

Dear Padre,

When I'm trying to pray, I can't stop thinking about my to-do list. How do I keep my mind from racing when I pray?

Most spiritual directors encourage a person to enter gently into solitude and prayer. Real conversation with any friend begins with warm acknowledgment of that friend's presence, so as you sit or kneel, acknowledge that you are in a sacred place and that God is present.

Several techniques can help us find interior silence and solitude. Many people find it helps to sit in a comfortable position and pay close attention to their breathing. Taking slow, deep breaths relaxes our minds and hearts.

When repeated, a sacred word like *Jesus* or *Abba* can focus our attention and help us let go of the distractions that can so easily crowd our consciousness.

Another technique is to take a few moments to find quiet, then read a passage from Scripture. Many people choose the Gospel passage of the day; others read a Gospel through from beginning to end by reading a short passage each day. Other excellent techniques to focus your praying include the Church traditions of *lectio divina* as well as the imaginative prayer method advocated by St. Ignatius.

True conversation goes both ways. One way God speaks to us is through the word. Reading Scripture as part of our conversation with God is a good way to be sure we don't do all the talking.

Fr. Michael Brehl, CSSR / Sundaybulletin@Liguori.org

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

A WORD FROM Pope Francis

Prayer often coexists with distraction. Indeed, the human mind struggles to dwell for long on a single thought. We all experience this constant whirlwind of images and illusions in perpetual motion, which accompanies us even during sleep. And we all know that it is not good to follow this inclination toward disorder.

GENERAL AUDIENCE, MAY 19, 2021

Calendar

Monday
MARCH 28
Lenten Weekday
Is 65:17-21
Jn 4:43-54

Tuesday
MARCH 29
Lenten Weekday
Ez 47:1-9, 12
Jn 5:1-16

Wednesday
MARCH 30
Lenten Weekday
Is 49:8-15
Jn 5:17-30

Thursday
MARCH 31
Lenten Weekday
Ex 32:7-14
Jn 5:31-47

Friday
APRIL 1
Lenten Weekday
Wis 2:1a, 12-22
Jn 7:1-2, 10, 25-30

Saturday
APRIL 2
Lenten Weekday
Jer 11:18-20
Jn 7:40-53

Sunday
APRIL 3
Fifth Sunday of Lent
Is 43:16-21
Phil 3:8-14
Jn 8:1-11

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Our Parish COMMUNITY

March 27, 2022

Fourth Sunday of Lent (C)

Jos 5:9a, 10-12

2 Cor 5:17-21

Lk 15:1-3, 11-32

Whoever is in Christ is a new creation: the old things have passed away; behold, new things have come. And all this is from God.

2 CORINTHIANS 5:17-18A



Rejoice!

Today is Laetare Sunday, the Lenten Sunday to rejoice. We are encouraged to rejoice, not because Lent is half over, but because something extraordinary has occurred. All three readings for today applaud some wondrous and joyous occasion.

The reading from Joshua notes the end of the Israelites' grueling Egyptian and wilderness experience. They settled in Canaan and now celebrated the anniversary of their deliverance by offering to God in gratitude the fruits of their own harvest. The people who once were landless have now been made anew.

This is surely a reason to rejoice.

Paul's words to the Corinthians were reason for great rejoicing. He assured them that, because of the death and resurrection of Jesus, their sinfulness was not held against them. Instead, they were now reconciled with God. They were a new creation. This too is reason to rejoice.

Jesus' story about the merciful father touches every

life. The young son turned away from his home and his family, yet it was the father's actions that brought about the reconciliation. The story did not explicitly say that he simply forgave his son. More than that, it says that he was filled with deep compassion for him—a compassion that restored the bond between them. This compassion brought the son who was dead back to life. There is no greater reason for rejoicing.

God has brought us into a new land, has made each of us a new creation, has brought us back to the embrace of our Father. And so, we rejoice.

Sr. Dianne Bergant, CSA

FOR Reflection

- ★ Think of a time when a severed relationship was repaired. Be grateful.
- ★ What might you do to repair a situation of alienation in your life?



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. 27, 2022 website: stvincentconnell.org

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

gruiz@dioceseofspokane.org

4th Sunday of Lent

Mass Mar. 27, 2022

Lector: Greg Hart

EUCCHARISTIC MINISTERS:

Marv Grassl

Greeters & Presentation of Gift

Ernie & Teri Cerna

Altar Servers:

Giselle S. & Adrian K.

5th Sunday of Lent

Mass April 3, 2022

Lector: Danny Holt

EUCCHARISTIC MINISTERS:

Mike Reimers

Greeters & Presentation of Gift

Emily & Héctor Lopez Family

Alter Servers:

Bella & Nadia Holt

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

Saturday 6:30 pm @ San Juan Diego

Church Secretary: Elida Fernández - 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

Weekly Bulletin: Please email Elida Fernández 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

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

FR. GUS'S SCHEDULE FOR WEEK:

Mar. 27, 2022 - April 3, 2022

Sunday Mar. 27:

8:00 am Mass @ Eltopia

10:30 am Mass @ Connell

12:00 pm Mass @ Connell

Monday Mar. 28:

Fr. Gus' Day off

Tues. Mar. 29:

5:00 pm Penance Service @ Basin City

No Confessions/Mass @ Eltopia

Wed. Mar. 30:

6:30 pm Confessions @ Connell

Thurs. Mar. 31:

No Adoration @ Eltopia

No Mass @ Eltopia

Fri. April 1:

No Adoration @ Connell

No Mass @ Connell

Burial by Fr. Gus @ Federal Way

Sat April 2:

1 pm – 3 pm Adult sacra. Prep @ Connell

5:30 pm Confessions @ Basin City

7:00 pm Mass @ Basin City

Sun. April 3:

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:

When have you been generous enough to forgive someone who hurt you deeply? Is there someone you need to forgive or ask forgiveness of?

STEWARDSHIP

"No longer was there manna for the Israelites, who that year ate of the yield of the land of Canaan." (JOSHUA 5:12)

Over the forty years that the Israelites journeyed through the desert, God provided them with manna to eat. As soon as they were able to enjoy the fruits of the Promised Land the manna ceased. Likewise, God's blessings to us may change over the years but it is important to trust that God will always provide us with all that we need.

Thank you for your generous Weekly contributions

Mar. 6, 2022

Mar. 13, 2022

10:30 am - \$1413.00

10:30 am - \$1922.00

12:00 pm - \$320.00

12:00 pm - \$416.01

Basin city - \$1897.00 Basin City - \$995.00

Connell Food Bank

Seniors: Tuesday

April 12th and 26th

10:00 am – 11:00 am

General Public: Wednesday

April 13th and 27th

9:00 am – 1:00 pm

5:00 pm – 7:00 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.

UPCOMING EVENTS MARK YOUR CALENDAR

Altar Flowers

April – Guadalupanas

May – Altar Society

CONFESSIONS @ St. Vincent

Wednesday the 30th @ 6:30 pm

Desert Way of the Cross

Sunday, April 10, 2022

Transportation will be provided. Meet at St. Vincent's for bus departure at 2:00 pm. This is about a 2-hour hike through sand dunes. Water and snack will be provided. Children must be accompanied by an adult. High

School students must submit signed permission form. Boots are recommended as the sand can seep into your shoes. Please sign up at the entrance of the Church

PROTECTING GOD'S CHILDREN

Beginning on Feb. 9th all children in our religious education programs from Kinder to 12th 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

HOLY WEEK SCHEDULE

April 10th: 10:30 am Palm Sunday (Sunday of the Passion of the Lord) in English

April 10th: Noon Palm Sunday (Sunday of the Passion of the Lord) in Spanish

April 14th: 7 pm Holy Thursday celebration (Last Supper). It will be bilingual

April 15th: 7 pm Good Friday. It will be bilingual

April 16th: 7 pm Easter Vigil in Spanish

April 17th: 10:30 am Easter Sunday in English

April 17th: Noon Easter Sunday in Spanish