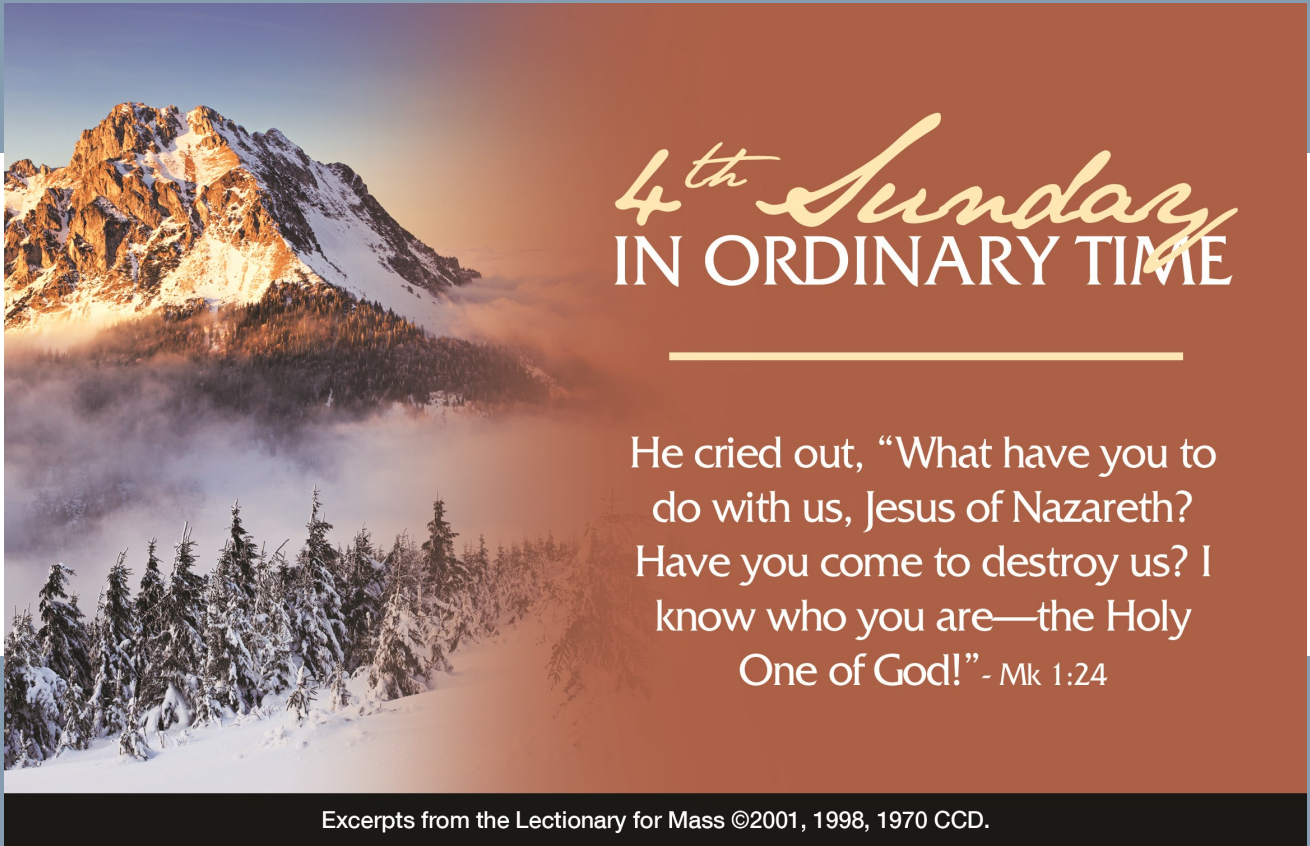


ST FRANCIS OF ASSISI

Catholic Parish—Spokane

1104 W Heroy Ave Spokane WA 99205 509-325-1321 Office hours Tues-Fri 9-12

January 31st, 2021



4th Sunday
IN ORDINARY TIME

He cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” - Mk 1:24

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

Pastoral Staff

Pastor: Fr. Michael Blackburn, OFM

Deacon: Dan Ritchie

Deacon: Dave Dudinsky

Parish Staff

Office Manager: Anitra Turney

Youth Ministry: Tammie Fabien

Maintenance: Brian Sandner

Choir Directors

Sun.: Betty Ross

Sat: Mary Lou Bentley

Mass Schedule

Saturday: 5pm

Sunday: 10am

Daily: 8am

Holy Days: 8am and 7pm

Parish Committees & Organizations

Pastoral Council: Frank Taylor

Finance Council:

Women's Club: Renee Lewis & Geri Wasson

Adoration of the Blessed Sacrament:

Thurs. 8:30-4pm

Sacraments:

Anointing of the Sick:

Masses with anointing 2 or 3 times a year

Baptism:

Parental preparation is required

Marriage:

contact the parish at least 6 months in advance

Reconciliation:

Saturdays 3:30-4:30 or by appointment

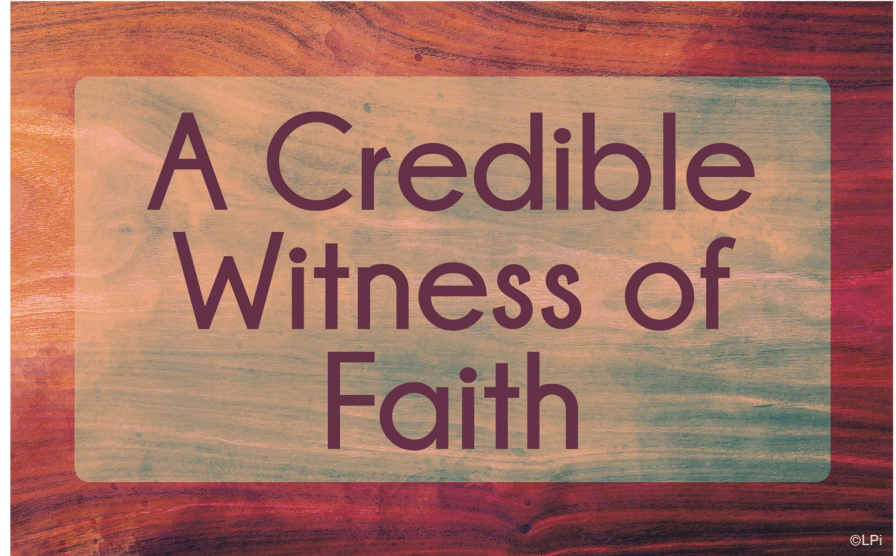
ST FRANCIS OF ASSISI PARISH

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

Most of us are quiet people who desire to live a good and holy life, promote the values and mission of the Gospel as best we can and desire to one day inherit the surprise of life eternal God promises to us. We are not trail blazers. We are simple people who want to do the simple things of life well. But there are others who left a more profound impact along the way of the paths they walked. Folks like Dorothy Day, Martin Luther King, Thomas Merton, Gandhi, St. Teresa of Calcutta, and many others left lasting impacts and legacies. Like Moses, they show us by word and deed who God is and what integrity and a purpose driven life look like. They show us how to be holy. We need Moses people like these to give us inspiration, hope and an example of holy living.

We do not need to do what they did or even mirror their relationship with God. Each one of us is God's special creation, with a purpose and soul known only to us. We need to learn how to open up and bring, without compromise, our soul-ness to life. We know when someone is authentic and centered because they always point to truth, even though they struggle and sin themselves, and they embody an unspoken timeless wisdom that



just sounds and feels right. Jesus taught with this same type of authority and it astonished many who listened. We do not need to move mountains, advance a cause, write books or become notable. All we have to do is become credible witnesses of the faith we profess. Moses people can teach us how to do this.

St. Oscar Romero was an amazing man and a Moses figure for sure. He saw God in the burning bush and brought the flame of Gospel faith to the poorest of the poor, challenging the evils of the society in which he lived. He was tireless and persistent. He must have gotten very close to

the problem because it cost him his life. He suspected it would. St. Romero said, "When we leave Mass, we ought to go out the way Moses descended Mt Sinai: with his face shining, with his heart brave and strong to face the world's difficulties." We can learn from this wisdom. If we allow the power of the Mass to truly transform us, we will leave that holy encounter changed. Our face will shine, and we will have courage. We can then bring what we have received to life's challenges. That sounds doable, doesn't it? Because of the example of our simple holiness, people will be amazed.

All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee. - Mk 1:27-28

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

SUPPORT OUR ADVERTISERS

Local businesses and sponsors that advertise on bulletins need you now more than ever before. Please encourage and remind others to show their support during this time.

EMBRACING CHANGE IN CHRIST

It's officially one month since we popped the champagne, toasted 2021 and wrote down a list of resolutions. This is usually the time when we start to take a good, hard look in the mirror to assess what we have done — or have not done — with the first month of this brand-new year.

New years can be scary, can't they? Full of promise, sure, but also full of room for failure. Full of space for our old baggage, old fears and the continuation of old mistakes.

The same can be said of Christ, and the new life he offers us, if we are brave enough to accept it. Opportunities like that can be intimidating. In that moment, we might find ourselves like the man with the unclean spirit crying out: "What

have you to do with me, Jesus of Nazareth? Have you come to destroy us?"

Jesus is a comforter of the afflicted; he is a consoling figure, but he is also a challenging one. Sometimes we have grown attached to our afflictions. The idea of correcting bad habits or forming new ones is frankly terrifying to us. We have a voice deep inside who sees Christ and his invitation to repentance, and it cries out in fear: "I know who you are!"

When we live in the present, disavowing the baggage of the past or fear of the future, we submit ourselves to the promise of redemption. Let us be brave everyday stewards and invite Christ's healing power into our lives. We won't regret it — I'm sure the demoniac never did.

—Tracy Earl Welliver, MTS

I GET ANNOYED WITH MYSELF WHEN I AM DISTRACTED WHILE I PRAY. IS IT A SIN? HOW CAN I BE MORE ATTENTIVE?

The mind is a marvelous and complex thing, producing amazing thoughts, images, wisdom and inspiration. Yet at times it is like a two-year-old: it does not follow directions, does what it wants and loves to tell us "no!" This is probably the oldest and most common problem in the spiritual life—dealing with distraction. It comes in all forms: good intentions forgotten, wandering thoughts at Mass, daydreaming, etc. A little poem says it all: When the soul begins to pray, the brain always wants to play!

There are many ways to handle distractions. If we are distracted by thoughts about our families or friends, we should pray for them. If we lose our focus, we need just "re-collect" ourselves. If some worry or concern just won't leave our mind, then we deal with it and come back to prayer or make it part of our prayer. And when words just won't come, the only prayer we might offer is our presence, our suffering, and our desire to be close to the Lord. Most importantly, we need to be patient with ourselves. These things are not sinful, but reminders of our human frailty. Our weaknesses and good efforts are all acceptable to God, who reads the love in our hearts and the good intentions of our minds.



"SPREAD LOVE
EVERYWHERE
YOU GO."

— St. Teresa of Calcutta

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WEEKLY PRAYER

READINGS FOR THE WEEK OF JANUARY 31, 2021

SUN 1/31	Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 [8]/1 Cor 7:32-35/Mk 1:21-28
MON 2/01	Heb 11:32-40/Ps 31:20, 21, 22, 23, 24 [25]/Mk 5:1-20
TUE 2/02	Mal 3:1-4/Ps 24:7, 8, 9, 10 [8]/Heb 2:14-18/Lk 2:22-40 or 2:22-32
WED 2/03	Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a [cf. 17]/Mk 6:1-6
THR 2/04	Heb 12:18-19, 21-24/Ps 48:2-3ab, 3cd-4, 9, 10-11 [cf. 10]/Mk 6:7-13
FRI 2/05	Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc [1a]/Mk 6:14-29
SAT 2/06	Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6 [1]/Mk 6:30-34
SUN 2/07	Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 [cf. 3a]/1 Cor 9:16-19, 22-23/Mk 1:29-39

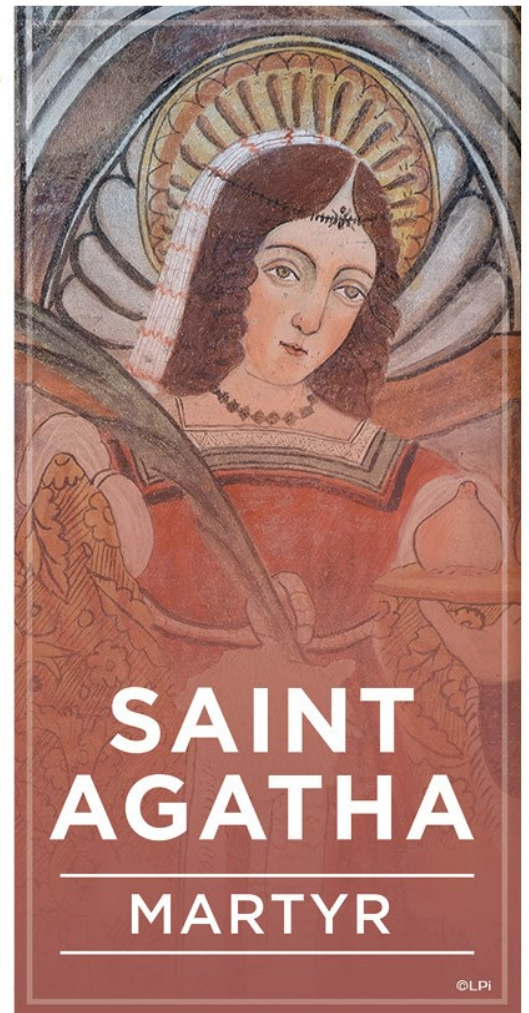
OBSERVANCES FOR THE WEEK OF JANUARY 31, 2021

Sunday:	4 th Sunday in Ordinary Time; Catholic Schools Week
Tuesday:	The Presentation of the Lord; World Day for Consecrated Life
Wednesday:	St. Blaise, Bishop and Martyr; St. Ansgar, Bishop
Friday:	St. Agatha, Virgin and Martyr
Saturday:	St. Paul Miki and Companions, Martyrs
Sunday:	5 th Sunday in Ordinary Time

LIVE THE LITURGY

Inspiration for the week

Most of us are not trail blazers. Throughout history though, there have been many folks who tirelessly and persistently pursued the promptings of their hearts without giving any care to what others thought or trends dictated. Jesus is one of them. St. Teresa of Calcutta and St. Francis of Assisi are examples of others. The rest of us are people who take a more measured look at things, want to test the waters, and take our time choosing what path or person to follow. We need credible witnesses of faith. We need the Moses people in our lives to show us by word and deed who God is and what integrity and a purpose-driven life looks like. They are the pointers to truth, who even though they struggle themselves, seem to embody an unspoken timeless wisdom that just sounds and feels right. Jesus taught with this same type of authority and caught the attention of the greatest of skeptics. They were astonished. Even though we need our human prophets we can also be somewhat prophetic ourselves by putting integrity and conviction behind our embrace of the Gospel. Perhaps much to our surprise, we all have the power to be a credible witness. Are you willing to give it a try?



*Everything and
everyone is won
by the sweetness
of our words
and works.*

— ST. JOHN BOSCO




WOMEN'S CLUB **NEWS**

The Women's Club would like to thank everyone for the wonderful support you have shown to us during this trying time of Covid 19. The Virtual Cookies in a Can and the donations for the books was phenomenal.

Since we know how hard this pandemic has been on everyone, we at the Women's Club are going to be calling those who are unable to attend services in person to see what we as a parish can do to help and support them. If you know someone who is not attending church regularly, please call Renee Lewis at 995-3898 or Anita Smith at 218-0059. We will send them the newly printed weekly bulletin and call them to do a spiritual "well check".

For those interested in attending our monthly meetings, we are doing a zoom group meeting the second Tuesday of each month. For information on how to join in, call one of the officers listed above.

We still have plenty of calendars and missals left in you are in need. They are in the bak of the church by the choir. Donations for the missals are appreciated but not mandatory. Due to the current state-wide restrictions on meetings, we are unable to have our yearly card party. However, as a fundraiser, we will still be raffling off not one, not two, but THREE

 beautifully hand made quilts. We will be sending



raffle tickets to all the women in the parish. If we miss you, and you would like tickets, please let us know and we will gladly send tickets to you. If you have any suggestions for further fundraisers, please let the Women's Club know.

And that is the hubbub from the Women's Club.



WELCOME

Welcome to our new maintenance man Brian Sandner! Brian is married to Wendy Sandner (Muzatko) and together they have 2 children. Brian is excited to start work at the parish and we are excited to have him!

UPDATES AND INFO

Please check our Facebook page
[St Francis of Assisi Catholic Parish Spokane | Facebook](https://www.facebook.com/stfrancisofassisi.catholic.parish.spokane)



and our Web page
<https://stfrancisofassisispokane.org/>

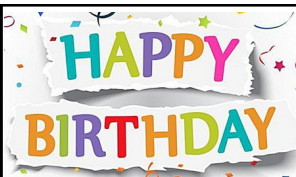


for up to date info and messages from Fr Mike



Frank Rose, Steve Rij, Don & Mary DeLuca, Florence Himelspach, Kathy Bromley, Dana Duvanich, Janice Duvanich, Anita Smith,

Rita Loft, David Francis, Ramona Jones, Marilyn Connolly-Overbey, Kathy White, Ellen Turnbull, Michael Brick, Kathryn Brown, Tom Chadler, Melissa Bromley, Mike Arcondizzy, Steve Wren, MaryAnn Forcier, Gary Turnbull, Brian Chandler, Marlene Weller, Charlie Johnson, Nancy Sims, Stanley Mundell, Jean Rottmayer, Joyce Johnson, Tom Bienemann, Helen Arnzen, Kelly Carrubba, Linda McPeek, Jan Martin, Bill Kendall, Manny Baumbauer and Lindsey Fry



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