



5315 TIETON DRIVE | 509-966-0830 | FAX 509-965-1742 | WWW.HOLYFAMILYYAKIMA.ORG

*"This is the time of fulfillment.
The kingdom of God is at hand.
Repent, and believe in the gospel."
Mark 1:15*

FIRST SUNDAY OF LENT

CLERGY



CHILDREN

HOLY FAMILY
RELIGIOUS EDUCATION



Pre-K - 5th Grade
509-966-0830

[holyfamiyyakima.org/
religious-education](http://holyfamiyyakima.org/religious-education)

YOUTH

**YOUTH
MINISTRIES**

Middle and High School
509-966-0830



[holyfamiyya-
kimayouth/
holyfamiyyakima.org/
youth-ministry](https://www.instagram.com/holyfamilyyakima/)

ADULTS



**ADULT FAITH
FORMATION**

509-966-0830

SCHOOL



ctcsyakima.org
575-5604

Free Streaming Schedule

Feb. 17–23
Lessons 1 & 2

Feb. 24–Mar. 2
Lessons 3 & 4

Mar. 3–9
Lessons 5 & 6

Mar. 10–16
Lessons 7 & 8

[stpaulcenter.com/
studies-tools/journey-
through-scripture/
parousia-the-bible-and-
the-mass/](http://stpaulcenter.com/studies-tools/journey-through-scripture/parousia-the-bible-and-the-mass/)



Why return to Mass? Our very lives depend on it. It's the summit of God's plan for our salvation.

It's time to wake Catholics up to the awesome power, the incredible gift, that is the Holy Sacrifice of the Mass. The alternative is unthinkable.

Enter *Parousia: The Bible and the Mass*, coming Lent 2021.

In our latest Journey Through Scripture study, get ready to join host Scott Hahn to uncover how and why all of God's action, in creation and redemption, is ordered to the Mass.

STATIONS OF THE CROSS

Every Friday during Lent, 5:30 p.m. in the Chapel.

NO Soup and Bread

HOLY HOUR/EVENING PRAYER/ CONFESSIONS

Mondays 6:00 - 7:00 p.m.

ADORATION

Tuesday's 8:00 a.m. - 5:45 p.m.

40 HOURS OF ADORATION FOR PRIESTS, DEACONS & SEMINARIANS

Join us for an incredible one of a kind experience of worship.
Beginning with Exposition: Wed. Mar. 31 after 7:00 a.m. Mass,
ending with Benediction on Holy Thursday at Midnight.

Let us pray for our Bishop, Priests, Deacons and Seminarians.

Sign up sheets will be in the foyer of the Church.

OPERATION RICE BOWL

As part of our communities observance of almsgiving for Lent, we ask all families to participate in Catholic Relief Services' Operation Rice Bowl, a program of prayer, fasting, learning and giving. Please be sure to take a Rice Bowl from the entrances and return to the office at the end of Lent.



Reconciliation

SATURDAYS 3:30 - 4:30 PM

MONDAYS 6:00 - 7:00 PM

To celebrate the sacrament of reconciliation means to be wrapped in a warm embrace. —Pope Francis

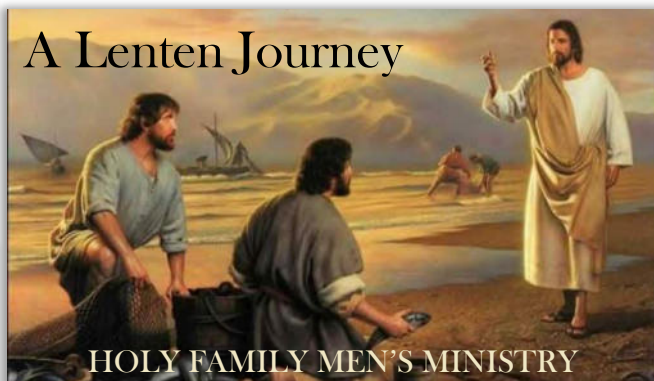
LENTEN GOSPEL

REFLECTIONS



The Little Black Book of Saginaw is available in English and Spanish in the

A Lenten Journey



HOLY FAMILY MEN'S MINISTRY

Does God seem far away? Would you like to get closer??

Starting Wed., February 24 at 6:30 p.m. on Zoom

For more information call: Keith Henry at 307-2457 Steve Pesek at 833-0013, Jerry St. Martin at 961-2077 Ray St. Mary at 945-0149 John Paul Richards -833-9632 Gene Benningfield—945-5782

ONE DOES NOT LIVE ON BREAD ALONE

FIRST READING

Genesis 9:8-15

God establishes a covenant with Noah, giving a rainbow as its sign.

SECOND READING

1 Peter 3:18-22

In our baptism, we are saved through Christ's death and Resurrection.

GOSPEL READING

Mark 1:12-15

Jesus is tempted in the desert by Satan.

FAMILY CONNECTION

<https://www.loyolapress.com/>

The announcement that Jesus makes as he begins his preaching in today's Gospel is recalled on Ash Wednesday at the signing with ashes: "Repent and believe in the gospel." This is our challenge for Lent; indeed, it is the challenge of our entire life. During Lent, we are invited to strengthen and to renew the promises that we made at our Baptism, to reject Satan and sin so as to live as children of God. Through the grace of God that we received at Baptism, we follow the promptings of the Holy Spirit and know that with Jesus' help, we will be victorious over sin.

As you gather as a family, talk about the importance of Baptism. At our Baptism, our sins were forgiven, and we promised to live as children of God. As part of the Rite of Baptism, we rejected sin and Satan. Read today's Gospel, Mark 1:12-15. During Lent, we renew the promises of our Baptism, turning again from sin and promising to follow God. Light a candle, perhaps a candle used at one of your family member's Baptisms, and pray together the Act of Contrition.

READINGS FOR NEXT WEEKEND

February 28, 2021

7TH SUNDAY OF ORDINARY TIME

1st Reading: Genesis 22:1-2,9a,10-13,15-18

Responsorial Psalm: 116:10,15,16-17,18-19

2nd Reading: Romans 8:31b-34

Gospel: Mark 9:2-10



SEMINARIANS!

Bishop Tyson has encouraged us to pray for vocations to the priesthood and religious life.

Daniel Ivan Sanchez is at Our Lady of Guadalupe in Granger for a Pastoral Year. Please keep him and those who are considering vocations in your prayers.



LIVING A STEWARDSHIP

It is all about your heart...

Everything we have is a gift from God that we are to use to help others.

WEEKLY TOTALS	INCOME	BUDGETED	NET
2/7/2021	16,617.00	16,000.00	617.00
Account		Net	
General Checking Balance		42,307.51	
Parish Savings Balance		10,045.88	

ONLINE

Sunday Offering Donations

FOR YOUR CONVENIENCE

THANK YOU FOR YOUR WEEKLY GIVING!



Care for our Common Home



YEAR OF ST. JOSEPH

December 8, 2020-December 8, 2021

2021 The Year of Saint Joseph of the Holy Family!

The gospel presents St. Joseph as a just man, hardworking and strong. But he also shows great tenderness, a man ready to love and serve in humility.

He can teach us how to show Care. He can inspire us to work with Generosity and Tenderness in protecting this world which God had entrusted to us.

Laudato Si: Care for Our Common Home.

MASS SCHEDULE

MAKE A RESERVATION FOR MASS ONLINE AT
HOLYFAMILYAKIMA.ORG/MASS-TIMES
OR BY CALLING THE PARISH OFFICE.

WEEKDAY

Mon.– Thurs. 7:00 AM & 12:15 PM

Fri. 8:15 AM (School Mass) & 12:15 PM

Sat. 8:15 AM

WEEKEND

SATURDAY

3:30 PM CONFESSIONS

5:00 PM (Vigil Mass Livestreamed)

SUNDAY

7:00 AM

9:00 AM (Livestreamed)

11:00 AM (Bilingual Livestreamed)

6:00 PM (Youth)

Latin Mass 12:30 PM

(2nd Sunday of the Month)

Vietnamese Mass 12:30 PM

(1st & 3rd Sundays of the Month)

HOLY DAYS OF OBLIGATION MASSES

VIGIL 5:30 PM

HOLY DAY 7:00 AM, 12:15 PM, & 7:00 PM



Magnificat 2020-2021

Program of Faith Formation, Leadership and Lay Ministry

Mary and the Saints

Thursday,
March 4, 2021
7:00 p.m. - 9:00 p.m.

yakimadiocese.org/wp-content/uploads/2018/09/VIRTUAL-Magnificat-Calendar-11.20.2020-2.pdf



Fr. Dan Steele

*"May the Lord be in your heart and in your lips."
"I believe in order to understand, I understand in order to believe."
(Saint Augustine of Hippo)*

ST. VINCENT FOOD BANK NEEDS

BREAKFAST
CEREAL,
CRACKERS, AND
SWEETS. DROP
OFF DONATIONS IN
THE CHURCH
FOYER
THANK YOU FOR
YOUR DONATIONS!



THANK YOU, JOSE
ZUNIGA,
LINDA OROZCO AND
ASHLEY GRUNEWALD
FOR ADVERTISING IN
OUR BULLETIN.

ACADEMY THE OROZCO GROUP

509-961-2439

The Church specifies certain practices of penance during the season of Lent.

1. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended.
2. Catholics are obliged to fast and abstain from meat on Ash Wednesday and Good Friday.
3. The Fridays of Lent are obligatory days of abstinence.
4. Catholics age 14 and older are bound by the law of abstinence.
5. The law of abstinence forbids the eating of meat.
6. The law of fasting is obligatory for Catholics from the age of 18 to 59.
7. The law of fasting prescribes that only one full meal be taken per day; the other meals should be significantly smaller, but in accord with one's health needs. Fasting assumes avoidance of food between meals.

The "substantial observance" of these laws is a grave obligation; that is:

1. Anyone who neglects all forms of penance, or deliberately shows contempt for the Church's penitential discipline, may be guilty of serious sin.
2. Occasional failure to observe penitential regulations is not seriously sinful.
3. Proportionately grave circumstances-sickness, dietary needs social obligation-excuse from the obligation of fast and abstinence, but not from seeking out other forms of penance.



HOLY FAMILY YOUTH



WINNER

Ticket number

916444

THE SACRAMENT OF

Reconciliation

SATURDAYS 3:30 - 4:30 PM

MONDAYS 6:00 - 7:00 PM

SIMPLE WAYS TO LIVE A BETTER LIFE

One consequence of a protracted pandemic is that we are almost forced to rethink the way we go about our daily lives. It's a good time to think about simplifying the way we live:

Live in the moment. We can't change the past and dwelling on the future is unproductive. The choices we make right now are all that count.

Avoid drama. There will always be someone whose situation is worse than our own. If you find yourself seeking attention and sympathy from other people - or get drawn in by those who do - try substituting activities you find positive and

interesting instead. Prayer helps

Talk less. Weigh your words before you say them. Spend more time listening.

Spend time with happy people. Connect in safe and healthy ways with people who are positive and want to improve their lives. Let go of those who drain your energy.

Work happy. No matter how you earn a paycheck, give it your very best effort. That turns any job into a blessing.

YOUTH-MINISTRY-CALENDAR

MIDDLE SCHOOL GROUP | WEDNESDAYS | 6 TO 7:30 P.M.

YOUTH GROUP | SUNDAYS AFTER | 6 P.M. YOUTH MASS



WHY IS CHRIST THE TEACHER SCHOOL RIGHT FOR YOUR LITTLE ONE?



- Excellence in Education for over 100 years
- Safe & Welcoming Campus
- Spanish Curriculum for K-8th grade
- Small class size with dedicated teachers
- 1:1 iPads K-8th grade
- Faith Formation & Community Outreach

CTCS

Registration for 2021-2022 Has begun



Christ the Teacher
CATHOLIC SCHOOL

Visit www.ctcsyakima.org or
call 509-575-5604.
Currently scheduling tours!

HELP WANTED!

Bilingual Administrative Assistant

Holy Family Catholic Church seeks a highly motivated, energetic individual to serve as the Bilingual Administrative Assistant. The person who fills this position will perform administrative and bilingual (English/Spanish) secretarial assignments utilizing in-depth knowledge of the operations and procedures of the Holy Family Catholic Church. The position will require the individual to be self-directed, organized and detail oriented, have a professional demeanor and understand the Catholic Church and its teachings. If you are enthusiastic about supporting Holy Family Catholic Church, you are encouraged to apply!

Applications and related information can be obtained at the Diocese of Yakima website at <http://www.applitrack.com/yakimadiocese/onlineapp>.

If you have questions, please call the parish office at (509) 966-0830. Position is open until filled.



ELIZABETH MINISTRY



is a wonderful ministry in our parish that congratulates new parents and welcomes our new 'lil' one into our faith community. Welcome bags are available in the church foyer or the parish office filled with goodies and helpful information. We are looking for new team members to help welcome new families into our community.

Elizabeth Ministry Bereavement offers support for women who have suffered the loss of a baby to **miscarriage**. In this time of grief and questions, please call Christine Levitan at 901-4995 to receive helpful information and resources, and, if you wish, the opportunity to talk with someone who has been through this difficult experience.

If you are interested in volunteering with one of the Elizabeth Ministry teams, please contact the Parish Office at 509-966-0830 for more information.

PRAYER HOTLINE

For any prayer requests, call Barb McKinney at 945-0477 or email: rbmckinney84@gmail.com

If you'd like to become a member of the prayer hotline, please call Barb.

PRAYER INTENTIONS

Sister Janet Strong -Tel: 576-0931; email: annunciation@beitmery.org, our Diocesan religious Hermit, would like us to know that she is very happy to pray, before the Blessed Sacrament, for any intentions that might be referred to her.

Christ the Teacher
CATHOLIC SCHOOL
Excellence in Education



Angel Donor
SUPPORT A STUDENT'S
CATHOLIC EDUCATION
Donations May Be Tax Deductible
ctcsyakima.org | 575-5604



With so many people out of work, Catholic Charities Serving Central Washington's St. Vincent Center Food

Bank is seeing an unprecedented number of people who need help feeding their families. We need help on Fridays, from 8 a.m. to 12:15 p.m. at the food bank in Union Gap. Outdoor Positions Needed: Three volunteers to register clients and help them prepare for delivery and six people to deliver boxes (30-60 lbs.) to waiting cars. Safety precautions are enforced and personal protective equipment is provided.

For information on how to apply for this opportunity, please go to <https://catholiccharitiescw.org/services/involvement/volunteer-opportunities> or contact Becki Lambert (509) 965-7100, Ext. 1196, blambert@catholiccharitiescw.org.



The Retrouvaille Program is for Married Couples Facing Difficult Challenges in their Relationship

- A marriage program that helps couples restore their marriage and rebuild a loving relationship.
- A Christian marriage program, Catholic in origin, where couples of all faiths or no faith background are encouraged to attend.
- Primarily a practical program to improve communication, build stronger marriages, and help couples reconnect.
- Presenters are not trained marriage counselors, but rather couples sharing their personal stories of marital struggles and the tools they used to rediscover their love.

www.helpourmarriage.org

Phone: (800) 470-2230



Hotline

SEXUAL ABUSE HOTLINE

If you have been abused or victimized by a member of the Catholic clergy, please believe in the possibility for hope and help and healing. We encourage you to come forward and speak out. The Yakima Diocese has a sexual abuse hotline for those who wish to report some incident concerning that issue as regards to a bishop, priest, deacon or diocesan employee or volunteer. Our diocese provides a private/confidential phone line for those wishing to report incidents of sexual abuse regarding clergy, diocesan or church employees or volunteers 1-888-276-4490.

FLOWER REMEMBRANCE



Jean Ryan & daughters (Bonnie & Lori): In loving memory of her husband and their father **Joseph Ryan** on the anniversary of his death.



Mary Williams & Family- In loving memory of **John Williams** on the anniversary of his death on February 23, 2018.



Men's Ministry
Holy Family
Parish

MONDAY NIGHT The Journey 7:00pm	THURSDAY NIGHT That Man is You! 7:00pm	FRIDAY MORNING That Man is You! 6:00am
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Contact: Jeff Schlieman

509-833-2515



CAMP HOPE

If you have any questions please contact Tyler Shepherd at

509-424-0669, Jim Perko at 509-388-8481, or Linda Iasella at 509-961-3141

www.camphopeyakima.com

Rachel's Vineyard

Healing the trauma of abortion, one weekend at a time

Do not continue to live in the shame, fear, or numbness. Call our toll-free national hotlines: Rachel's Vineyard: 877 HOPE 4 ME (877-467-3463) - National Hotline for Abortion Recovery: 866-482-LIFE (866-482-5433)

LENT 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“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” (<i>Catechism of the Catholic Church</i>).</p>			<p>February</p> <p>17 Ash Wednesday</p> <p>Stream or attend an Ash Wednesday liturgy and wear the cross of ashes.</p>	<p>18</p> <p>Choose Lenten offerings of prayer, penance, and almsgiving.</p>	<p>19</p> <p>Abstain from eating meat today, and make your meals truly penitential.</p>	<p>20</p> <p>Make a list of the ways you can support the poor, and resolve to do one activity each week.</p>
<p>21</p> <p>After Mass, decide what you need to change in your life in order to truly experience Jesus’ love during Lent.</p>	<p>22</p> <p>Pick a saint to learn about and imitate. Ask for his or her special help and protection during Lent.</p>	<p>23</p> <p>Put a cross, crucifix, or other image of Jesus in each room of your home to help keep you focused on him.</p>	<p>24</p> <p>Resolve to say only positive things about yourself and others today.</p>	<p>25</p> <p>Raise the level of your prayer today and really think about the meaning of the words you are saying.</p>	<p>26</p> <p>Figure out how much money you saved by abstaining from meat and give that money to the poor.</p>	<p>27</p> <p>Contact Catholic Charities (703-549-1390, www.catholiccharitiesusa.org/) to see how you can help those suffering most in the pandemic.</p>
<p>28</p> <p>Take one idea from today’s Gospel reading or homily to implement during the coming week.</p>	<p>1 March</p> <p>Make a conscious effort to see everyone with loving eyes today.</p>	<p>2</p> <p>Ask Jesus to heal whatever keeps you from feeling God’s bountiful love.</p>	<p>3</p> <p>As an extra Lenten offering, give up something you enjoy – just for today.</p>	<p>4</p> <p>Read the Ten Commandments (Exodus 20:1-17) and resolve to live them.</p>	<p>5</p> <p>Pray for the people in the world who can’t afford to have meat as a regular part of their diets.</p>	<p>6</p> <p>Adopt a local nursing home. Make cards for the residents, and offer prayers for each of them.</p>
<p>7</p> <p>Choose someone who has passed away or someone who needs extra help as your Mass intention today.</p>	<p>8</p> <p>Make a fresh start on your Lenten journey today. Renew your Lenten observances.</p>	<p>9</p> <p>At the end of the day, make an examination of conscience. Pick one change to make.</p>	<p>10</p> <p>Resolve to go the entire day without judging or criticizing anyone.</p>	<p>11</p> <p>Try to find the time to read an entire Gospel in one sitting. (Hint: St. Mark’s Gospel is the shortest.)</p>	<p>12</p> <p>Forgive someone who has hurt you.</p>	<p>13</p> <p>Attend a parish Reconciliation Service, if you feel safe, or go to Confession on your own.</p>
<p>14</p> <p><i>Laetare Sunday</i></p> <p>Celebrate the halfway point of Lent. Do something fun after Mass today.</p>	<p>15</p> <p>Pick one way you can simplify your lifestyle to make more room for God.</p>	<p>16</p> <p>Eat a pretzel as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.</p>	<p>17</p> <p><i>St. Patrick’s Day</i></p> <p>St. Patrick evangelized Ireland. In his honor, explore ways to support your parish religious education program.</p>	<p>18</p> <p>Notice someone who may be hungry for love or attention and satisfy that hunger.</p>	<p>19</p> <p>Eat a meatless meal and remember why you are abstaining.</p>	<p>20</p> <p>Look for evidence of God at work in your life.</p>
<p>21</p> <p>Pray an extra Rosary today and every day this week.</p>	<p>22</p> <p>Get up an extra 15 minutes early each day for the next two weeks and spend that time in prayer.</p>	<p>23</p> <p>Deal with anyone in your life who may be interfering with your relationship with God.</p>	<p>24</p> <p>Go to a private room, close the door, and pray to your Father in secret.</p>	<p>25</p> <p>Today, pray for someone you don’t like.</p>	<p>26</p> <p>Ask God for a new grace today that will bring you closer to him.</p>	<p>27</p> <p>Perform some act of service for your parish. Ask at the rectory for suggestions.</p>
<p>28</p> <p><i>Palm Sunday</i></p> <p>Place palms around each image of Jesus in your home. Welcome the Messiah into your heart.</p>	<p>29</p> <p>Recite the Profession of Faith or the Apostle’s Creed each day this week.</p>	<p>30</p> <p>Look around your neighborhood today for signs of new life.</p>	<p>31</p> <p>Forgive an offense you may have suffered and let God be the final judge.</p>	<p>1 April</p> <p>Look for someone who is poor or homeless and share your food.</p>	<p>2</p> <p><i>Good Friday</i></p> <p>Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one.</p>	<p>3</p> <p><i>Holy Saturday</i></p> <p>Think about a way in which you might have betrayed Jesus. Ask his pardon.</p>

CUARESMA 2021

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
<p>Febrero</p> <p>“La Cuaresma son los cuarenta días del año litúrgico que comienzan el Miércoles de Ceniza y terminan con la celebración de los tres días (“triduum”) del Misterio Pascual o Pascua Florida. La Cuaresma es el periodo de penitencia más importante del año litúrgico de la Iglesia, éste representa los cuarenta días que pasó Jesús en el desierto en ayuno y penitencia” (<i>Catecismo de la Iglesia Católica</i>).</p>			<p>17 Miércoles de Ceniza</p> <p>Mire o asista a la liturgia del Miércoles de Ceniza y use la cruz de cenizas.</p>	<p>18</p> <p>Escoja ofrendas de oración, sacrificio y limosna para la Cuaresma.</p>	<p>19</p> <p>No coma carne hoy y haga de sus comidas un sacrificio verdadero.</p>	<p>20</p> <p>Haga una lista de las actividades de ayuda a los pobres que usted realiza y propóngase hacer una por semana.</p>
<p>21</p> <p>Después de misa decida qué cosas debe apartar de su vida para sentir realmente la experiencia de Jesús en la Cuaresma.</p>	<p>22</p> <p>Escoja un santo para aprender de su vida e imitar. Pídale su protección y ayuda especial.</p>	<p>23</p> <p>Coloque una cruz, un crucifijo u otra imagen de Jesucristo en todos los cuartos de su casa para que lo ayude a concentrarse.</p>	<p>24</p> <p>Propóngase hoy decir sólo cosas positivas de usted mismo.</p>	<p>25</p> <p>Rece con mayor intensidad y piense en el sentido real de las oraciones que dice.</p>	<p>26</p> <p>Saque cuenta de cuánto ahorró hoy al no comer carne y déle ese dinero a los pobres.</p>	<p>27</p> <p>Llamen a la organización Catholic Charities (703-549-1390, www.catholiccharitiesusa.org/org) para ver cómo pueden ayudar.</p>
<p>28</p> <p>Tome una idea de la lectura del Evangelio de hoy o de la homilía y llévela a cabo durante la semana que entra.</p>	<p>I Marzo</p> <p>Haga un esfuerzo conciente para ver a su prójimo con cariño.</p>	<p>2</p> <p>Pídale a Jesucristo que le sane lo que lo separa a usted de sentir el abundante amor de Dios.</p>	<p>3</p> <p>Sólo por hoy, prívase de algo que le gusta como ofrenda adicional de Cuaresma.</p>	<p>4</p> <p>Lea los Diez Mandamientos (Éxodo 20:1-17) y renueve sus votos de cumplirlos.</p>	<p>5</p> <p>Rece por aquellas personas en el mundo que no pueden tener carne como parte normal de sus dietas.</p>	<p>6</p> <p>Adopta un hogar de ancianos local. Haga tarjetas para los residentes y ofrezca oraciones por cada uno de ellos.</p>
<p>7</p> <p>Que la intención de su misa de hoy sea por alguien que haya fallecido recientemente o que necesite ayuda.</p>	<p>8</p> <p>Comience refrescado su camino de Cuaresma hoy. Renueve su observancia de Cuaresma.</p>	<p>9</p> <p>Al terminar el día haga un examen de conciencia. Propóngase corregir sus fallas.</p>	<p>10</p> <p>Propóngase pasar el día entero sin juzgar ni criticar a nadie.</p>	<p>11</p> <p>Intente hallar el tiempo para leer un Evangelio completo en una sentada.</p>	<p>12</p> <p>Perdone a alguien que le haya hecho daño.</p>	<p>13</p> <p>Asista a un servicio de reconciliación de su parroquia, si se siente seguro, o vaya a la confesión por su cuenta.</p>
<p>14</p> <p><i>Domingo Laetare</i> Celebre la mitad de la Cuaresma. Diviértase después de misa.</p>	<p>15</p> <p>Haga una lista de las maneras en que puede hacer más sencillo su estilo de vida para darle más cabida a Dios.</p>	<p>16</p> <p>Coma hoy pan ácimo o “pretzels” para recordar que los católicos ayunaban sin leche, mantequilla, huevos, queso, cremas ni carnes.</p>	<p>17 Día de San Patricio San Patricio evangelizó Irlanda. En su honor, explore maneras de apoyar su parroquia el programa de educación religioso.</p>	<p>18</p> <p>Busque a alguien que necesite atención o cariño y satisfaga esa carencia.</p>	<p>19</p> <p>Coma una comida sin carne y recuerde por qué se abstiene.</p>	<p>20</p> <p>Busque hoy evidencias de Dios en su vida.</p>
<p>21</p> <p>Rece un Rosario más hoy y todos los días de esta semana.</p>	<p>22</p> <p>Levántese 15 minutos más temprano a partir de hoy y use ese tiempo para la oración.</p>	<p>23</p> <p>Reconozca a quien pueda estar interfiriendo en su relación con Dios. Propóngase tomar medidas.</p>	<p>24</p> <p>Sólo, en un cuarto cerrado, rece en secreto a su Padre.</p>	<p>25</p> <p>Rece hoy por alguien que no le agrada.</p>	<p>26</p> <p>Pídale hoy a Dios la gracia nueva que lo acercará más a Él.</p>	<p>27</p> <p>Realice algún servicio para su parroquia. Pregunte en la casa parroquial cómo puede ayudar.</p>
<p>28 Domingo de Ramos Coloque ramos de palma alrededor de las imágenes de Jesucristo en su casa. Déle la bienvenida al Mesías en su corazón.</p>	<p>29</p> <p>Recite la Profesión de la fe o el Santo Credo todos los días de esta semana.</p>	<p>30</p> <p>Salga a dar un paseo y busque señales de la vida que se renueva.</p>	<p>31</p> <p>Intente hallar una explicación razonable a alguna ofensa que vea y deje que Dios sea el último juez.</p>	<p>I Abril</p> <p>Busque a alguien pobre o desamparado y comparta su comida.</p>	<p>2 Viernes Santo</p> <p>Rece y medite en las Estaciones del Via Crucis. Intente imaginarse en cada escena.</p>	<p>3 Sábado Santo</p> <p>Piense de qué manera puede haber usted traicionado a Jesucristo hoy. Pídale su perdón.</p>