

# Dear Padre,

My fourteen-year-old daughter is very thin. She says giving up food during Lent is proof that she honors God. How can I convince her God doesn't want her to starve herself? Is there anything else she can do for Lent?

According to the *Code of Canon Law*, at age fourteen your daughter isn't required to fast (eating only one full meal a day, no snacks); the Church requires this only of people age eighteen through fifty-nine because people outside those age groups need more than one full meal a day to maintain good health (1252).

She is, however, old enough to abstain from meat, as required of Catholics age fourteen and older. But she should replace that meat with another source of protein like cheese or fish.

Please tell your daughter that the Lenten fast is about preparing our hearts to celebrate the joy of Easter. Fasting and abstinence are not about starving or losing weight. They're about making room for God and deepening our relationship with Christ.

And the word *abstain* isn't limited to matters involving food. Your daughter can abstain from watching television, using her mobile phone except in emergencies, or using

the computer for anything other than schoolwork. Prayer and almsgiving (donating money or time to charity) also are part of our Lenten practice. Anyone can safely do these things to achieve the same result: growing closer to God in preparation for Easter.

Fr. Patrick Keyes, CSsR / [Sundaybulletin@Liguori.org](mailto:Sundaybulletin@Liguori.org)

## Do you have a question for the Padre?

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about *Dear Padre*.

## A WORD FROM Pope Francis

*Fasting makes us share the situation of many people who face the torment of hunger and makes us more attentive to others; almsgiving is a blessed opportunity to collaborate with God's providence for the benefit of his children. And I invite you to make almsgiving a way of life and to persevere in concrete help to those in need.*

ADDRESS TO PRO PETRI SEDE ASSOCIATION, FEBRUARY 16, 2018



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## Calendar

**Monday**  
MARCH 7  
Lenten Weekday  
Lv 19:1–2, 11–18  
Mt 25:31–46

**Tuesday**  
MARCH 8  
Lenten Weekday  
Is 55:10–11  
Mt 6:7–15

**Wednesday**  
MARCH 9  
Lenten Weekday  
Jon 3:1–10  
Lk 11:29–32

**Thursday**  
MARCH 10  
Lenten Weekday  
Est C:12, 14–16,  
23–25  
Mt 7:7–12

**Friday**  
MARCH 11  
Lenten Weekday  
Ez 18:21–28  
Mt 5:20–26

**Saturday**  
MARCH 12  
Lenten Weekday  
Dt 26:16–19  
Mt 5:43–48

**Sunday**  
MARCH 13  
Second Sunday of Lent  
Gn 15:5–12, 17–18  
Phil 3:17—4:1 or  
3:20—4:1  
Lk 9:28b–36

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# Our Parish COMMUNITY

March 6, 2022

First Sunday of Lent (C)

Dt 26:4–10

Rom 10:8–13

Lk 4:1–13



Then the LORD brought us out  
of Egypt with a strong hand and  
outstretched arm, with terrifying  
power, with signs and wonders.

DEUTERONOMY 26:8

## It's All Gift

There is one word that could almost be erased from our religious vocabulary. That word is *earn*. So many of us take on a Lenten program of penance to earn God's forgiveness. Or we engage in prayer to earn indulgences that will lessen our time in purgatory. Somewhere along the line we missed the class in which the primacy of God's free gift of grace was taught. Consequently, we still might use language that emphasizes our own hard-won merit apart from God rather than freely given love as the basis of all that follows. Today's first reading refutes such thinking.

The passage from Deuteronomy contains an important creedal statement, describing the heart of ancient Israel's faith. The people were instructed by Moses to commemorate the event of their founding as the special people of God. The creedal statement was probably recited during that commemoration. The statement itself describes how God called their

ancestor; from that ancestor called forth a great people, delivered those people out of slavery, and then settled them in a land that became their own. Every event was God's work. The people did nothing to deserve it. It was all gift. Why did God choose these people, make them great, free them, settle them, and provide them with abundant harvests? Because they were good? No! Because God is good. They earned nothing, deserved nothing. It was all gift.

Why is it so difficult for us to realize that we really do not give gifts to God? It's just the opposite. When it comes to God's grace, it's all gift.

Sr. Dianne Bergant, CSA

## FOR Reflection

- ★ Spend a moment thinking about all the free gifts God has given you.
- ★ Let your Lenten practice be graciousness to others.





## Parish of St. Vincent De Paul

"We as a community rooted in the Catholic faith seek to imitate Christ's  
Examples of love and service to others and spread the light of our faith to others."

Parish phone: 509-234-2262 **Mar. 6, 2022 website: [stvincentconnell.org](http://stvincentconnell.org)**

Fr. Miguel A. Gustavo Ruiz Juárez 509-318-0295

[gruiz@dioceseofspokane.org](mailto:gruiz@dioceseofspokane.org)

### 1st Sunday of Lent

Mass Mar. 6, 2022

Lector: Brandy Ferguson

**EUCCHARISTIC MINISTERS:**

Maria Garcia

**Greeters & Presentation of Gift**

James & Tiffany Freitag

**Altar Servers:**

Nadia H. & Giselle S.

### 2nd Sunday of Lent

Mass Mar. 13, 2022

Lector: Marv Grassl

**EUCCHARISTIC MINISTERS:**

Stacy Ferguson

**Greeters & Presentation of Gift**

Wally & Marla Goade

**Alter Servers:**

Brandy F. & Ruby B.

### Pope's Prayer intentions:

**For a Christian response to bioethical challenges,**

We pray for Christians facing new bioethical challenges; may they  
continue to defend the dignity of all human life with prayer and  
action.

### Mass Schedule

**Sunday:** 8:00 a.m. @ St. Paul's in Eltopia

10:30 a.m. @ St. Vincent's (English)

12:00 p.m. @ St. Vincent's (Spanish)

**Saturday:** 7:00 p.m. @ San Juan Diego (Spanish)

**Fridays:** 8:00 a.m. Adoration @ St. Vincent's

8:30 a.m. Mass @ St. Vincent's

**Confessions:** Wednesdays 6:30 pm @ St. Vincent's

Tuesdays 7:00 pm @ San Juan Diego

**Church Secretary:** Elida Fernández - [secSt.vincent2015@gmail.com](mailto:secSt.vincent2015@gmail.com)

**Tues, Weds, Thurs 12:00 pm – 3:30 pm**

Elida can be reached at 509-318-0917 - 12 – 3:30 pm on Tues. Weds. Thurs.

**Prayer Chain:** Call Carolyn Nordhus @ 509-234-5972

**Breezeway Calendar:** If you have any parish events or meetings that you would like on  
the all parish calendar that is posted in the breezeway please contact Marla Goade @ 539-  
5354

[wmgoade73@gmail.com](mailto:wmgoade73@gmail.com)

**Weekly Bulletin:** Please email Elida Fernández [secSt.vincent2015@gmail.com](mailto:secSt.vincent2015@gmail.com) by  
WEDNESDAY EVENINGS for information to be included in the upcoming Sunday bulletin.  
Elida can be reached at 509-318-0917

**Website:** To add or send information, pictures or news to the website please  
email Jaeniffer Kaiser @ [jaeniffer2002@hotmail.com](mailto:jaeniffer2002@hotmail.com)

**LIKE our Facebook** page to get updated posts and information about our parish. You can also see  
photos of all the activities that have been happening. If you want to post church happenings on  
Facebook please email Onna Pollock at [olpollock@yahoo.com](mailto:olpollock@yahoo.com)

### FR. GUS'S SCHEDULE FOR WEEK:

**Mar. 6, 2022 - Mar. 13, 2022**

**Sun. Mar. 6:**

8:00 am Mass @ Eltopia

10:30 am Mass @ Connell

12:00 pm Mass @ Connell

**Monday Mar. 7:**

Fr. Gus' Day off

**Tues. Mar. 8:**

5:30 pm Knights Meeting @ Connell

No Mass or Confessions @ Eltopia

**Wed. Mar. 9:**

Fr. Gus – Meeting @ Pasco

6:30 pm Confessions @ Connell

**Thurs. Mar. 10:**

10:00 am Adoration @ Eltopia

10:30 am Mass @ Eltopia

Fr. Gus – Meeting @ Walla Walla

7:30 pm Altar Servers meet @ Basin City

**Fri. Mar. 11:**

Fr. Gus @ Spokane Meeting

No Adoration @ Connell

No Mass @ Connell

**Sat Mar. 12:**

1:00 pm – 3:00 pm Adult Sacra. Prep @ Connell

5:30 pm – 6:30 pm Confessions @ Basin City

7:00 pm Mass @ Basin City

**Sun. Mar. 13:**

8:00 am Mass @ Eltopia

10:30 am Mass @ Connell

12:00 pm Mass @ Connell

**Please keep Fr. Gus  
In your daily prayers.**

## THOUGHT OF THE WEEK FROM THE PASTORAL PATTERNS BY JS

### PAULISH CO:

How willing are you to profess your faith in  
Jesus Christ openly to others? Would you still  
be able to say that you believe in Jesus if  
others made fun of you for it?

### STEWARDSHIP

*"I have now brought you the first fruits of the  
products of the soil which you, O Lord, have  
given to me." (DEUTERONOMY 26:10)*

This line from the Old Testament offers two  
challenges. First, do you give to God from your  
"first fruits" - the first and best that you have to  
offer, or do you give from what you have  
leftover? Second, do you realize that everything  
you have and that everything you are has been  
given to you by God? Ask God for a grateful and  
generous heart, every day, in all circumstances.

### Thank you for your generous Weekly contributions

Feb. 20, 2022	Feb. 13, 2022
10:30 am - \$490.00	10:30 am - \$1984.87
12:00 pm - \$415.00	12:00 pm - \$340.00
Basin city - \$1116.44	Basin City - \$827.57

### Connell Food Bank

**Seniors: Tuesday**

**March 8 & 22**

**10:00 am – 11:00 am**

**General Public: Wednesday**

**March 9 & 23**

**9:00 am – 1:00 pm**

**5:00 pm – 7:00 pm**

**Prison Ministry is opening up this  
coming March. Volunteers interested in  
helping please contact Fr. Gus for more  
information.**

### UPCOMING EVENTS MARK YOUR CALENDAR

#### Altar Flowers

Mar. – Altar Society Guild #2'

April – Guadalupanas

### Wednesday Confession Hour Wednesday 6:30 pm – 7:30 pm

### Request of Sacrament Certificates

Please be advised, there is a 10-day minimum  
needed to search for records. Please be timely  
in your request of a new certificate.

### PROTECTING GOD'S CHILDREN

Beginning on Feb. 9<sup>th</sup> all children in our  
religious education programs from Kinder  
to 12<sup>th</sup> grade will be presented the annual  
Safe Environment lesson as per Diocesan  
instructions. Any parent not wanting their  
children to participate in the lesson or more  
information please contact:  
Elida Fernandez 318-0917

### LENT FISH DINNER SPONSERED BY KNIGHT OF COLUMBUS

Friday, March 25

5 pm – 7 pm

St. Vincent parish hall

All families are cordially invited.

### GUADALUPANAS MEET

Thursday, 17 of Mar.

@ 5 pm