



St. Michael Catholic Church Mission of St. Dominic

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6th Sunday of Ordinary Time

Sunday, February 11th, 2024

Dear St. Michael's and St. Dominic's Parish Family,

It's hard to believe it's almost Lent already! Even though we experience Lent every year, we can make each Lent a renewed opportunity to live the Passion, Death, and Resurrection of Jesus Christ. Traditionally, the Church offers the threefold practice of prayer, fasting, and almsgiving. I want to explore some specific ways we might be able to do that this Lent.

Prayer: We are blessed to have the Blessed Sacrament exposed for almost sixty hours a week. It's a great gift - but also a great commitment on the part of the parish. Think about taking an hour each week this Lent to be with the Lord truly present in the Eucharist. As we look upon the Lord in the appearance of bread, see His great love - leaving us His Real Presence to accompany us through the journey of life. Yes, it's a sacrifice of time, which leads us to...

Fasting: We fast on Ash Wednesday and Good Friday and abstain from meat on Fridays. But in addition to the usual fasts from sweets, adult beverages, technology, etc., what about fasting from some of our personal time? We fast to remind ourselves to prioritize well, to seek the things of heaven rather than those of earth. Fasting from personal time can mean we take our free time and spend it to grow spiritually. So that can mean Eucharistic Adoration, as well as our Soup and Stations on Fridays, or the First Friday and First Saturday devotions. It can also mean joining the [various spiritual groups](#) of the parish: a young adult group (ages 21-33) that meets on the 1st and 3rd Thursday evenings, a men's group that meets on the 2nd and 4th Friday evenings, and a women's group that meets on 1st and 3rd Saturday mornings. Consider joining one of these groups, giving up some personal free time and devoting it to growing in your spiritual life.

Almsgiving: There are many ways to detach ourselves from material possessions. The most obvious is to continue supporting the parish financially, as well as the Annual Catholic Services Appeal. Aside from charitable giving, another form of almsgiving might be the giving of our time and energy through service. We have our Food Pantry and Clothes Closet here in our parish. Catholic Charities is also looking for volunteers in southern Maryland. These are ways that we can make a gift of ourselves to others.

Hopefully, these are some ways to make this Lent fruitful. As we consider how Jesus gave His life for us, may we receive the grace to imitate that generous love. Then, as we join Jesus in making a gift of our lives, may we also share in the glory of His Resurrection!

In Christ, Fr. Martino

LENT BEGINS THIS WEEK

Ash Wednesday – Feb. 14th

Masses at St. Michael's

8 AM and 7 PM

Confessions will be heard following both Masses
and **before** 7 PM Mass from 6-6:45 PM.

Ash Wednesday is a day of required fasting and abstinence from meat for Catholics.

FAQs on fasting:

Who must fast?

For members of the Roman Catholic Church, the norms on fasting are *obligatory* from age 18 until age 59. However, those outside this age group should still fast as their strength allows. Pregnant and nursing mothers are also not obligated to fast.

How much should I eat when I fast?

When fasting, a person is *permitted* to eat, at most, one full meal, as well as two smaller meals that together are not equal to a full meal.

Current Food Pantry Needs



- Peanut Butter
- Jelly
- Spaghetti Sauce

Items donated to the food pantry can be placed in the large plastic bins located in the vestibules of St. Michael's and St. Dominic's.

Next Weekend! Coffee, Donuts, and Miracles

February 18th

Come over to the hall after the 8am and 11:30am Masses for fellowship, coffee and a donut, and to learn about a Eucharistic Miracle!



Daily Gospel Readings for this Week



Monday – Mk 8:11-13
Tuesday – Mk 8:14-21
Wednesday – Mt 6:1-6,16-18
Thursday – Lk 9:22-25
Friday – Mt 9:14-15



Daily Bread: Discover the Eucharist in Scripture

Daily Lenten Video Series

This Lent,
journey with us
as we honor
Christ's ultimate

sacrifice with two unique series from the Augustine Institute. By signing up, you'll receive an email each day with a **Daily Bread: Discover the Eucharist in Scripture** video. Throughout Lent and Easter, you'll also receive 10 new episodes of **Drawing Closer to God: A Catholic Art Show for Kids**.

Daily Bread: Discover the Eucharist in Scripture explores the biblical roots of the Eucharist and how the earliest Christians understood it as the fulfillment of many Old Testament promises. Based on Dr. Brant Pitre's book *Jesus and the Jewish Roots of the Eucharist*, these daily Lenten reflection videos will radically transform your love for the Blessed Sacrament.

Your kids or grandkids will love 10 exciting new Lenten episodes of **Drawing Closer to God: A Catholic Art Show for Kids!** Through the beauty of art, host Ms. Kim helps kids follow Christ from the desert to his Passion and Resurrection—learning what it means to turn away from sin and back to God—as they draw and color each biblical scene.



Soup and Stations on Fridays in Lent

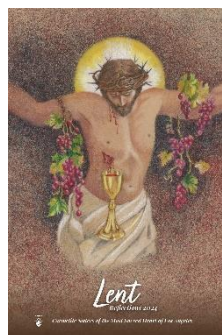
This Lent, the parish will again host meatless Soup Suppers at the hall prior to Stations of the Cross. Soup Suppers will take place at 6 PM in the hall. We will ask you to please RSVP by the Wednesday prior so we

can give the volunteer soup chefs a headcount. You can call the office to RSVP and to volunteer or sign up online by clicking the link sent via email.



Lenten Reflection Booklets

This Lent, St. Michael's is providing Lenten reflection booklets for the parish and mission. These Lenten reflection booklets are written by the Carmelite Sisters of the Most Sacred Heart of Los Angeles, and they include a daily reflection for each day of Lent as well as the Easter Octave. You may pick up your copy from the purple boxes at the back of St. Michael's and St. Dominic's.



Mass Times

Saturday: 5:00 PM *St. Michael*
Sunday: 8:00 AM & 11:30 AM *St. Michael*
10:00 AM *St. Dominic*

Tues - Fri 8:00 AM, 1st Fri 7:30 PM,
First Sat 9:00 AM, *all at St. Michael*

Confession Times at St. Michael

Sunday: 7:30 – 7:45 AM
Wednesday: 7:00 – 8:00 PM
Saturday: 4:00 – 4:45 PM

Adoration Sunday - Friday

Visit our [website](#) for the full schedule

Please PRAY for our SICK

(Please notify us if you or your family member should be removed)

Brenda Baden-Ritter, Joe Bauer, Joanne Butler, Gavin Birl, Arlene Bloom, Arlene Bonds, JR Boswell, Grayson Bowling, Madison Brady, Flossie Brown, James Brown, John Brown, Jr., Lynn Brown, Thomas Canavan, Ann Canter, Larry Canter, Sr., Richard Canter, Sr., Charlene Cardwell, Tom Cardwell, Andrew Catterton, Joyce Chambers, Thomas Chambers, Christine Clontz, Mary Connick, James "Rusty" Cooper, Terri Cox, Stacey Danielson, Judy Dement, Diane DiSandro, Leo Dixon, Marysa Dixon, Shaun Donnelly, Kathy Fisher, Rosemary Flum, Gloria Foley, Bert Hall-Foxwell, Mike Frisby, Jerry Frisby, Don Gardiner, Gerald Gray, Glenn Hale, Mabel Hamilton, Barbara Harding, Randy Herriott, Larry Horton, Crystal Johnson, Kathy Johnson, Margaret Kramer, Wanda Langley, Betty Lindsay, Adam Lumpkins, Jackie Markam, Mike & Elaine Mohun, John Martone II, Teddy Miller, Neal Myers, Ralph & Regina Nasatka, Fannie Newman, Thomas Pancamo, Yvette Parker, Carolyn Parson, Lena Pettit, Joyce Pickeral, Donald Prather, Michael Proctor, Betty Proctor, Gary Reinhardt, Marsha Reinhardt, Shawn Reinhardt, Paul Richards, Ann Bowie Rice, Lorrie Riess, Bonnie Robertson, Dawn Russo, Mary Savoy, Garrett Sawall, Sylvia Scott, Thomas Scott, Jr., Blanche Simms, Dee Smith, Dave Spadaro, Robin, Patricia & Thomas Stuart, George Thomas, Bernard Torreyson, Cecelia Turner, Joseph & Jean Wade, Doug Walker, Raymond Washington, Jackie Weaver, Joseph & Patricia Welch, Jim Williams, Ken Wilson, Terry Wilson, Cheryl Young, Dean R. Young, Lewis Young, and Theodore Young.

Jesus, Divine Mercy, heal and console us! Jesus, I trust in You!

MASS INTENTIONS

Saturday	02/10/24	5:00 PM	Dawn Rich & Amelex employees
Sunday	02/11/24	8:00 AM	Darlene Egtvedt +
Sunday	02/11/24	10:00 AM	Parishioners
Sunday	02/11/24	11:30 AM	Phil Stanton
Tuesday	02/13/24	8:00 AM	Anonymous Benefactor
Wednesday	02/14/24	8:00 AM	Lori McMahon
Wednesday	02/14/24	7:00 PM	Fallen away Catholics
Thursday	02/15/24	8:00 AM	Victoria Martine
Friday	02/16/24	8:00 AM	Sarah Bugbee & Family

YOUR SACRIFICIAL OFFERINGS - Feb. 4, 2024

St. Michael	Offertory Collection	\$ 6164.00
St. Dominic	Offertory Collection	\$ 1188.00

May God reward your generosity!