This year's theme is 'Band of Brothers' with Fr. Jon Schnobrich as the keynote speaker.



Annual Vermont Catholic Women's Retreat

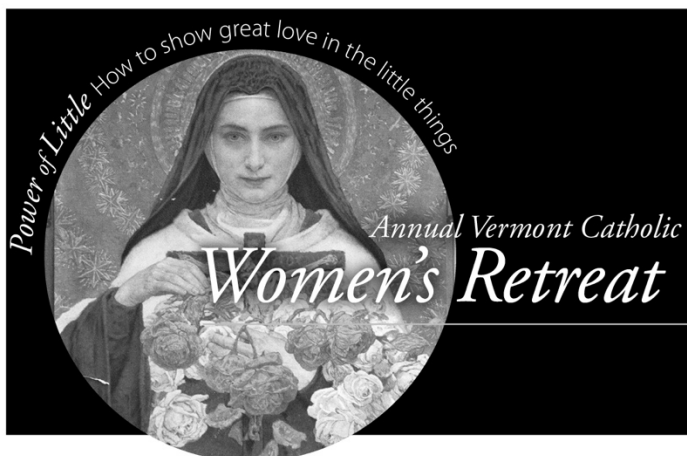
Saturday, April 22 • 9 am to 3 pm

Our Lady of the Angels, Parish Hall Randolph

Cost: \$30 with lunch included

Register: vermontcatholic.org/womens-retreat/

This year's theme is inspired by St. Therese of Lisieux — Power of Little: How to show great love in the little things. Msgr. Richard Lavalley will be the keynote speaker. This is the same retreat that was offered in the Fall, we kindly ask that if you attended the October retreat that you refrain from registering for this retreat as a way to give other women an opportunity to attend.



Upcoming Events



03|05, 06, 07 SUN, MON, TUE
**A Lenten Retreat with
Fr. Thomas Weinandy, O.F.M., Cap**
St. Mark, Burlington • 7 - 8 pm

Join us for this three night retreat entitled "Coming to Love Jesus More."



03|07 TUESDAY
Our Lady's Kitchen — Bethel
St. Anthony, Bethel • 11 am - 1:00 pm
Free meal — come one, come all!



03|07, 14, 21, 28, 04|04 TUESDAYS
Come Pray with Us
*Immaculate Heart of Mary, Williston
7:30 - 8:30 pm*

Begins with Eucharistic Adoration after Mass, followed by group prayer at 7:50 PM, concludes with Benediction.



03|08, 15, 22, 29, 04|12, 19, 26
Contemplative Prayer Series
*Holy Family-St. Lawrence Parish Center, Essex
Jct. • 9:15 - 10:15 am*

Join us for this series led by Louise Boisvert, a member of Notre Dame de Vie, a Secular Institute, founded in the 20th century by Blessed Marie Eugene of the Child Jesus, a Carmelite father. Silent prayer is not well known to the general public and yet we are all called to it through the grace of our baptism.



03|08, 15, 22 WEDNESDAYS
The Chosen Season 2
St. Elizabeth, Lyndonville • 6 - 8 pm
Join us for Season 2 of *The Chosen* at St.

Elizabeth Catholic Church in Lyndonville. You are invited to join in this second season as we continue to journey through the life of Jesus in this multi-season TV show.



03|08, 15 WEDNESDAYS
Good News Bootcamp
*St. John Vianney, South Burlington
6:45 - 8:30 pm*

Join us in discussing how we as Catholics can bring healing, transformation, virtue, and enthusiasm to our world. Check out our website at stjohnvianneyvt.org/good-news-bootcamp to discover what each week's topics will be. Join us for the sessions that interest you or join us for all of them! Questions? Contact Connie at SJVGoodNews@gmail.com.



03|08, 15, 22, 29 WEDNESDAYS
**Presence:
The Mystery of the Eucharist**
via Zoom • 7 - 8:30 pm

Join Christ Our Savior Parish for this weekly Lenten seminar. For information and to register: presencecosp@gmail.com.



03|09, 23 THURSDAYS
Lenten Series
Our Lady of the Angels, Randolph • 5:30 - 7:30 pm
Come join Fr. Gratton as we learn about Eucharistic miracles, marian apparitions, and inspiring saints

throughout Lent. We begin with Stations of the Cross at 5:30 pm, followed by a free meal provided by the KofC Council #14351 (please bring potluck sides), and this inspiring series. Come ignite your faith during this Lenten Season!



03|09, 16, 23, 30 THURS
Apostle's Creed Series
St. Michael, Brattleboro • 6 - 7 pm
The Apostle's Creed is the oldest of the official

creeds of the Church and is still used today as our baptismal creed. During Lent, as we prepare to renew our baptismal promises at Easter, what does the Apostle's Creed actually say? How is it important for us today? How does it affect how we live? Join Fr. Greg Caldwell in the Youth Center Thursdays during Lent, starting February 23, for a series of reflections on the Apostle's Creed.



03|09, 16, 23, 30 THURSDAYS
**Lent with the VT Catholic
Women's Group**
Online • 7:30 pm - 9:00 pm

Grow with the Vermont Catholic Women's Group on Zoom as we go through the "Holy is His Name" Video study by Dr. Scott Hahn. Join us for one or all meetings. Women of all ages are welcome. Contact Carolina for more details: caro3600@gmail.com.



03|10, 17, 24 FRIDAYS
**St. Paul's Catholic School —
Lenten Fish Fry**
St. Paul's Catholic School, Barton • 2:30 - 5 pm

Pre-order week before desired meal. Two pick up times: 2:30-3 pm and 4:30-5 pm. Adults: \$15, Children: \$10. **FOR MORE INFO: call (802) 525-3711**



03|10, 24 FRIDAYS
St. Peter's Take Out Fish Dinners
St. Peter's Parish Hall, Vergennes • 5 - 6:30 pm
Take out fish dinners-serving 5:00-6:30pm

(take out). \$13/adults \$7/children 6-12. For reservations, please call (802) 877-2367.



03|10, 24 FRIDAYS
**Community Soup and Bread
Supper**
St. Catherine of Siena, Shelburne • 5 - 7 pm

Please join us for a meatless soup and bread meal in the parish hall at 5 pm. Afterwards, join us for Stations of the Cross at 6:30 pm in the church. Bring a friend.



03|10, 17, 24, 31 FRIDAYS
Stations of the Cross and Meal
St. Mark, Burlington • 6 - 7:30 pm
Stations of the Cross prayer followed by a Lenten meal in the parish center dining room.



03|10, 11, 12 FRI, SAT, SUN
**Worldwide Marriage Encounter
Weekend**
St. Gabriel the Archangel, Upton, MA

As a married couple do you desire a richer and joy-filled life? Take advantage of this invitation for married couples by attending the next in-person, non-residential retreat. **FOR MORE INFO: contact Joe & Ginny Vatelie at (978) 870-5646 or visit www.mema.org/applyweekend.php**



03|12 SUNDAY
**Vergennes Council Knights of
Columbus Breakfast Buffet**
St. Peter, Vergennes • 8 - 10 am

\$10/adults \$6 Children 8-12 (\$32 immediate family maximum). Come join us!



03|12 SUNDAY
**Monthly COSP Knights of Columbus
Fund Raising Breakfast**
Christ Our Savior, Manchester • 9 - 12 pm

Join us for the Knights of Columbus Council 6816 — Fr. Martin F. Clancy, Jr. Monthly COSP KofC Fund Raising Breakfast. Supporting Parish and Community outreach programs.



03|13 MONDAYS
**SJV Book Group —
"One Ordinary Sunday"**
St. John Vianney, S. Burlington • 9 - 10:30 am

The book group will meet Monday mornings in Lent (except Monday, March 6), following the 8:30 Mass, to discuss "One Ordinary Sunday" by Paula Huston. Books are \$16.95 each. SJV will be placing an order for books and covering the shipping costs. **FOR MORE INFO: email Connie at SJVGoodNews@gmail.com**



03|14, 21, 28 TUESDAYS
Taize Prayer
*Sacred Heart St. Francis de Sales, Bennington
5:30 - 6:00 pm*

Taize Prayer will be offered weekly on Tuesday evenings during Lent, beginning on Feb. 28 and ending on March 28. Taize is a village in France that is home to an ecumenical community of religious brothers who sing, fast and perform acts of charity throughout the world. The service will last about 30 minutes.



03|17 FRIDAY
St. Patrick's Day Calcutta
*Catamount Country Club, Williston
5 - 9:30 pm*

Sponsored by St. Thomas Church in Underhill. Chance to win the \$2,000 cash grand prize. Cost is \$130 per ball which includes dinner for 2. **FOR MORE INFO: visit the parish website at stthomasvt.com or email us at stthomasvtcalcutta@gmail.com.**



03|21 TUESDAY
**Fertility Care
and the Catholic Church**
St. Ann, Milton • 6:45 - 8:45 pm

Join us for a Lay Formation Project Presentation focusing in on God's design for our bodies and why understanding our own fertility (for both men and women) is important in living out a faithful, fruitful, and holy life. For questions, please contact Nicole Hamilton at nhamilton@vermontcatholic.org.

Sunday, Mar 05, 2023

Honor the unnamed

The Bible is full of unnamed actors. Many are women: identified simply as mothers, wives, and daughters. While seven blessings promote the name of Abraham, it's the rare woman like Mary who's called blessed "for generations" in her canticle. Today we recall the unnamed wife of Chief Patricio de Hinachuba, an Apalachee laywoman among 57 martyrs in the Florida territory missions between 1549-1715, all currently up for sanctification. These martyrs included priests and catechists, native peoples, soldiers, and children. For all faithful, nameless women, we give thanks.

SECOND SUNDAY OF LENT

TODAY'S READINGS: Genesis 12:1-4a; 2 Timothy 1:8b-10; Matthew 17:1-9 (25). *"I will make your name great, so that you will be a blessing."*

Monday, Mar 06, 2023

Read up!

Could your Catholic school library need some new picks? How about your book club for the adults? This Women's History Month, learn more about a remarkable Catholic black woman writer, Ellen Tarry (1906-2008). She attended Catholic school as a girl and converted to Catholicism and later became a journalist and author who was part of the Harlem Renaissance. Her writing included producing the first African-American picture book, writing a newspaper column on racial injustice and racial pride, and penning her memoir *The Third Door: The Autobiography of an American Negro Woman*. She also wrote biographies for youth and adult readers of Catholic saints Katherine Drexel and Martin de Porres and the Venerable Pierre Toussaint. You might be reading Tarry beyond March!

LENTEN WEEKDAY

TODAY'S READINGS: Daniel 9:4b-10; Luke 6:36-38 (230). *"Give and gifts will be given to you."*

Tuesday, Mar 07, 2023

Beyond distinctions

Devotion to Jesus seriously conflicted with Roman rule in the second century, with citizens expected to worship the emperor instead. Thus, the fate of two young mothers, Perpetua and Felicity: forced into a public amphitheater to be killed by wild beasts, just because they wouldn't renounce Jesus. But Christian faith challenged social convention in other ways, too. Normally, Felicity—as Perpetua's slave—wouldn't be seen as her equal. But belief in Jesus, as Saint Paul writes, makes brothers and sisters of all. Take Perpetua's final words to heart: "Stand fast in the faith, and love one another, all of you."

MEMORIAL OF PERPETUA AND FELICITY, MARTYRS

TODAY'S READINGS: Isaiah 1:10, 16-20; Matthew 23:1-12 (231). *"Do not be called 'Master'; you have but one master, the Christ. The greatest among you must be your servant."*

Wednesday, Mar 08, 2023

A brother called to heal

On this day, the church commemorates Saint John of God, a Portuguese religious brother who—like Saint Ignatius of Loyola—was a military man who experienced a sudden conversion. In fact, the two men (along with Saint Teresa) shared a spiritual mentor in Saint John of Ávila. A sermon from the priest moved John of God to repent of his former excesses, so much so that it was mistaken for a mental health crisis; he was quickly institutionalized. Later

engaging in work with the poor, he founded the Brothers Hospitallers in 1572, who continue to care for the sick around the world—including as official caretakers of the pope. In an age of increased mental health awareness, may we always remember John's holy life and recognize our call to serve those in need.

MEMORIAL OF JOHN OF GOD, RELIGIOUS

TODAY'S READINGS: Jeremiah 18:18-20; Matthew 20:17-28 (232).

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

Thursday, Mar 09, 2023

Priceless service

It's entirely appropriate that the Memorial of Frances of Rome coincides with a gospel that tells us in no uncertain terms to care for the poor. Frances of Rome was a wealthy Italian married woman in the early 1400s, a time of great instability and poverty in Italy. She poured her family treasure into efforts to feed and heal the poor. She was recognized for her piety and compassion and founded a religious order dedicated to serving suffering people, now known as the Oblates of St. Frances of Rome. Upon her husband's death, she became superior of the order. What can you do for the poor or sick in your corner of the world?

MEMORIAL OF FRANCES OF ROME, RELIGIOUS

TODAY'S READINGS: Jeremiah 17:5-10; Luke 16:19-31 (233). *"Lying at his door was a poor man named Lazarus, covered with sores."*

Friday, Mar 10, 2023

Celebrate sisters

During Catholic Sisters Week, we celebrate the good works of Catholic sisters collectively and individually; tell stories of Catholic sisters we love, respect, admire; and share information about becoming a Catholic sister, including directing people to VISION VocationNetwork.org. But, most of all, we focus on the truth that a religious vocation reveals: God is all we need. As Catholic nun and Doctor of the Church Saint Teresa of Ávila observed: "Whoever has God lacks nothing; God alone suffices."

LENTEN WEEKDAY; DAY OF ABSTINENCE

TODAY'S READINGS: Genesis 37:3-4, 12-13a, 17b-28a; Matthew 21:33-43, 45-46 (234). *"The Kingdom of God will be . . . given to a people that will produce its fruit."*

Saturday, Mar 11, 2023

Confession heals the soul

Catholics are encouraged to partake of the sacrament of Reconciliation (Confession) as much as possible, but especially during Lent, because confession is good for the soul. None of us is perfect, and all of us carry burdens that could be lightened through honest reflection and repentance. Other religions include a confessional practice as well, attesting to the universal need: Jews confess "We have sinned" in the Yom Kippur service. Confession is part of the Hindu *Prāyaścitta*. In Islam, the act of seeking forgiveness from God for sins is called *Istighfar*. Buddhist monks confess their sins to other monks. Check the bulletin, and find time for Confession. You'll feel better for it.

LENTEN WEEKDAY

TODAY'S READINGS: Micah 7:14-15, 18-20; Luke 15:1-3, 11-32 (235). *"Father, I have sinned against heaven and against you."*

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



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