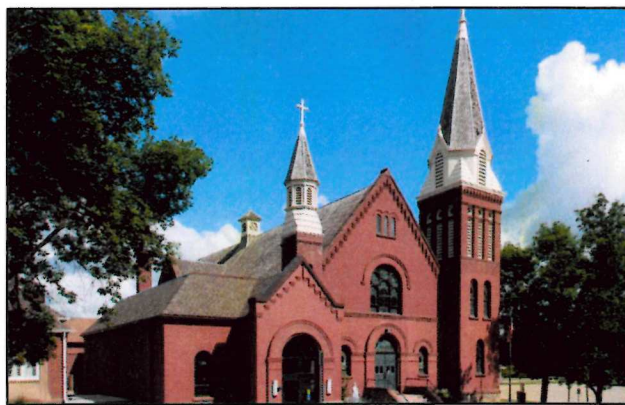


St. Catherine of Alexandria Parish

540 3rd Ave NE - Valley City, ND 58072

First Sunday of Lent
March 9, 2025

www.catherineofalexandria.org



MASS SCHEDULE: (For Lent)

Monday - Thursday 8:00 am

Friday: 5:30pm

Saturday: 5:00 pm

Sunday: 8:30 am & 10:30 am

RECONCILIATION: (For Lent)

Monday - Thursday 7:30 - 7:50 am

Tuesday 8:15 - 9:30 pm

Friday 4:45 - 5:15 pm

Saturday - 4:00-4:45 pm

Sunday - 7:30-8:00 am

Parish Office Hours:

Monday: 8:00am - 3:00pm

Tuesday - Friday: 8:00am - 4:30pm

Closed from 12:00 - 12:30pm everyday

March Serving Information:

Temporary chairperson: Margaret Doyle

701-840-0142; email:

doylemargaretm@yahoo.com

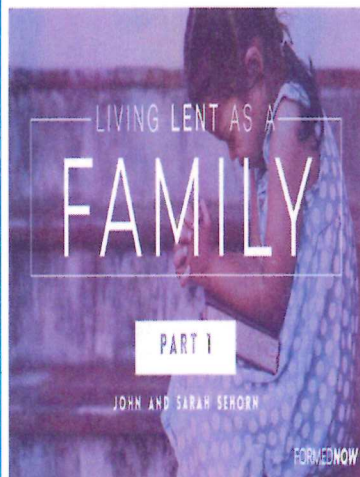


KC/CDA Breakfast

Sunday from 9:00am - Noon

Free Will Offering

Menu: Caramel and Cinnamon Rolls,
scrambled eggs, smokies, Sunny D.
Everyone is welcome, please join us!!



formed
Forming Catholics for Life

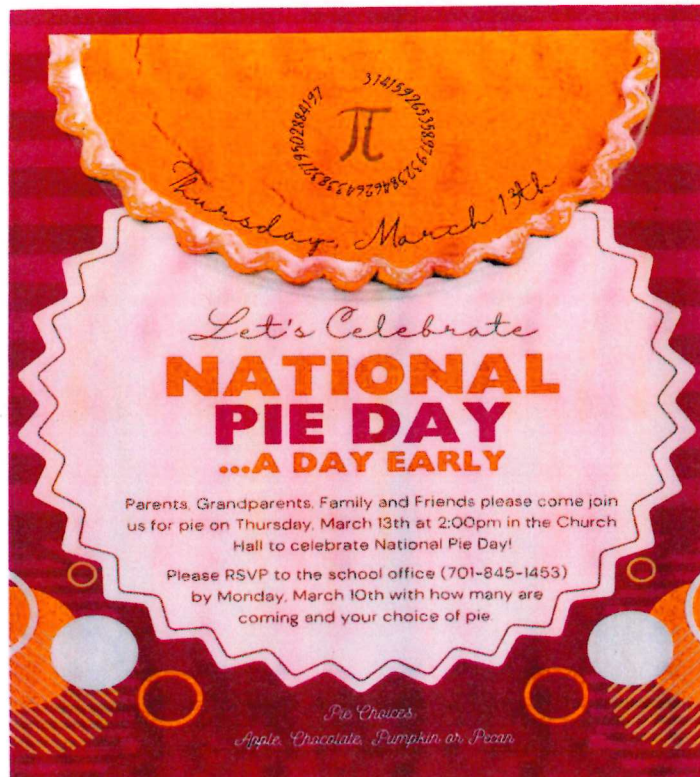
Living Lent as a Family (Part 1 of 4)

Dr. Ben Akers sits down with Augustine Institute Graduate School Professor Dr. Sehorn and his wife, Sarah Sehorn, to discuss liturgical living during Lent.

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



Don't forget to turn your
clocks ahead an hour!!

Sunday,
March 9th at 2:00am
Daylight Savings begins!!!

March Calendar of Events

SUN 9	First Sunday of Lent 7:55am Rosary 8:30am Mass – OCIA Rite of Sending 9:30am - Noon KC/CDA Breakfast 10:10am Divine Mercy Chaplet 10:30am Mass 3:00pm OCIA Rite of Election – Sts. Anne & Joachim
MON 10	7:25am Rosary 8:00am Mass 6:00pm CDA Rosary and Meeting
TUE 11	7:25am Rosary 8:00am Mass 8:30am – 10:00pm Adoration 8:30am Tuesday Movie 5:30pm Ed Board Meeting
WED 12	7:25am Rosary 8:00am Mass 5:00pm Nearly Nu Meeting 6:30pm RE 7:00pm Youth Group
THU 13	7:25am Rosary 8:00am Mass 1:00pm Quilters 6:30pm Quilters
FRI 14	NO SCHOOL 2:00pm Mass – St. Raphael 5:30pm Mass, Stations of the Cross, Simple Supper
SAT 15	10:00am Mass - Mercy Hospital 4:25pm Rosary 5:00pm Mass
SUN 16	Second Sunday of Lent 7:55am Rosary 8:30am Mass 10:10am Divine Mercy Chaplet 10:30am Mass 6:30pm Adult Catechesis

MASS INTENTIONS March 10 - 16

M 8:00am † Veronica Olson
 T 8:00am † Walt Clement
 W 8:00am † Allan Weber
 Th 8:00am Joanne Pithey
 F 2:00pm † Roxanne Reed
5:30pm Ares Winchell
 Sa 5:00pm † Larry Arendt
 Su 8:30am People of the Parish
 10:30am † Holy Souls in Purgatory

TODAYS READINGS

First Reading — Dt 26:4-10
Second Reading — Rom 10:8-13
Gospel — Lk 4:1-13

READINGS FOR THE WEEK

Monday: Lv 19:1-2, 11-18; Mt 25:31-46
Tuesday: Is 55:10-11; Mt 6:7-15
Wednesday: Jon 3:1-10; Lk 11:29-32
Thursday: Est C:12, 14-16, 23-25; Mt 7:7-12
Friday: Ez 18:21-28, Mt 5:20-26
Saturday: Dt 26:16-19; Mt 5:43-48
Sunday: Gn 15:5-12, 17-18; Phil 3:17-4:1
 or 3:20-4:1; Lk 9:28b-36

PRAYER NETWORK

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

Warren Ventch	Audrey Suhr
Darlene Miller	
Andrew Tangen	
Larry Doyle	
Lucille Winkler	
Marlys Koble	
Donna Hammond	
Jerry Sand	
Krystal Lemer	

Cemetery Announcement

St. Catherine cemetery will be closing for the winter and will reopen in the spring when the conditions improve, if you need any help, you can call the **Sexton Deacon Joe Leitner 701-840-7429**.

Grant Them Eternal Rest

Please remember in your prayers the repose of the soul of **Arlene McClure** who recently passed away. May she rest forever in God's Loving care.

Please remember in your prayers the repose of the soul of **Kathryn Kvislen** who recently passed away. May she rest forever in God's Loving care.

Please remember in your prayers the repose of the soul of **TJ McGough**, son of Mary (Ed) Hollinshead who recently passed away. May he rest forever in God's Loving care.

Pastor's Page

SEVEN THINGS

A number of years ago in my previous parish I wrote up a Pastor's Page that was recently brought to my attention. It was entitled (as above) "Seven Things" and it was a listing of things that I wanted to encourage all to take into account and implement in their own faith life. They were all "simple" things that are nonetheless important for a person who wishes to follow Jesus Christ in a Catholic faith life. Frankly, I thought it was well done and I think it is still valid today, and wanted to share it with all of you in this parish. It's just my list; it isn't meant to be exhaustive or authoritative. Here they are:

1. Always genuflect when coming into the presence of the Blessed Sacrament, and when leaving His presence. And genuflect with the proper respect.
 - Skipping the genuflection or doing it sloppy will lead to a loss of faith in the Real Presence, and when that begins our faith life begins to go downhill.
2. Arrive at Mass on time; never arrive late.
Stay until the final hymn is completed; never leave early.
Dress for Mass as one who is in the presence of God (see #1 above).
 - Continual disregard for these things will erode a faith life slow but sure.
3. Offer to God at least one simple penance each week.
 - The Church asks us to do a penance every Friday of the year in honor of Our Lord's death for us; during Lent we are obligated to abstain from meat; on the other Fridays of the year you are able to choose your penance.
4. Have a regular, consistent time for prayer each day.
 - Without regularity (each day) and consistency (in time and duration) our relationship with God in prayer will not develop as it could and should.
5. Make a solid examination of conscience before your confessions; go to the Sacrament of Reconciliation more than once or twice a year.
 - A shabby examination of conscience leads to a shabby confession of sins; you will certainly fool the priest (and even yourself) but you will not fool Jesus Christ. And - there is nobody else in my entire life that I make a point of apologizing to once or twice a year; I apologize to others when I need to. Why do I treat Jesus Christ any different?
6. Find ONE particular devotion you are attracted to, and keep to it, until you feel called to another one, and then move on to the other one - or stick with that one the rest of your life.
 - There are countless devotions in the life of the Church, and sometimes folks get caught up trying to do too many of them at the same time which often leads to doing them haphazardly at best. I think it's better to do one thing well than many things in a mediocre fashion.

7. Make deliberate choices to keep "ungodly" stimulus from entering your mind.

- Our minds get clogged with all kinds of unhealthy, ungodly things that literally take over our consciousness and lead to unease and a lack of peace and even guilt if we consent to them: images, language, conversations, literature, the 24/7 news cycle, negativity in social media. As we fill our bodies with healthy food, so we should fill our minds with healthy thoughts.

There - just some thoughts from me. Take them for what it's worth. After all my priestly years of service, these seven things are what pop into my own mind when it comes to those simple steps we can all take to open ourselves to the relationship with our God and Father that He wishes to have with us. Of course, there is many other things beyond these, but they are good "starters."
Fr. Duchscher, Pastor

Monthly Adult Catechesis

THE FIVE BEST THINGS...

- about being a faithful follower of Jesus Christ
- about being a Catholic follower of Jesus Christ

FIVE THINGS A CATHOLIC...

- should do
- should not do

When: **Sunday, March 16 at 6:30 pm**
Where: **Church Basement/Parish Hall**
Presented by: **Fr. Paul Duchscher**



SHAMROCKS



SHAMROCKS



SHAMROCKS

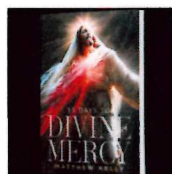


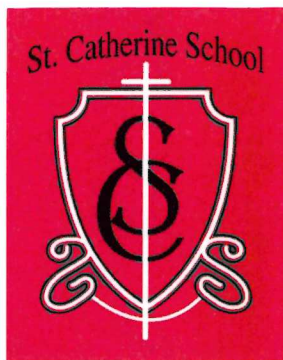
The Knights of Columbus Council #6438 will be conducting a fundraiser March 15 and 16 for the "Home on the Range" at Sentinel Butte, ND. Please consider giving generously to this worthy cause. Every free will donation will entitle the giver to proudly wear a beautiful green shamrock (just in time for St. Patrick's Day)! Our brother Knights will be collecting donations and handing out Shamrocks after all Masses that weekend. If we miss your donation March 15 and 16 you can drop it off at the parish office in an envelope marked HOTR KofC. Remember what Jesus said as recounted by Luke 6:38 "Give and it shall be given to you... For the measure you measure with will be measured back to you." If you would like more information about the Home on the Range, go to www.hotrnd.com.

33 DAYS to DIVINE MERCY

What is Mercy? The world's definition of mercy is "compassion or forgiveness shown toward someone whom it is within one's power to punish or harm." God's definition of mercy is "Love (God) reaching out to misery. When we need God's mercy, we are miserable---The two go hand in hand."

The Divine Mercy group will meet at 4:30 each Wednesday during Lent in the Sacred Heart room in the basement of the church to discuss the book *33 Days to Divine Mercy*. If you are interested in joining us this Lent, you can order your copy of the book called 33 Days to Divine Mercy by going to dynamiccatholic.com. or call to order at (859) 980 7900. ALL ARE WELCOME.





Principal's Page

Dear St. Catherine of Alexandria Parish Family,

I am thrilled to share an exciting new development in our parish and school community. After much prayer, discussion, and planning, we are officially launching **St. Catherine Little Saints Child Care**, a **faith-based, school-operated daycare** dedicated to providing a nurturing, Christ-centered environment for our youngest learners.

This initiative is a direct response to the growing need for **quality, affordable childcare** in our community, and it aligns with our mission of **Inspiring Excellence Through Faith, Learning, and Service**. Through **St. Catherine Little Saints Child Care**, we will provide a safe, loving space where children grow **spiritually, academically, socially, and emotionally**—all within a setting that reflects our Catholic values.

Childcare Interest List – Reserve Your Spot

We are currently **taking names of families who are interested in childcare**. While official enrollment has not yet opened, those on our **interest list will be the first contacted** when we begin enrollment.

At this time, we anticipate having **eight infant spots available**, and these will be the **first to fill up**. If you or someone you know is in need of childcare, we encourage you to **reach out as soon as possible** to express interest.

To add your name to the list, please contact me at **nicholas.lee1@k12.nd.us** or call the school at **701-845-1453**.

Hiring a Daycare Director

As we take this exciting step, we are also seeking a **Daycare Director** to lead this program. This individual will play a crucial role in shaping **Little Saints** into a thriving, faith-filled environment where children are cared for with love and devotion.

If you or someone you know is called to serve in this capacity, we invite you to apply or share this opportunity. The **Daycare Director** position is **full-time** with a **competitive salary and benefits package**, including health insurance, tuition benefits for school-age dependents, paid time off, and a retirement contribution.

Ways to Support St. Catherine Little Saints Child Care

If you feel **called to donate your time, energy, or prayers**, all are deeply appreciated as we bring this vision to life.

For those who wish to **offer financial support**, donations can be made by check to **St. Catherine School**, with "**Daycare**" written in the memo line.

We are also **accepting donations of gently used toys and books** to help create a welcoming and enriching environment for our children. **Before donating items, please call the school**, as we need to **ensure all items meet sanitization requirements**.

Your prayers and support are deeply appreciated as we embark on this new chapter in **St. Catherine School's mission**. Together, we are building a brighter future for our children, rooted in faith and love.

Blessings,
Nicholas Lee
Principal, St. Catherine School

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 Duchscher
e-mail: paul.duchscher@fargodiocese.org

Deacons

Rev. Mr. Joe Leitner Rev. Mr. Tom Vanorny

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

Liturgy Coordinator:
e-mail: st.catherine.liturgy.schedule@gmail.com

Director of Religious Education: Carol Jabs
e-mail: stcatherine.dre.vc@gmail.com

Lay Directors: Jeff Bopp & Rhonda Fairfield

Parish Council:

Steve Jorissen Doran Chandler
Larissa Musgrave Mark Oberlander
Joe Zubrod

St. Catherine School..... 845-1453

Principal: Nick Lee

Office Assistant: Terra Giesen

Sexton: Deacon Joe Leitner 840-7429

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.

Home Bound Eucharist: Darlene Kerzman,
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: March 2, 2025

Regular Parish Income

	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>
Last Week	13,789.51	10,265.38	3,524.13
Year to Date	382,450.62	359,288.30	23,162.32
Registered families.....	473		
Adult Envelopes			13,152.00
Children			8.00
Plate			629.51

Total Collection **13,789.51**

Thank you for your generous gifts!!

Online Giving available @
www.catherineofalexandria.org

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: Georgia, 840-2737 or Lela, 840-8352.



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, March 24, 2025. 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

**St. Catherine's Religious Education
Grades K-8, 6:30 pm**



Dates to Remember:

March 12: RE Classes 6:30pm in school building. Begin Novena to the Holy Spirit for the confirmation students. Novena can be found on the table with prayer cards.

Looking ahead: 6:30pm March 19, Confirmation/1st Eucharist Rehearsal in the church
March 21, 5:00pm Confirmation/1st Eucharist with Bishop Folda.

Prayer cards for those being confirmed and receiving 1st Eucharist are on a table at the entrance to the church.

If you have any questions or concerns, please contact DRE Carol Jabs at stcatherine.dre.vc@gmail.com

St. Polycarp, pray for us.

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

Wednesday, March 12: Class, "The Struggle"

Wednesday, March 19: Class, "All Tied Up?"

Wednesday, March 26: Class, "Confirmation-
What is it Actually?"

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 have 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 8:00am Mass in the Sacred Heart Room for a movie, muffins and mighty good fellowship. Showing this week: "Understanding the Creed" with Bishop Robert Barron; Episode 1: "I Believe" and Episode 2: "God, the Father Almighty". All are welcome!

**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

Mar. 10 Regular Meeting night – 6:00pm Prayer, snack; 6:30pm Meeting

Mar. 14 5:00pm Mass, Stations, simple supper – KC's cooking CDA help clean up

Knights of Columbus Council #6438



Invitation to Join



We welcome Catholic men over the age of 18 who are members of St. Catherine's to consider joining our Council. The Knights of Columbus is the world's largest Catholic family fraternal service organization with 1.7 million members. It provides members and their families with volunteer opportunities in service to the Catholic Church, their communities, families and young people.

For more information about the Knights of Columbus contact Financial Secretary Joe Sykora at 701-890-7178 (jhsykora@gmail.com).

Diocese of Fargo Sponsored Upcoming Events



Life-Giving Wounds Support Group and Retreat for Adult Children of Divorce or Separation

The Life-Giving Wounds peer support group is a unique opportunity for healing for adults (18+) whose parents have divorced, separated, or left broken families. to reflect intentionally on the wounds caused by their family's breakdown and to heal from them, together with others who know this pain and knowledgeable, compassionate leaders, who are also predominantly adult children of divorce or separation themselves. Register at www.fargodiocese.org/lgw-sg.

Retreat: April 4-6, 2025, Maryvale Retreat Center

No matter the circumstances, divorce always represents broken dreams and broken hearts. While much of the attention goes to the men and women trying to navigate the tidal wave of loss and hurt, often left in the wake are the children whose sense of security and identity have also been shattered. This can be true even for those who were already adults when their parents' relationship ended. Life-Giving Wounds is a new ministry to help adults who have experienced the breakdown of their parents' relationship, no matter at what age it happened and to allow Christ to bring new life through those very wounds. Find out more information or register for the retreat by visiting www.fargodiocese.org/lgw.



Women's Reading Retreat

March 28-30, 2025, Maryvale Retreat Center

This week-long reading retreat is filled with group and silent reading times, small and large group discussions, prayer time, daily Mass, adoration, evening social, and the

building of lasting friendships. Participants will be reading and discussing *God's Bucket List* by Teresa Tomeo. Details and registration available at <https://maryvalend.org/3-30-25-gods-bucket-list-1>



At the Feet of St. John Paul II. You are invited to a retreat that opens up St. John Paul II's life-changing teaching called the "Theology of the Body". This teaching on the **total vision of the human person** will then be applied to life and love issues as well as the Eucharist. In addition, there will be Mass, Adoration, Confessions, music and time for personal prayer and reflection. The retreat is **April 11-13 at Maryvale** in Valley City. You can register by going to Marvalend.org



Praying with the Shroud: A Message of Hope

August 22-24, 2025, Maryvale Retreat Center

Come and seek to enhance your prayer life by learning how the Holy Shroud of Turin can provide you with additional options for contemplation and meditation. Retreatants will receive a comprehensive array of Shroud information from speaker Jim Bertrand, M. Ed, who has 10 years of experience of sharing the message across more than 45 dioceses. He will be offering five conference sessions and will be available to answer individual questions. Mass, adoration, and Sacrament of Reconciliation will be available. Check it out at <https://maryvalend.org/8-24-25-shroud>.

Growing in FAITH™

Discovering **hope** and **joy** in the Catholic faith.

March 2025

St. Catherine Church
Very Rev. Paul Duchscher

One Minute Meditations

St. Agnes of Bohemia

Imagine refusing marriage proposals from two kings and the Holy Roman Emperor.

For Agnes, daughter of Queen Constance and King Ottokar I, none but the King of Heaven could win her heart. In 1236, after financing the construction of a Poor Clare monastery in Prague, she entered this monastery with seven other noblewomen. Elected abbess, she continued to perform the lowliest tasks in the community. She exchanged letters with St. Clare of Assisi, which survive today.

Scripture is God's love letter

Sacred Scripture isn't just a record of events that happened long ago but is intended for us today. When we read the Bible through the lens of Church teaching, we see God revealing the ways of the love of His heart for each of us, "back then" and still today.

"And what is the secret of perseverance? Love.

Fall in Love, and you will not leave him." —St.

Josemaría Escrivá

Cultivate a heart for Lent

Just as an experienced gardener prepares the soil before planting to ensure healthy growth, we must prepare the "soil" of our hearts during Lent. This season invites us to clear away obstacles that hinder our relationship with God and nourish our spirits through prayer and the Sacraments. By doing so, we cultivate the "good fruits" that lead to a renewed and vibrant spiritual life.

Uproot the Weeds: Studies suggest that forming a new habit takes at least three weeks, depending on its nature. Begin by uprooting unhealthy habits and replacing them with holy, life-giving practices. Start small but be consistent — like waking up just five or ten minutes earlier to pray. Even small acts of self-discipline build the spiritual strength needed to face greater

challenges, including temptations.

Nourish the Soil: Spiritual growth isn't possible without grace. Mother Teresa, despite her incredible work, insisted on a daily Holy Hour, affirming, "How can we last even one day living our life without hearing Jesus say, 'I love you' — impossible." Follow her example by creating and following a routine of daily prayer, weekly Mass, and monthly Confession.

Preserve the Fruits: Commit to practices that bring new life, like choosing kindness over gossip, and prayer over screen time. By nurturing these habits, you'll encounter Jesus' love more deeply and reflect that love to others.

As we journey through Lent, may our hearts become fertile ground where faith, hope, and love can blossom abundantly.

Why Do Catholics Do That?

Why do Catholics give something up for Lent?

Catholics around the world make sacrifices during Lent to remind us that God is greater than anything the world can offer. By giving up small comforts or practicing acts of self-denial, we acknowledge that every good gift comes from Him. The sacrifice serves to remind us.

True love requires sacrifice. God demonstrated this perfectly by giving His only Son for our salvation (John 3:16). Our Lenten sacrifices help us imitate this divine love. By uniting our sacrifices with Christ's ultimate sacrifice on the Cross, we become more like Him.

The virtue that leads to a balanced life

Prudence is the virtue of wise decision-making, guiding us to apply moral principles in everyday life with clarity and integrity. It empowers us to navigate complex situations with fairness and sound judgment.

Act justly and fairly by treating others with justice, free from favoritism or prejudice. For example, when caring for children, prudence ensures we give equal attention to each child, fostering an atmosphere of respect and equality.

Balance courage and caution by finding the middle ground between fear and recklessness. Prudence empowers us to make bold yet responsible choices. For

example, taking out a mortgage for a comfortable home is a prudent investment, whereas going into excessive debt to impress others is not.

Master desires and avoid greed to keep from becoming enslaved by life's pleasures. This virtue helps us avoid excessive consumption. Prudence allows us to appreciate good food, fine entertainment, or the latest technology without falling into excessive consumption.

Prudence brings us practical wisdom. When we practice prudence, we not only make better decisions but also move closer to living a balanced, fulfilling life.

from Scripture

John 9:1-41, Faith gives us true sight

In this Gospel reading, Jesus cured a blind man on the Sabbath by making mud and smearing it on the man's eyes. This cure was two-fold; the man received both physical sight and the sight of faith. As he was being questioned by the Pharisees, his understanding of who Jesus was moved from knowing Him as simply a man, to acclaiming Him as a prophet, and finally, to worshipping Him as the Son of God.

While the faith of the cured man progresses, the spiritual sight of

the Pharisees does the opposite. In their anger, they were blinded to the truth—that the curing of the blind man was God's work. Furious that Jesus failed to observe the Sabbath, they refused to believe that the man had been blind from birth and had been healed by Jesus.

In Baptism, we are given the gift of faith—the ability to “see” God and our life in relation to him. The longer we follow Jesus and learn from Him, the better we understand Him. However, through sin, we can become spiritually blind.

Q & A Why don't I feel better after Confession?

After Confession, many feel lighter, more peaceful. Other times, we may feel no change, or even sadness. Still, we are forgiven. Here's how to find peace.

Make amends: That lingering unease might be God's gentle nudge to make things right. Forgiveness is given in the Sacrament of Reconciliation, but healing continues through restitution. If you confessed to stealing \$20, you're forgiven—but you still need to return it. Making amends completes the reconciliation process.

Reject false guilt: “Healthy” guilt alerts us to sin, like a burglar alarm. Once you've confessed, the alarm should turn off. If guilt lingers, recognize it as a temptation to doubt God's mercy. God doesn't hold grudges and neither should you. If you're struggling, seek help from a priest, counselor, or trusted Catholic friend.

Then do what pleases Him most – be still and let Him love you.

Feasts & Celebrations

March 6 - St. Colette (1447). St. Colette was born in Corbie, France. She was orphaned at seventeen and gave her inheritance to the poor. She later became a Franciscan Tertiary and later reformed the Poor Clares. She founded seventeen convents under the reformed rule.

March 17 - St. Patrick (493). Born in Scotland, St. Patrick was kidnapped and brought to Ireland as a slave. He escaped but later returned to become the bishop of Ireland and is credited with establishing the Church there.

March 19 - St. Joseph, Husband of Mary. Jesus' earthly foster father and husband to the Blessed Mother, St. Joseph is a model of fatherhood and protector of families.

March 20 - St. Cuthbert (687). St. Cuthbert joined the Benedictines at the Melrose Abbey. For his holiness, fervor and charity, he was made abbot of the Lindisfarne Abbey. He retired to be a hermit.

March 25 - the Annunciation. The angel Gabriel visited the Blessed Virgin Mary with the extraordinary news of her role as the mother of God. Even at her young age, she had complete confidence in God's grace and trusted in his wisdom.


Our Mission


To provide practical ideas that promote faithful Catholic living.

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<http://www.infaithpublishing.com>

(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible - Revised)

LENT 2025

 = a day of fasting and abstinence from meat

 = a day of abstinence from meat

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March

"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*).

9	10	11	12	13	14	15	16	17	18	19	20	21	22
"Each tree is known by its own fruit" (Luke 6:44). After Mass, ask God what "good fruit" He wants your life to bear this Lent.	Practice true charity: "Have patience with all things, but, first of all with yourself" (St. Francis de Sales).	Take fifteen minutes today for silent prayer. Don't worry about finding the right words. Just be still and let Him love you.	Enjoy pretzels, a traditional Lenten snack invented by monks. They thought the folded loops resembled arms crossed in prayer.	Skin the glossary of the <i>Catechism of the Catholic Church</i> until something strikes your interest, and dive deeper.	Pay the Chapter of Divine Mercy today, especially for the dying. You can find more information here: https://www.usccb.org/prayers	Mercy today, especially for the dying. You can find more information here: https://www.usccb.org/prayers	Write a note of encouragement to someone you think needs cheering up.						
16	17	18	19	20	21	22	23	24	25	26	27	28	29
Stay after Mass today to pray for the intentions of the Holy Father.	In honor of St. Patrick's missionary work in Ireland, offer extra prayers for those who teach the Faith.	Listening well is a small but meaningful act of courtesy. Give the gift of your full attention.	In honor of St. Joseph, focus on the Joyful Mysteries today, reflecting on St. Joseph's role in each event.	Lent and Holy Week are busy times in a Catholic parish. Call or stop by your parish office and ask how you can help.	"There is no such thing as innocent slander" (Pope Francis). Today, practice the penance of not complaining about anyone.	Contact Catholic Relief Services (877-435-7277 or www.crs.org) to see how you can support any of their projects.	Write down three points you remember from Father's homily. Choose one you want to put into practice this week.	Honor your word, even to yourself. Perform a chore you've been putting off.	Happy Solemnity! Today, we celebrate that God became man (John 1:14). Attend daily Mass or have a dessert—or both!	Make a small sacrifice today: No cream in your coffee, no butter on your toast, no music in the car.	Ask God to show you whatever keeps you from fully experiencing His love. Resolve to deal with it before Lent ends.	Counter pride with authentic humility. Play "O Jesus, I surrender myself to You, take care of everything!"	"Return, O Israel, to the LORD, your God; you have collapsed through your guilt" (Hosea 14:2). Play the Act of Contrition and ask for forgiveness.
30	31	1	2	3	4	5	6	7	8	9	10	11	12
Lent Sunday Today marks the halfway point to Easter! Have a dessert to celebrate that you have made it halfway to Lent.	Renew your commitment to your Lenten resolutions.	Examine your conscience, using the Ten Commandments as a guide (Exodus 20:1-17).	Go to Confession and experience God's mercy. Thank Him for His love and resolve to avoid future sin.	Instead of spending time on your screen, read a good spiritual classic.	Attend daily Mass or visit the Blessed Sacrament sometime today. Thank Jesus for His sacrifice of love.	Choose to forego a financial luxury, such as online shopping or eating out. Abstain from it until Easter and donate the extra money.							
6	7	8	9	10	11	12	13	14	15	16	17	18	19
Extend fellowship. Invite friends to brunch after Mass, either at a restaurant or at your home.	Loving others well starts with knowing we are loved. Ask God to reveal His love to you today.	Read the Passion Narrative from the Gospel of Luke (22:23). What areas of your life and heart need His grace?	Reduce the contents of your closets. If you used or worn something in a year, donate it to charity.	Go for a walk and look for signs of Spring.	Observe a (recreational) screen fast, from 12:00pm to 3:00pm, the time Jesus hung on the Cross.	Play the Sorrowful Mysteries of the Rosary, meditating on Christ's Passion through the eyes of His mother.							
13	14	15	16	17	18	19	20	21	22	23	24	25	26
Palm Sunday When listening to the Gospel readings at Mass, imagine yourself in the scene. How would you respond?	Play for all those coming into the Church at Easter Vigil.	Forgive anyone who has hurt you. Ask forgiveness of anyone you have harmed.	Reflect on your Lent: where did you grow? What habits did you receive? What habits would you like to continue after Easter?	Make a Holy Hour today in a church or chapel to console Jesus for the abandonment, indifference, and sacrifice He suffers by us.	Reread Luke 23. Jesus carried His Cross out of love for you. Resolve to imitate Him more faithfully this year.	Light a candle and renew your baptismal vows to remain committed to Christ.							