St. Catherine of Alexandria Parish

540 3rd Ave NE - Valley City, ND 58072

Fifth Sunday in Ordinary Time

February 5, 2023

www.catherineofalexandria.org

Listening Session with Bishop Folda

Join Bishop John Folda for regional listening sessions as part of the Third Synod for the Diocese of Fargo. We will spend time together in Eucharistic Adoration from 6:30-7:30 and then gather to ponder and discuss these questions:

Top 3 things that are working well at our parish/the Diocese?
Top 3 challenges to address in our parish/ the Diocese?
What is one step I might be called to take to respond?

Our listening session will be held at St. Catherine's Parish Hall on February 7, 2023 from 6:30pm -9:00pm

Pancake Breakfast on Sunday, February 12

9:00 AM - Noon in the Parish Hall sponsored by the Knights of Columbus

Proceeds benefiting VCSU's service trip to Argentina this May.

The menu is pancakes, ham, eggs, biscuits and gravy, water, coffee, and orange juice.

Questions about the trip can be directed to me at kierstenbaughman7@gmail.com

February serving events:

February 7: Bishop Folda visit to St. Catherine
1-2 people to start coffee, set out coffee pots and water pitchers.
Your contact person is Margaret Doyle; 701-840-0142; email doylemargaretm@yahoo.com

WOW! WOW! WOW!

Thank you so much for an exceptionally great BOOK FAIR!

Thanks to all of the support from school families, parishioners and friends of the school, we were able to sell $2501.34 worth of books and "stuff". The school gets 40% after taxes to spend on more books for the library and classrooms.

Thank you also to the adults and students who put their change into the library "piggy bank" box. When counted there was $104 in the box. This money will be used to buy more books for our library.

Gob Bless all of you for your kindness and support!

HAPPY READING!!!!!!!!

Mrs. Gulka

Pastor's Page

OUR BISHOP WANTS TO LISTEN

This Tuesday, Feb 7, Bishop Folda will be at St Catherine's from 6:30 – 9:00 pm for one of his "Listening Sessions" that he is holding throughout the diocese as part of the preparation process for next year's Diocesan Synod at St Mary's Cathedral in Fargo. The Bishop has already attended five of the sixteen sessions that will be held throughout the diocese, and this week he comes to our corner of the diocese to hear what we have to share.

The evening will begin at 6:30 pm in the church proper with opening remarks and Bishop Folda will offer some of his own thoughts. That will follow with a half-hour of prayer before the Blessed Sacrament. Then we will move to our parish basement for small and large-group discussions with the bishop listening to what the folks present wish to share with him concerning parish life and our diocese. Here are the three basic points to ponder and discuss with each other and him – perhaps ponder and pray about these in advance of the evening:

- What are the top 3 things that are working well at our parish/ the Diocese?
- What are the top 3 challenges to address in our parish/the Diocese?
- What is one step I might be called to take to respond?

Any and all are invited to be part of this time together with our bishop. Join us this Tuesday, Feb 7, at 6:30 pm in our church.

* * *

Recently I was reading an article in the magazine "First Things" that Archbishop Anthony Fisher of Sydney, Australia, penned. He has a lot of good things to say in this article, but part of it really struck me and I wanted to share it with you. The article is about the Catholic Church in our world and how so much of what it does and has done is not seen or appreciated.

(One point of explanation: Archbishop Fisher references "Monty Python's Life of Brian". It was a British comedy film from many decades ago – the 1980's (?) – that was very well known back then but may be completely unknown to most people today. As usual with British comedy it is very sardonic – it takes place in the early Roman Empire and the Jewish fight for liberation from the Romans. In the first paragraph below the point is made that not all the Roman Empire brought to the Jewish peoples was tyrannical and bad, but there were some positives to being part of the Empire. Then the Archbishop uses that paradigm to look into what the Church, the "enemy" of so much of the modern world, has actually given to the world in its 2,000 year history.) Take a read:

> *In Monty Python's Life of Brian, John Cleese plays Reg, a member of the People's Front of Judea. In a terrorist cell meeting, Reg asks rhetorically: "What have the Romans ever done for us?" His fellows respond with example after example of the benefits of Roman civilization. "All right, all right," Reg concedes. "But apart from sanitation, medicine, education, wine, public order, irrigation, roads, a freshwater system, and public health, what the Romans ever done for us?" Now - for all the historical ignorance, revolutionary fantasies, and plain ingratitude of modernity, the debt of Western civilization to Christianity is much greater.*

Continued

All right, all right. But apart from the sanity that sanctity brings to a world of sin; the building of hospitals, hospices, and leprosaria; the creation of the university and the most comprehensive primary, secondary, and tertiary school systems in the world; the endowment and staffing of orphanages, aged-care homes, and other welfare institutions – apart from those things, what have the Roman Catholics done for us? Apart from ending human sacrifice, cannibalism, slavery, infanticide, and the chattel conception of women and children; the explication of a sublime moral code and vision of the virtuous person; the shaping of our language and discourse; the promotion of literacy, printing, and libraries; the sponsorship of much science, medicine, and technology, and of traditions of art, music, literature, and architecture; the development of much of Western common, civil, and constitutional law; and the establishment of a corpus of theological and philosophical thought that has provided metaphysical grounding for our politics and so much else - apart from all that, our secular antagonist presses, what have the Romish ever done for us?

Please be aware of how much *bigger* our Catholic Church is than just what you see at the local parish level. The Church is also diocesan and universal – it is historical. It has spanned two millennia, is present in every country in the world, engages with every culture and has given more gifts to the world – both sacred and secular – than any other group in history. And it will never stop with that until Our Lord comes at the end of time.

* * *

Lent is approaching quickly – less than three weeks now! And that means Ash Wednesday is soon to be here. It's time to bring your blessed palms from last year to the church so that they can be burned for Ash Wednesday – they are *blessed* objects and need to disposed of properly – in this case we burn them for the ashes of Ash Wednesday. We have a couple of baskets in the narthex (entryway) of our church – please place the palms there. And please – bring them in BEFORE Ash Wednesday . . .

Fr Duchschere
Pastor

Monthly Adult Catechesis

ANNULMENTS

⇒ How can a marriage be annulled?
⇒ How can this work?
⇒ Is this a "Catholic Divorce"?
⇒ You're saying I'm not married?
⇒ What if there are kids?
⇒ How much does it cost?

When: ***Sunday, February 12 at 6:30 pm***
Where: ***Church Basement / Parish Hall***
Presented by: ***Fr. Paul Duchschere***

February Calendar of Events

SUN 5	**Fifth Sunday in Ordinary Time** 8:00am Rosary 8:30am Mass 10:15am Divine Mercy Chaplet 10:30am Mass
MON 6	7:30am Rosary 8:00am Mass
TUE 7	7:30am Rosary 8:00am Mass 8:30am - 10pm Adoration 8:30am Tuesday Morning Movie 5:30pm REACH 6:30pm Synod Listening Session w/Bishop 6:40pm KC Rosary and Meeting
WED 8	7:30am Rosary 8:00am Mass 8:45am Cursillo Prayer Group 5:00pm Nearly Nu Meeting 6:30pm RE Class 7:00pm Youth Group
THU 9	7:30am Rosary 8:00am Mass 1:00pm Quilters 6:30pm Quilters
FRI 10	7:30am Rosary 8:00am Mass
SAT 11	**World Day of the Sick** 10:00am Mass at Mercy Hospital 4:00pm CDA 20 Decca Rosary 5:30pm Mass
Sun 12	**Sixth Sunday in Ordinary Time** 8:00am Rosary 8:30am Mass 9:00am - Noon KC Breakfast 10:15am Divine Mercy Chaplet 10:30am Mass

MASS INTENTIONS February 6 - 12

M 8:00am Amy Steele
T 8:00am † Karen Leadbetter
W 8:00am † Karen Leadbetter
Th 8:00am † Mary Zubrod
F 8:00am † Phyllis Lemer
2:00pm (St. Raphael) † Mary Zubrod
Sa 5:30pm † Dave Winkler
Su 8:30am People of the Parish
10:30am † Lois Linnehan

RECONCILIATION:
Monday - Friday – 7:30-7:55 am
Tuesday – 8:15-9:30 pm
Saturday – 4:00-5:15 pm
Sunday – 7:30-8:15 am

THANK YOU!

Thank you from Alice Wendel and Family to those who helped in making Alice's 100th Birthday Party a success!! God Bless.

TODAYS READINGS

First Reading — If you share your food with the hungry, provide housing for the homeless, then light shall break forth upon you (Isaiah 58:7-10).
Psalm — One who is just is a model for the righteous (Psalm 112).
Second Reading — My message to you, says Paul, was not clever words of wisdom but the proclamation of Christ crucified (1 Corinthians 2:1-5).
Gospel — You are the salt of the earth, the light of the world (Matthew 5:13-16).

READINGS FOR THE WEEK

Monday: Gn 1:1-19; Ps 104:1-2a, 5-6, 10, 12, 24, 35c; Mk 6:53-56
Tuesday: Gn 1:20 — 2:4a; Ps 8:4-9; Mk 7:1-13
Wednesday: Gn 2:4b-9, 15-17; Ps 104:1-2a, 27-28, 29bc-30; Mk 7:14-23
Thursday: Gn 2:18-25; Ps 128:1-5; Mk 7:24-30
Friday: Gn 3:1-8; Ps 32:1-2, 5-7; Mk 7:31-37
Saturday: Gn 3:9-24; Ps 90:2-6, 12-13; Mk 8:1-10
Sunday: Sir 15:15-20; Ps 119:1-2, 4-5, 17-18, 33-34; 1 Cor 2:6-10; Mt 5:17-37 [20-22a, 27-28, 33-34a, 37]

SAINTS AND SPECIAL OBSERVANCES

Sunday: Fifth Sunday in Ordinary Time
Monday: St. Paul Miki and Companions
Wednesday: St. Jerome Emiliani; St. Josephine Bakhita; International Day of Prayer and Awareness against Human Trafficking
Friday: St. Scholastica
Saturday: Our Lady of Lourdes; Blessed Virgin Mary; World Day of the Sick

PRAYER NETWORK

Remember in your prayers our parishioners and friends who are ill or are in need of our prayers:

George Bodnar	Mary Mitzel
Rebecca Radermacher	Bob McGough
Sharon Linnehan	Lisa Puhr
Dietrich Schlichtmann	Brian Ventsch
Louis & Kelly Bohl	Ben Roller
Caroline Schumacher	Pat Schwehr
Robin Kinney	Sharon Kinney
Dale & Virginia Davy	Kathy Nelson
Larry Zaun	James Leadbetter
Cheryl Kappel	John Baumgartner
Lucille Winkler	Donna Hammond
Shirley Starke	Jeff Nelson
Mary E. Svenningsen	Angie Werner
Jeff Differding	Linda Hesch
Rita Clancy	Harriet Dimmer
Bob and Peggy Roehrich	Sharon Vanorny
Joe Judd	Peter Sherman
Steve Davidson	Jimmie Lemer
Darrell & Phyllis Machtell	Anora Stavens
Walt & Berta Clement	Clara Sims
Tyler Simmons & Family	Pat Malec

and any others who are in need of prayers.

St. Catherine's Parish Team

Parish Office…….. 845-0354

Hours:

Monday 8am - 12pm and 12:30pm - 3:00pm
Tuesday - Friday 8am - 12pm and 12:30pm - 4:30pm

Pastor: Very Rev. Paul Duchschere
e-mail: paul.duchschere@fargodiocese.org

Deacons

Rev. Mr. Arlie Braunberger Rev. Mr. Ray Grim
Rev. Mr. Joe Leitner Rev. Mr. Tom Vanorny

Parish Office Administrator: Jessica (Jess) Storhoff
e-mail: stcatherinesparishoffice@gmail.com

Liturgy Coordinator:

Director of Religious Education: Sara Sorby
e-mail: sara.sorby@k12.nd.us

Lay Directors: Joe Tykwinski & Rhonda Fairfield

Parish Council:

Micki Isensee James Nelson
Steve Jorissen Don Rondestvedt
Jodie Scherr Joe Zubrod
Larissa Musgrave

St. Catherine School……..……845-1453
Principal: Nick Lee
Office Assistant: Terra Giesen

Rectory ……..……..……..845-0725

Fax ……..……..……845-0556

Nearly Nu Store……..……..……..845-1022

Baptisms: Contact the Parish Office.

Marriage: Contact the Pastor at least 7 months prior to the wedding.

RCIA: Contact the Parish Office

Home Bound Eucharist: Darlene Kerzman, 845-4316 or 701-721-1899

Bulletin Deadline: 3 PM on Wednesdays

If you have an announcement for the bulletin, please email Jess: stcatherinesparishoffice@gmail.com

Newcomers: WELCOME! Please register at the Parish Office or use the registration form on our website.

FINANCIAL REPORT: January 29, 2023

Regular Parish Income

	Actual	Budget	Difference
Last Week	7,053.50	9,434.62	(2,381.12)
Year to Date	316,305.30	292,476.22	23,829.08

Registered families…….493

Adult Envelopes	6,406.00
Children	10.50
Plate	382.00
Utility/Energy	75.00
Building	180.00
Total Collection	**7,053.50**

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Thank you for your generous gifts!!

Online Giving available @ www.catherineofalexandria.org

Our Lord wishes for us to be whole, body, mind and soul. To be healed, to be complete. There is a group of individuals from the deanery that are offering to pray with you, for healing. We would be willing to come to pray with you as an individual, at your home or parish church. Confidentiality is assured. ***The St. Catherine's Healing Prayer Group meets on the 4th Monday of the month at 7 PM in the Church our next prayer meeting is Monday, February 27, 2023.*** *We are also asking for individuals who would like to be involved in this healing ministry from around the deanery to join us. We have gotten permission from the priests in the deanery so please visit with your pastor. If you are interested please contact one of the individuals listed below for more information.*

Doran Chandler 701-840-1257
Deacon Jim McAllister 701-840-1473

Prayer Quilts/Shawls Available

Some of our parishioners may be dealing with some very challenging physical, mental, spiritual or emotional situations/needs (a terminal illness, treatments, an accident, severe depression, a miscarriage) To convey the prayers & support of our parish family, Prayer Quilts/Shawls are available for all parishioners who will need them. To request a Prayer Quilt/Shawl contact: Christine, 840-2580 or Lela, 840-8352.
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St. Catherine's K - 8 Religious Education, 6:30 pm

Wednesday, February 8 – Class

Wednesday. February 15 – Class

Wednesday, February 22 – **NO CLASS** – **Ash Wednesday Mass**

Please contact Sara Sorby, DRE with any questions. sara.sorby@k12.nd.us

St Catherine's Teen Corner
Grades 9-12, 7:00 pm

February 8: Class - "What Happened Today in History"

February 15: Class - "St. Valentine's Day"

February 22: NO CLASS - Ash Wednesday

Classes will be from 7:00 p.m. until 8:00 p.m., unless noted in teen corner. All youth, grades 9-12 are invited to come, have fun and learn about their Catholic faith. If you any questions or concerns, feel free to contact Deacon Tom Vanorny, 701-210-0640.

Tuesday Morning Movies

Please join the Tuesday Morning Movie Group, each Tuesday morning after the 8:00 Mass in the Sacred Heart Room for a movie, muffins and mighty good fellowship. Showing this week will be *"Serra - Ever Forward Never Back (part 1)".* All are welcome!!

Adoration Adorers Needed

We are in need of Adoration adorers on Tuesdays from 8:30am to 10:00pm. **There is a high need for adorers from 1 - 2pm and 8 - 9pm!** If you are unable to make it during your scheduled time, please let your hour coordinator know, so they can find a sub! Please contact the Parish office if you would like to sign up for an adoration hour.

Prayer - Fellowship - Quilting
Join The Fun!

St. Catherine Quilters make quilts for those in need in our area every Thursday 1-4:30pm & 6:30-9pm next to the school cafeteria. Everyone is welcome for any length of time. No experience necessary & supplies provided. Questions call: Christine, 840-2580 or Lela, 840-8352.

Catholic Daughters of the Americas
Court St. Gerard #2518

Meet Monthly 2nd Monday

Feb 5 CDA Leads Divine Mercy Chaplet between Masses 10:15 am

Feb 6 Real Presence Radio Celebration 6:30 - 9:30 pm Delta Marriott, Fargo Guest speaker Ralph Martin

Feb 11 World Day of the Sick; CDA leads 20 decade Rosary 4 - 5: 30 pm

Feb 13 CDA Meeting, Parish Hall, 5:50 Rosary, 6:30 pm Meeting; Snacks by Unit 3, Char D. Leader Bring Rhubarb recipes 2 or 3 Remember a small glass or plastic jar, scissors to cut paper and Our Family Bar Codes

Feb 18 6:30 pm CDA Celebrate LOVE Supper Dutch Treat Eagles Club

Feb 20 6:00 pm Bible Study

Feb 22 Ash Wednesday

Feb 24 5:30 pm Mass, Rosary, Stations Soup & Bread

Youth and Young Adults... Want to spend time on a retreat that is put on by your peers? Do you want to grow closer to God? Do you need a "retreat" from the world around you? Experience God in a personal and REAL way.

SEARCH for Christian Maturity has a retreat coming up February 24-26th at Maryvale Retreat Center in Valley City, ND. Youth and young adults, 16 and older are invited to attend. Details and application at https://www.fargodiocese.org/search4cm or call Dori at 952-210-2219.

Applications are due no later than Monday, February 6th.

CURSILLO

Cursillo (pronounced KER SEE O)
is a three-day learning, sharing, inspirational experience of living in a Christian community. It is an encounter with Christ. The word "Cursillo" is Spanish, meaning "a short course." During the three days of a Cursillo weekend a person not only hears inspiring talks on what it really means to be a Christian, but actually experiences the joy of building and being part of a genuine Christian community.

WHAT CAN I EXPECT OF THE THREE DAYS?

Groups of men or women meet from Thursday evening until Sunday afternoon with a team of priests and laypeople. The "retreat" portion of the Cursillo weekend lasts only from opening night until after breakfast the following morning, during which time silence is to be observed. Thereafter there is informal talk, discussion, singing, joking and laughter, and spontaneous informal prayer.

During the three days short talks are given by laypeople and religious. The talks emphasize the true meaning of grace, the sacraments, the Mass, the nature and need of prayer, living one's daily life in union with God, studying to understand the gift of God, and introducing Christ to others by word and deed. The atmosphere of the three days is one of joy and grace, and it produces wonderful results.

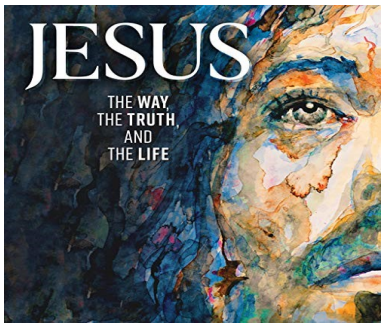
WHEN CAN I ATTEND?

There are two Cursillo weekends being held this winter in our Diocese for all who are interested. The dates and locations are:

Women Cursillo weekend: March 9-12 at Sister's of St. Francis Convent, Hankinson, ND

QUESTIONS?

If anyone is interested in attending or have any questions please contact:
Chelsey Wald 701-320-2370, Liz Chandler 701-840-0746



JESUS: The Way, The Truth and The Life (11-part series)
Holy Land Scripture Study – online access available in your home
St. Catherine Parish Hall (6:00–8:00 p.m.)

February 20 Session 8: Road Glory, Path Suffering
February 27 Session 9: New Passover, New Exodus
March 20 Session 10: Resurrection and Life

Know God better; love Him more. God bless you.

Grant Them Eternal Rest

Please remember in your prayers the repose of the soul of **Florence Retterath,** son of James (Gayle) Retterath, who recently passed away. May she rest forever in God's loving care.

Please remember in your prayers the repose of the soul of **Thomas Breckheimer,** brother of Jim (Tonya) Breckheimer, who recently passed away. May he rest forever in God's loving care.

DOUBLE YOUR MONEY: February 9th!

Giving Hearts Day is a one day opportunity to double your **$10 or more donations** to charities of your choice.
On **Thursday**, **February 9** Dakota Medial Foundation provides matching funds to participants listed on their web site: www.givingheartsday.org. It's all done online, the site is easy to navigate & help is available if needed. Check out the lists of many familiar charities in our diocese that are participating & take advantage of this great opportunity to pick the ones the good Lord is prompting you to donate to. **Give Catholic!** Bless you for your generosity!

BODY & BLOOD, SOUL & DIVINITY

ON MARCH 17-19 at Franciscan Retreat Center in Hankinson ND, men are invited to a retreat called **BODY & BLOOD, SOUL & DIVINITY.** There will be Rosary, engaging large group talks, small group discussions, Mass, Confession, Eucharistic Adoration, private priest/deacon spiritual direction, a Eucharistic Miracles exhibit and more. Room & all meals provided, cost $300. Register at www.ecclesiadomestica.net/registration or call St. Boniface, Lidgerwood 701.538.4604

Grief Support

There will be a grief support meeting on Thursday, February 23 at 6:30pm at Alley Beans.

Refreshments will be served.

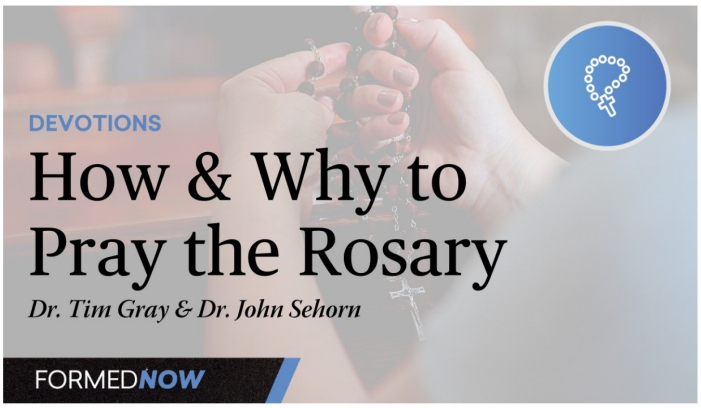
If you have any questions call:
Nancy Orthman at 701-840-3408.

Knights of Columbus – Free Throw Challenge

The Knights of Columbus Free Throw Challenge is a competition designed for players to demonstrate the most basic basketball skill – the free throw. Each competitor gets 15 free throws and the one who makes the most shots wins their age division.

Open to all boys and girls ages 9-14. Age eligibility is determined by the age of the contestant as of January 1. All entry forms/score sheets must include a parent's signature and proof of age (birth certificate) must accompany the registration form. There is no cost to participate.

The local competition is Sunday, February 5, 2023 in the North gym at Valley City High School in Valley City. Registration starts at 1:00 PM and the competition starts at 1:30 PM. Contact Joe Sykora via e-mail at jhsykora@gmail.com or by phone at 701-890-7178 for more information.



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How and Why to Pray the Rosary

As we celebrate Our Lady of Lourdes this week, we invite you to learn more about the Rosary! Join Dr. Tim Gray and Dr. John Sehorn as they discuss how they pray the Rosary and how it has changed their lives!

Our parish has a FORMED subscription. Visit formed.org/signup and select our parish. Scan the QR code to download the FORMED app to your phone.

An offering from the Augustine Institute and ignatius press

St. Catherine of Alexandria

PARISH MISSION

Sunday, March 5 through Tuesday, March 7, 2023

"CALLED TO A LIFE OF GRACE"

Fr. Kyle Metzger

Principal - Shanley High
Vocation Director

Potluck Supper
Sunday, March 5
beginning at 5:15pm

Sunday, Mar 5 - 7:00 pm

- **Baptism** - all are called to holiness
- in all our states of life

Monday, Mar 6 - 7:00 pm

- **Matrimony** - Relationships and Dating
- Family Life

Tuesday, Mar 7 - 7:00 pm

- **Eucharist** - Devotion/Belief/Theology
- in this year of Eucharistic Revival

St. Catherine Church
Very Rev. Paul Duchschere

LENT 2023

= a day of fasting and abstinence from meat

= a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (*Catechism of the Catholic Church*).			22 *Ash Wednesday* Wear ashes today as a sign that you are seeking both forgiveness and eternal life from Christ.	23 Start a prayer book and record those for whom you pray or for what you pray. Also keep track of how God answers your prayers.	24 Catholics are required to abstain from meat on Fridays during Lent as a form of penance.	25 The Bible teaches us to deny ourselves and give instead to those in need. Read Matthew 6:1-4 to learn more about sacrificial almsgiving.
26 Imagine being responsible for all the souls in the world. Offer a Rosary for the intentions of the pope.	27 Ask God to show you what is keeping you from experiencing His love fully- worry, fears, sin. Resolve to deal with it by Easter.	28 Offer an extra small sacrifice for God, just for today - coffee without cream, lukewarm shower, no snacking, etc.	1 **March** Enjoy pretzels -- a traditional Lenten snack. The "crossed" arms of the pretzel recalled monks at prayer.	2 Today, look for opportunities to practice the virtues humility, patience, and kindness.	3 *First Friday* Attend Mass or visit the Blessed Sacrament (find the red candle). Be present to Him who is present to you.	4 Set up an empty box or bin. Throughout Lent, fill it with gently used clothes. Bring it to a local charity at the end of Lent.
5	6	7	8 Figure out on which luxuries you spend the most money. Take a tenth of that amount and put it in the poor box at church.	9 Pray the Chaplet of Divine Mercy for those who have no one to pray for them. Look here: https://www.usccb.org/prayers/divine-mercy-chaplet.	10 Resist "idle curiosity." Don't research trivial questions or follow every browser thread. Unless it's important, it's okay not knowing.	11 Pray for pregnant mothers and their babies. Consider donating to pro-life charities that help women in crisis.
12 Reread John 4:5-30. How is Christ calling you closer to Him? What "jug" would you leave behind?	13 Refuse to gossip, either in person or on screen. Affirm every person or keep silent.	14 Write down your worries. Place the list under a statue or image of Jesus. Pray, "Jesus, I surrender this to You. Take care of everything."	15 Attend Confession and experience God's mercy. Resolve to make amends where you can.	16 Check out Catholic Relief Services to see how you can support their projects. Look here: https://www.crs.org.	17 *St. Patrick's Day* In honor of St. Patrick, evangelize silently by wearing a symbol of your faith (e.g. a cross, medal).	18 Contact local shelters and soup kitchens and ask if they need volunteers.
19 *Laetare Sunday* Unless it's sinful, enjoy something you gave up for Lent in joyful anticipation of Easter!	20 *St. Joseph's Day* St. Joseph silently, selflessly cared for Mary and Jesus. Pray for fathers and entrust them to St. Joseph's care.	21 Do an act of kindness. Whether openly or secretly, do it for God's glory. It's really Him you're serving.	22 Take the box of clothes you set up on March 4 to a clothing drive.	23 Pray for an increased faith throughout the Church in the Real Presence of Christ in the Eucharist.	24 Practice patience... patiently. "Be patient with everyone, but first of all with yourself" (St. Francis de Sales).	25 *Annunication of the Lord* Mary said "Yes!" to God's plan. Pray three Hail Marys, for the grace to give your "Yes" to Him, too.
26 Fast from unnecessary screen use today. Use the time to read a book, walk outside, pray.	27 This week, get up when the alarm goes off and offer your day to God's service.	28 Send your parish priests a "spiritual bouquet" — listing the prayers you'll offer for them (e.g. three Hail Marys, an Our Father).	29 Today, complete an errand or chore you've been putting off.	30 The Our Father is the prayer given to us by Jesus. Pray each line slowly. Really think about what you are saying.	31 Today, fast from complaining. Culviate gratitude instead.	1 **April** Declutter, dust, and clean the house in preparation for Holy Week — the holiest time of the year.
2 *Palm Sunday* Display blessed palms around your home, *"that the King of Glory may come in!"* (Psalm 24:7)	3 Holy Week is a busy time for parishes. Stop by your parish office and ask how you can help.	4 Pray for those who are coming into the Church at the Easter Vigil.	5 Judas betrayed Christ. Consider how our sins betray Jesus and make a sincere Act of Contrition.	6 *Holy Thursday* Visit the Blessed Sacrament. Offer Him your love for the "lost hour" of Gethsemane (Mathew 26:40).	7 *Good Friday* Read the Passion Narrative, John 18, 19. See Jesus' offering of love for you. How will you respond?	8 *Holy Saturday* Renew your baptismal vows and commit to living your faith more fully this year.

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Growing in FAITH™

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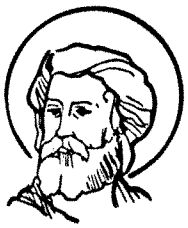
February 2023

St. Catherine Church

Very Rev. Paul Duchschere

One Minute Meditations

Flee temptation

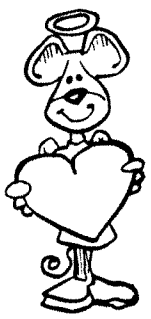


Christians are meant for Heaven. Yet, the world can work against our efforts for holiness. St. Peter tells us to *"escape the corruption in the world caused by evil desires"* (2 Peter 1:4). Ask God often to protect you from sin, to give you the wisdom and courage to make good choices and, become sensitive to the promptings of the Holy Spirit. God will reveal when you've messed up, and rejoice with you when you get it right.

Serve without complaint

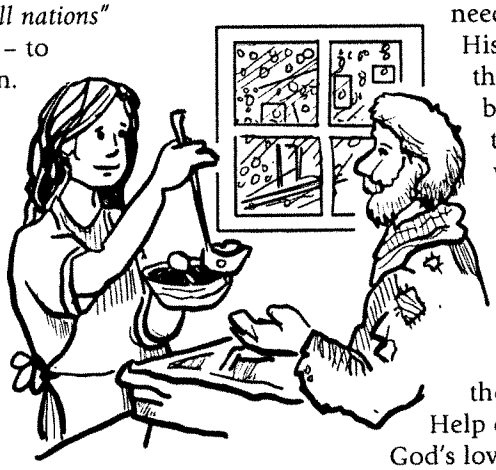
Every job has aspects about it that are tedious, messy, and unrewarding, yet they are necessary. However, they can be opportunities to grow in virtue: humility, patience, self-discipline, etc. When you dread doing your work, smile and say a prayer, *"and your Father, who sees in secret, will repay you"* (Matthew 6:4).

"The works of God are all of them good; in its own time every need is supplied" (Sirach 39:16).



Take steps to share your faith during Lent

Jesus didn't intend for the Great Commission – *"Go, therefore, and make disciples of all nations"* (Matthew 28:19) – to be a heavy burden. He meant witnessing to His love to come through the natural course of living a Christ-inspired life. Consider making more disciples this Lent:



Live a Catholic life. Non-believers may hear what we say about Jesus, but they are persuaded by seeing how our love for Him shapes our lives. It is critical that worship – Sunday Mass, Confession, Scripture – informs our life choices. When we spend time in Jesus' presence, His character rubs off on us.

Bring Christ out into the world. Jesus asked that we care for the poor and needy, thus acting as His hands and feet in the world. We may not be able to solve all of their problems, but we can show them the reality of Christ's love in their lives.

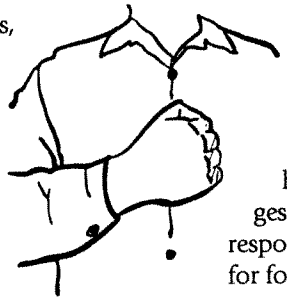
Talk about God's plan. God wants us each to experience the peace He offers. Help others know that God's love is personal and He has a specific plan for each of us.

Invite. Some people will be ready to "come and see," so consider inviting seekers to Mass. Others might be ready to "take up and read." Share your favorite inspirational reading. If you need other suggestions, ask your pastor or favorite religious.

Why Do Catholics Do That?

Why do Catholics strike their chests?

When we use our voices, our minds, and even our bodies during prayer, we pray with deeper meaning and enthusiasm. During the Confiteor at Mass, for example, we strike our chest three times, saying, "through my fault, through my fault, through my most grievous fault." It's an ancient symbol of sorrow and repentance for having offended God or hurting our neighbor. Such a gesture reminds us to take responsibility for our actions and pray for forgiveness and grace to change.



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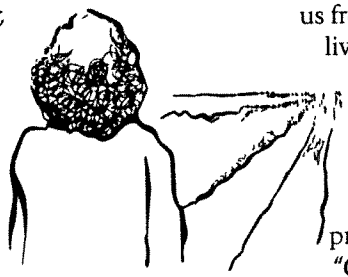
Lent leads us back to God

"For gracious and merciful is he, slow to anger, rich in kindness, and relenting in punishment" (Joel 2:13). Lent may be a penitential season, but it is also a wonderful reminder that no matter how we let sin interfere in our relationship with God, He always wants us back. Gracious and merciful is He.



"Return to me with your whole heart." Throughout the year, sin creeps into our daily lives almost without our noticing. A bad habit such as using bad language or gossiping can keep us from loving God fully. Lent is a time to examine our lives and sweep aside whatever keeps us from giving God our whole heart.

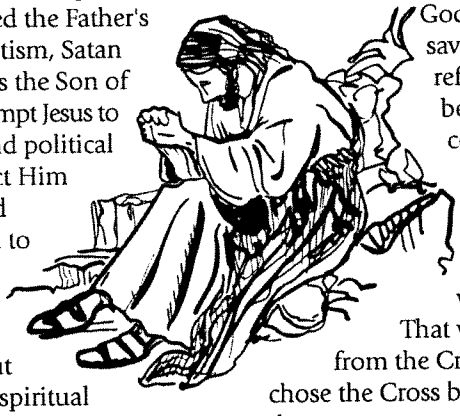
"Rend your hearts, not your garments." God doesn't just want outward acts of repentance. Our Father wants a change of heart. Start with Confession and then practice virtues such as prudence, temperance, and fortitude.

"Gather the people, notify the congregation." Become more active in your parish to build it up. Consider attending Mass more often than just once a week.

from Scripture

Matthew 4:1-11, Victory in the wilderness

In this passage, Jesus is tempted by the devil. Having witnessed the Father's declaration at His baptism, Satan tested Jesus' identity as the Son of God. His goal was to tempt Jesus to embrace an earthly and political mission and to distract Him from the suffering and death that would lead to the world's salvation.



Satan tempted Jesus to satisfy His hunger with a miracle – to put physical needs above spiritual needs. In His response, Jesus taught us to put spiritual needs first and to entrust both body and soul to God's care. Next, Satan commanded Jesus to jump from the temple roof in an effort to force God to miraculously save Him. Again, Jesus refused. God is not to be forced or controlled.

Finally, Satan offered to surrender all the kingdoms of the world if Jesus would worship him. That would save Jesus from the Cross. Instead, Jesus chose the Cross because it was the only way to save us. When tempted to do what's "easy" versus what's morally right, ask for the strength to choose what's right.

Q & A What's a simple way to explain the Faith, if asked?

St. Peter says to be ready to *"account for the hope that is in you"* (1 Peter 3:15). Consider using this simple, five-point explanation, inspired by Bishop Michael Jackels:

Pinky: The smallest finger recalls our weakness and need for a Savior.

Although Jesus redeemed us, we're still weak and must pray for God's graces daily.

Ring finger: To save us, Jesus took on our human nature, "wedding" Himself to us. At Sunday Mass, we worship God and become one with Him in Holy Communion.

Middle finger: Jesus was raised up on the Cross for sins, then raised from the dead. We attend Confession monthly and receive the saving graces. We hope to be raised to eternal life.

Pointer: Jesus' call is universal, yet personal. He singled you out and chose you to follow Him; only you can give Jesus your "Yes" – in word and deed.

Thumb: Lastly, hitchhikers point their thumbs to ask, "Are you on my way?" Likewise, we're called to ask, "Are you going His Way?" (John 14:6).

Feasts & Celebrations

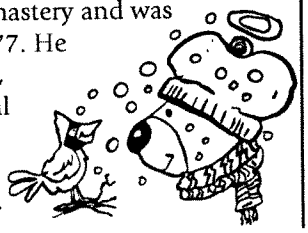
Lent begins February 22, and is devoted to the Passion of Our Lord. One form of observance is to pray the Stations of the Cross and meditate on Jesus' walk to Calvary.

February 1 – St. Brigid of Ireland (525). Born to an Irish chieftain and an enslaved mother in Ireland, St. Brigid founded a monastery for monks and nuns at Kildare and served as abbess until her death.

February 11 – Our Lady of Lourdes (1858). A heavenly "lady" appeared to St. Bernadette Soubirous, a poor girl from a village in France and a miraculous spring emerged from a nearby cave. The "lady" revealed herself as the "Immaculate Conception," the Blessed Virgin Mary.

February 22 – Ash Wednesday. The first day of Lent. Ashes are placed on the foreheads as a sign of penance.

February 27 – St. Gregory of Narek (1003). Born in Armenia to a devout Christian family, St. Gregory entered the Narek Monastery and was ordained in 977. He wrote treatises, letters, mystical poems, and Scripture commentaries.



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