

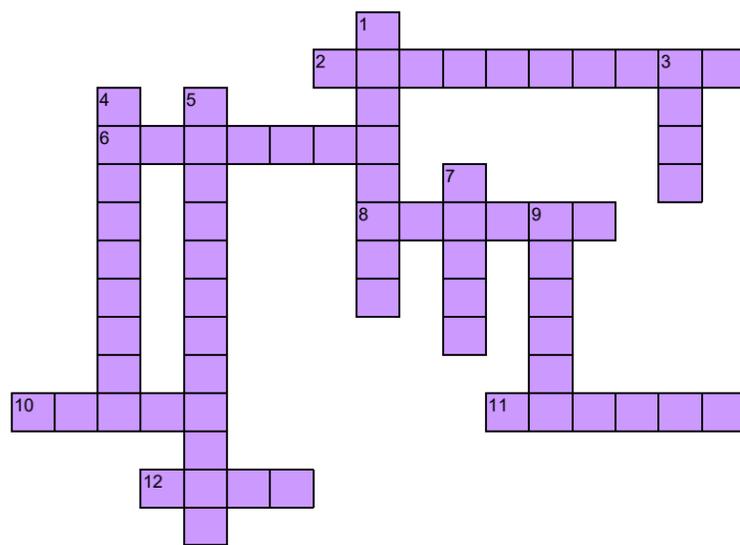


## DO YOU WANT TO FAST THIS LENT?

*In the words of Pope Francis*

- Fast from hurting words ...and say kind words.
- Fast from sadness ...and be filled with gratitude.
- Fast from anger ...and be filled with patience.
- Fast from pessimism ...and be filled with hope.
- Fast from worries ...and have trust in God.
- Fast from complaints ...and contemplate simplicity.
- Fast from pressures ...and be prayerful.
- Fast from bitterness ...and fill your hearts with joy.
- Fast from selfishness ...and be compassionate to others.
- Fast from grudges ...and be reconciled.
- Fast from words ...and be silent so you can listen.

## Test Your Knowledge of Lent



Down

1. Word meaning "farewell to meat."
3. Money or food given to poor people is called \_\_\_\_\_?
4. French for "Fat Tuesday"
5. What is the first day of Lent?
7. How many days in Lent?
9. Jesus is risen on what day?

Across

2. Shrove Tuesday is also called?
6. Give up a certain food.
8. What is the color of Lent?
10. Who suffered and died?
11. Lent is a time for meditation and \_\_\_\_\_?
12. To eat very little food in a day is to \_\_\_\_\_

## Prayers of Intercession for Ukraine

We pray for the Church: that in this time of crisis, she may speak words of truth and justice, act with compassion and be a sign of Christ's love for all those who are suffering. Lord in your mercy...

We pray for world leaders, that guided by integrity and wisdom, they may work together so that peace may flourish. Lord in your mercy...

We pray for all those caught up in violence, remembering especially the people of Ukraine; that in this time of fear and conflict, they may know God's presence and peace. Lord in your mercy...

We pray for our parish and our local community: that in this time of Lent, we may reach out in solidarity to our brothers and sisters in need. Lord in your mercy...

Amen

## Director of Operations Position

St. Thomas More Catholic Student Center in Pullman is seeking a part time Director of Operations. Full details can be found on their website, <https://www.catholiccougs.org/employment>. Anyone interested may send a cover letter and resume to Fr. Paul Heric at [pheric@dioceseofspokane.org](mailto:pheric@dioceseofspokane.org).

"The Gospel is from St. Luke 5:1-11. Christ's voluntary self-mortification of forty days' fast, with its accompanying temptations, was but part of the self-mortification, with its climax on the Cross, which He gladly underwent for our salvation. He did not need to fast in order to keep the inclinations of the body in subjection, He did not need to allow the insult of temptation. He could have said, "begone Satan" at the beginning as easily and as effectively as he said it at the end. But He willingly underwent this humiliation in order to set us an example and to prove to us the infinite love He bears us and the value, the priceless value, He sets on our eternal salvation. He became like us in all things (except sin) in order to make it possible for us to become like Him—the beloved of his Father—and co-heirs with Him in the kingdom of heaven.

With this example given us by Christ no Christian can or should expect to travel the road to heaven without meeting obstacles and temptations. Our weak human nature is of itself, even without any external tempter, a source of many temptations to us, especially of those three illustrated in the case of Christ. Our body desires all the pleasures and comforts that can be got out of life and resents any curtailment of these desires even on the part of our Creator and Benefactor. Our gifts of intelligence and free-will often tempt most of us to look for power, political or economic, over our fellowmen. We want to be better off than others in this world, when our purpose in life is to help ourselves and our fellowmen to the better life. Finally, so fully occupied are many in the mad rush after pleasure and power that they have no time to devote to the one thing that matters, the attainment of eternal life.

Yet, through some foolish logic of our own, we expect God to do for us what we refuse to do for ourselves. We are tempting God by presuming he will save us if we have deliberately chosen the road to perdition.

There are few, if any, amongst us who can honestly say: "I am free from such inclinations or temptations." The vast majority of us can and should beat our breasts and say with the publican: "O God, be merciful to me a sinner." And merciful he will be if we turn to him with true humility. He may not remove all our temptations, all our wrong inclinations, but he will give us the grace to overcome them if we sincerely seek his aid."

—Excerpted from *The Sunday Readings* by Fr. Kevin O'Sullivan, O.F.M.

<https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2022-03-06>

## THE SACRAMENTS

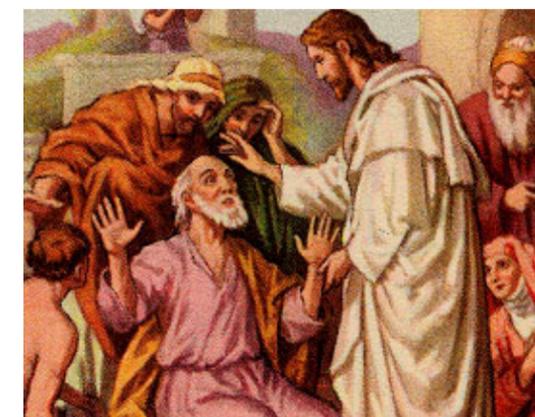
**Reconciliation is scheduled on Saturdays before the 4 PM Mass.**

When Jesus cared for the sick and dying, the Lord extended God's mercy and love. The Lord continues his ministry through the universal Church. As a community of faithful, we want to ensure that the sick and shut-ins of our parish can receive Holy Communion. If you need assistance in this capacity or know someone who does, please call Father Paul, 509-599-8437

### *Anointing of the Sick*

Anointing of the Sick is the second sacrament of healing. In this sacrament a priest anoints the sick with oil blessed specifically for that purpose. The anointing of the sick can be administered to any member of the faithful who begins to be in danger by reason of illness or old age, but also for mental and spiritual sickness.

Anointing of the sick is by appointment, please contact Father Paul.



## PRAYER REQUESTS

**Please pray for: Alan and Peggy Heitstuman, Jan Kramer, the people of the Ukraine, the end of the pandemic, all the elderly / homebound / sick & suffering of our parishes, and everywhere.**