

REFLECTIONS FROM FATHER CLARK

HOW TO PRAY WITH SCRIPTURE

During Lent, I encourage everyone to dedicate some quiet time to reading the Bible. I suggest reading the Gospel of Matthew during these six weeks before Easter. Do not only read but meditate and reflect on what you are reading. Ask yourself, 'How is God speaking to me through this passage?' How do we discern what God is telling us? There is a centuries old method of meditating on Scripture called Lectio Divina or Sacred Reading. Lectio Divina has four steps. The whole exercise should take about 30 minutes. You can spend more time if you desire.

PREPARE: Take some time to prepare yourself for prayer. Create a quiet space with cell phone turned off, TV and music silent, in a place where you will not have any distractions. Some people like to create a "prayer corner" where they have a comfortable chair, a Bible, a candle, a religious picture, or image. Whatever creates an inviting place to pray.

READ: Choose a Scripture passage. The Gospel of the day or one story from the Gospels or other book. Read the passage to gain understanding of what is being said or what is happening. Read it a second time and listen carefully to any words, phrases, or images that jump out at you or resonate with you or seem to speak to you.

REFLECT: Read the passage a third time and focus on the words, phrases, or images that appealed to you. Spend some time reflecting on why they stood out for you. Do they connect with something that you are experiencing in your life? Do they echo something that you have been thinking about already? Do they clarify something for you? Do they challenge you in some way? Do you feel resistance? Why so? Do you feel attraction? Why? Do not force your meditation. Let it come naturally and gently. Sometimes we reap a lot from a passage. Sometimes we do not. Just trust God's spirit to lead and guide you.

RESPOND: Talk with God in your own words about what you have been thinking. Share with him your thoughts and feelings. Speak in your own words as a friend speaks with a friend. Express doubts, fears, questions, joys, consolation.

REST: Take about ten minutes to sit quietly without words or thoughts. Just be still in the presence of God. If you get distracted, call your attention back to God's presence and the quiet. Pay attention to any thoughts, desires, or feelings that arise from your heart. Lift these murmurings of your heart to God and see where God is leading you.

-Father Thomas Clark



First Sunday of Lent ~ February 22, 2026

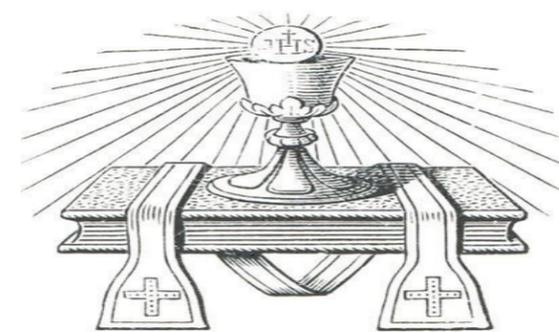
Immaculate Conception Catholic Church
1565 Curtis Street - Baton Rouge, LA 70807
Office Phone: (225) 775-7067 - Information: (225) 775-7062
Fax: (225) 775-0775 - Email: clarktf2002@yahoo.com
Web Site Address: www.immaculateconceptionbr.org
Immaculate Conception Church is a Black Catholic Church
serving the family of God and feeding the soul of the Community.

PASTOR: Father Thomas F. Clark, S.J.(225) 775-7067/(225) 773-2036
IN RESIDENCE: Father Fred Kammer, S.J.(225) 774-3241
SECRETARY: Renae Welsh/John Edwards.....(225) 775-7067

PARISH SCHOOL OF RELIGION:
• COORDINATOR: Gloria DeRouen(225) 936-8162
• ASSISTANT TO COORDINATOR: Stephanie Yearby(214) 881-5663

RCIA COORDINATOR: Cathy Glover(225) 772-6099

MLK/SU CATHOLIC STUDENT CENTER:
• Joyce Johnson - Wilfred Johnson(225) 775-8691



Mass Schedule

Saturday Vigil Mass: 4:00 PM
Sunday Mass: 8:00 AM and 10:30 AM

Weekday Masses: MLK Chapel
12:10 PM
Mon., Tues., Wed., Thurs., Fri.



BLACK HISTORY MONTH CELEBRATION

We will conclude our observance of Black History Month with our celebration of Youth Sunday. As our children and youth minister to us, some will present choral readings about Black History. Senator Regina Barrow will say a few words at the conclusion of Mass.

CLAVER FAMILY FISH DINNER SALE

The Knights of Peter Claver and the Ladies' Auxiliary will be selling Fish Dinners on the Fridays of Lent. The menu consists of fried catfish strips, potato salad, peas, bread, and a dessert. **The cost is \$15.00.** Dinners are served from 10:00 AM until they run out.

LENTEN DEVOTIONS

Having begun the season of Lent on Ash Wednesday, we remind you of the Lenten devotions that are offered:

Daily Mass: Monday through Friday at 12:10 PM at MLK Catholic Student Center

Fridays: Mass at 5:00 PM and Stations of the Cross at 6:00 PM with Adoration of the Blessed Sacrament and Benediction.

Bible Study: Wednesdays at 7:00 PM via Zoom; Thursdays at 10:30 AM in person in the Parish Activity Center.

Food Pantry Support: Bring nonperishable food or make monetary donations throughout Lent to support our Food Pantry and Saint Vincent de Paul.

Sacrament of Reconciliation (Confession): Saturdays at 3:00-3:30 PM and Thursday, March 26 from 4:00 PM to 8:00 PM

Sacrament of the Anointing of the Sick: Sunday, March 15 at 4:00 PM

LENTEN READING

If you're looking for meaningful readings to support your Lenten journey, I recommend reading *Insane for the Light: A Spirituality for Our Wisdom Years* by Rev. Ronald Rolheiser. This is the last volume of Fr. Rolheiser's trilogy in which he suggests spirituality for each of the stages of life. This third volume is a spirituality for growing old. **The titles of the first two volumes are: *The Holy Longing: The Search for a Christian Spirituality* and *Sacred Fire: A Vision for a Deeper Human and Christian Maturity.*** You may want to gather a group of friends or ministry partners together and have a book discussion group for Lent or the Easter season.



JULIET	BETTS	2/23
BRYON	JACKSON, JR.	2/23
JANIYAH	LEWIS	2/23
TERRI	WHITE	2/23
STACEY	RICHARDSON	2/24
ELOYIS	SAMUELS	2/24
JOHN	TOUSSAINT	2/24
CALLIA	COX	2/25
MARY	JACKSON	2/25
RUSSELL	JARREAU	2/25
JOHNSON	RYAN	2/25
QUINCY	LEWIS	2/25
MARLON	PATIN	2/25
MONIQUE	BROOKS	2/26
MAXINE	DOUCETTE	2/26
JOSEPH	HANEY	2/26
DOMINIQUE	ROBINSON	2/26
RENAE	WELSH	2/26
BEVERLY	YEARBY	2/26
JOCELYN	ANDERSON	2/27
LAUREN	ANDERSON	2/27
JOERENA	HOWARD	2/27
ELIZABETH	BORNE	2/28
GERALD	CHARLES	2/28
ANTHONY	FLEURY	2/28
EARNISTEEN	SPENCER	2/28
PAULINE	TOUSSAINT	2/28
JOYCE	JOHNSON	2/29

TRI PARISH LENTEN REVIVAL

Our Tri-Parish Lenten Revival will take place on Monday, Tuesday, Wednesday, March 2, 3, and 4 at 6:00 PM (Praise and Worship) 6:30 PM Revival Service. Rev. Kareem Smith of the Archdiocese of New York will be our revivalist. Monday's Revival service will be at Saint Paul the Apostle. Tuesday at Saint Francis Xavier, and Wednesday at Immaculate Conception Church with a reception to follow.

HISTORY TRAIL UNVEILING FRIDAY, FEB 27

The Wals project and the Downtown Development District's unveiling of the Civil Rights History Trail has been rescheduled to Friday, February 27 from 10:00 AM to 2:00 PM. All are welcome to come out and celebrate Baton Rouge's participation in the Civil Rights Movement.

**Weekly Mass Readings
February 22 - March 1**

**Sunday
First Sunday after Lent**

Genesis 2: 7-9; 3: 1-7
Romans 5: 12-19
Matthew 4: 1-11

**Monday
Leviticus 19: 1-2, 11-18
Matthew 25: 31-46**

**Tuesday
Isaiah 55: 10-11
Matthew 6: 7-15**

**Wednesday
Jonah 3: 1-10
Luke 11: 29-32**

**Thursday
Esther C:12, 14-16, 23-25
Matthew 7: 7-12**

**Friday
Ezekiel 18: 21-28
Matthew 5: 20-26**

**Saturday
Deuteronomy 26: 16-19
Matthew 5: 43-48**

**Sunday
Second Sunday of Lent
Genesis 12: 1-4a
2 Timothy 1: 8b-10
Matthew 17: 1-9**