

## PARISH CALENDAR

First Sunday  
of Lent

February 26, 2023

Taste and see the goodness  
of the Lord.

**REPENT AND  
PREPARE  
YOURSELVES**

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Saturday, February 25	..... 5:00 p.m.	Mass
Sunday, February 26	..... 7:00 a.m.	Mass
	..... 9:00 a.m.	Mass <b>(Live Stream)</b>
	..... 5:00 p.m.	Mass
Monday, February 27	..... 8:00 a.m.	Mass
	..... 9:30-11:00 a.m.	Food Pantry Open
Tuesday, February 28	..... 8:00 a.m.	Mass
	..... 7:00 p.m.	<b>Lenten Reconciliation Service - Church</b>
Wednesday, March 1	..... 8:00 a.m.	Mass
	..... 9:30-11:00 a.m.	Food Pantry Open
Thursday, March 2	..... 8:00 a.m.	Mass
Friday, March 3	..... 8:00 a.m.	Communion Service
	..... 7:00 p.m.	Stations of the Cross - Outreach
Saturday, March 4	..... 10:00-12 pm	<b>Confession - 87-1511 Nakii St.</b>
	..... 5:00 p.m.	Mass

### NEXT SUNDAY READINGS:

**Gn: 12:1-4a: Abram was commanded by the Lord to leave his home and go to a new land.**

**2 Tm:1:8b-10: God saves all people and calls them to a holy life, not because of their own merit but because of the grace held out in Christ.**

**Mt: 17:1-9: Jesus went up to a high mountain. With Moses and Elijah at his side he was transfigured before the eyes of his disciples Peter, James and John.**

**We continue to Live Stream the Sunday Mass @ 9:00 a.m. @ <https://www.sritananakuli.org/livestream>**

### WHAT ONE CAN DO

One person can do a lot of damage. As we begin Lent, we remember the story of Adam and the origins of human sin. But we all know how much damage any one person can do, because we have experienced it in our own sinful lives. One person can say and do things that hurt. Such things hurt another person, but they also hurt the very person who commits the offense. In addition, one person's offense may tarnish others—the family, the profession, or the church. One person can do a lot of damage. At the beginning of Lent it is tempting to wallow in sin. This season will indeed turn our attention to our offenses. This is a perfect time of year to make a good examination of conscience and to bring our sin to the sacrament of Reconciliation.

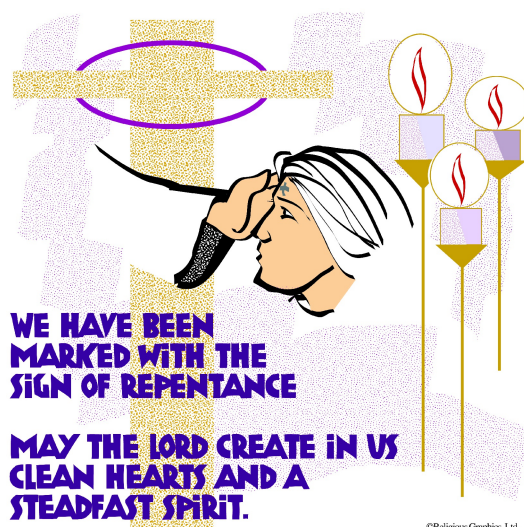
But there is more to Lent than sin. There is grace.

St. Paul told the Romans that death came into the world through one person's transgression, but "how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ."

One person can do a lot of good. The kindness we perform for another person can bring unexpected joy. And by the death and rising of Christ, sinners are made righteous.

Yes, reflect on sin this Lent, but remember also the grace. Jesus brings life to the world and to you.

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# ANNOUNCEMENTS

**RICE BOWL: A SEASON FOR SLOWING DOWN!** During this sacred season, we will intentionally slow down so that we can pay closer attention to our relationship with God, our neighbors and our planet. Reflect on how the pillars of prayer, fasting and almsgiving can guide your journey for a more enriching Lenten experience. How can practicing these pillars help you to live in solidarity with our sisters and brothers around the world? Visit [www.crsricebowl.org](http://www.crsricebowl.org) to learn more.

**WORD OF LIFE:** "The essence of our identity is that we are created in God's image and likeness and loved by Him. Nothing can diminish the priceless worth of any human life. Every person is **cherished**." USCCB, Secretariat of Pro-Life Activities Respect Life Reflections: Cherished, Chosen, Sent " [www.usccb.org/cherished-chosen-sent-reflection](http://www.usccb.org/cherished-chosen-sent-reflection)

## WEEKLY READINGS

**Feb 26 Sun: First Sunday of Lent**

Gn:2:7-9, 3:1-7; Ps:51; Rom:5:12-19; Mt:4:1-11

**Feb 27 Mon: Lenten Weekday**

Lv:19:1-2, 11-18; Ps:19: 8, 9, 10, 15; Mt:25:31-46

**Feb 28 Tue: Lenten Weekday**

Is:55:10-11; Ps:34:4-5, 6-7, 16-17, 18-19; Mt:6:7-15

**Mar 01 Wed: Lenten Weekday**

Jon:3:1-10; Ps:51:3-4, 12-13, 18-18; Lk:11:29-32

**Mar 02 Thur: Lenten Weekday**

Est C:12, 14-16, 23-25; Ps:138:1-2ab, 2cde-3, 7c-8; Mt:7:7-12

**Mar 03 Fri: Lenten Weekday**

Ez:18:21-28; Ps:130:1-2, 3-4, 5-7a, 7bc-8; Mt:5:20-26

**Mar 04 Sat: Lenten Weekday**

Dt:26:16-19; Ps:119:1-2, 4-5, 7-8; Mt:5:43-48

## OUTSIDE OF EDEN

If food is good for you, what could be wrong with eating it? If something is pleasing to behold, what could be wrong with looking at it? If doing something will give me experience, what could be wrong with learning?

According to the Book of Genesis, that is how Eve rationalized biting into forbidden fruit. She did not intend to do evil. She looked for what was good. She saw nutrition, beauty, and wisdom. But she turned away from the voice of God. And Adam did the same.

The sin we commit often comes disguised as something good. We eat what is good for us, but too much. We look at beauty, but in its pornographic forms. We want to learn, but through experiences we later regret.

The First Sunday of Lent points an accusing finger at all the children of Eve and Adam. We have sinned because we fooled ourselves into thinking it was the right thing to do.

But Lent is not done with us. It is only beginning. We face this painful story with honesty so that this season can bring healing.

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## NOTES ON STEWARDSHIP

In today's Gospel reading we listen to the confrontation between Jesus and the devil, who thought he might tempt Jesus to forget who he was and commit a grievous sin when he was most vulnerable. Jesus had just spent 40 days and nights out in the desert, alone, away from civilization. He was hungry, thirsty, and tired. If there ever was a time to tempt Jesus, that was it. Temptations to sin come at us every day, from many directions and in many different forms. When the temptation to sin tries to overcome us, how do we react? Do we consciously remind ourselves that we are followers of Christ? Is there a time this week when you have needed to confront a temptation to sin? What lessons did you take away from the experience? (International Catholic Stewardship Council)

## STEWARDSHIP OF TREASURE

### MAHALO FOR SHARING YOUR TREASURE

You can still continue contribute to St. Rita during this time of Social - distancing by going to our web-site [www.stritananakuli.org](http://www.stritananakuli.org) And click "On-line Giving" on the banner line. You can also send your Tithe/Donation via mail: St. Rita Catholic Church/ 89-318 Farrington Hwy. / Nanakuli, HI 96792



**40 DAYS FOR LIFE**

**PRAY to END ABORTION**

February 22 - April 2

"Join the Worldwide Mobilization to pray and fast to end abortion"

**HELP SAVE LIVES**  
please make a donation

Join us to pray 1 hour a week in front of the local abortion facility. Sign up online or call us:

**Pray on the sidewalk outside:**  
Planned Parenthood  
839 S. Beretania Street  
Honolulu, HI 96813

**Praying Hours:**  
7:00 am-7:00 pm daily  
February 22-April 2, 2023  
Spring Lenten Vigil

**Sign-up to pray at:**  
[www.40daysforlife.com/honolulu](http://www.40daysforlife.com/honolulu)

**For info, contact:**  
Anne, 808-268-7143  
[anne40dfl@gmail.com](mailto:anne40dfl@gmail.com) or  
Agnes, [amalavida.honolulu@gmail.com](mailto:amalavida.honolulu@gmail.com)

**40 days for life impact:**

- 1 million Volunteers
- 9207 Campaigns
- 20,000 Churches

**With God's answered prayers:**

- 22,825 Babies Saved from Abortion
- 247 Abortion Workers quit
- 132 Abortion centers closed





# FIRST SUNDAY OF LENT



## The Lord Alone

Faithful God,  
from the very beginning  
you have called your people  
to worship you  
with single-minded focus.  
You are the one true God,  
source of all goodness and mercy.  
Grant us the strength  
to resist earthly temptations,  
the will to turn from distractions,  
and the desire to orient our lives  
toward loving you first.  
We ask for your patience  
as we seek to grow in holiness  
this Lent  
through Christ our Lord. Amen.

Sunday, February 26, 2023

God First



*Today's readings: Genesis 2:7–9; 3:1–7; Psalm 51:3–4, 5–6, 12–13, 17; Romans 5:12–19 or 5:12, 17–19; Matthew 4:1–11.* Jesus gets the last word when the devil tries to lure him with earthly temptations. He quotes the Shema from Deuteronomy, chapter 6: “Hear O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with all your heart, and with all your soul, and with all your strength” (6:4–5). This most fundamental expression of faith orients our spiritual focus for the season of Lent. It is a clear invitation from the Scriptures to turn our hearts toward God.

A simple pie chart of how the majority of our time is spent during any week will reveal the priorities around

which our lives are ordered and what or whom we worship. Do we seek the accumulation of possessions or power; do we worship celebrities or ideologies; do we serve egocentric goals or addictions? Lent offers us the opportunity for *metanoia*, the profound transformation of mind and heart. Now is the time to take a self-inventory and make deliberate choices that place God first in our heart and mind. These choices are expressed in the activities and gestures of our daily living. Sketch out your pie chart and take an honest look at it. Then write a love letter back to God, telling him your plan for how you intend to place God at the center of your life this Lent.



## THIS WEEK AT HOME

### Monday, February 27

#### Mercy Works

How shall we grow in holiness this Lent? We don't have to guess. Today's Scriptures lay out the blueprint. The instructions from Leviticus give clear direction for avoiding sin. Equally important, the Gospel passage from Matthew calls us to active engagement in the corporal works of mercy. We have six weeks before Easter. Pick one work of mercy to focus on each week of Lent; resolve to try the works of mercy you find most challenging first. *Today's readings: Leviticus 19:1–2, 11–18; Psalm 19:8, 9, 10, 15; Matthew 25:31–46.*

### Tuesday, February 28

#### Our Father

Each Lent we are invited to deepen our prayer life. In today's Gospel, Jesus teaches us exactly how to do just that through giving us the words of the Lord's Prayer. How can we magnify our prayer life? A possible start could be by praying the Lord's Prayer more intentionally. Write or type the prayer line by line on a sheet of white paper. Cut into strips. Reflect on each line of the prayer. Make the practice part of your daily prayer routine this Lent. *Today's readings: Isaiah 55:10–11; Psalm 34:4–5, 6–7, 16–17, 18–19; Matthew 6:7–15.*

### Wednesday, March 1

#### Create in Me A Clean Heart

Responsorial Psalm 51 is prayed repeatedly through the season of Lent because it expresses the humble stance we are called to assume: "A heart contrite and humbled, O God, you will not spurn." Catholics celebrate the sacrament of reconciliation each Lent as an essential step of spiritual preparation for Easter. Seek reconciliation early in Lent as a way to turn over the soil of your heart and make room for the new seeds of faith to grow in the coming weeks. *Today's readings: Jonah 3:1–10; Psalm 51:3–4, 12–13, 18–19; Luke 11:29–32.*

### Thursday, March 2

#### Ask, Seek, Knock

Today's Scriptures are deeply reassuring. The psalmist glorifies God, "on the day I asked for help, you answered me." Jesus promises, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." What do you need to ask God for today? Write a letter to God and lay out all the burdens you carry. Ask for what you need with confidence in God's faithfulness. *Today's readings: Esther C:12, 14–16, 23–25; Psalm 138:1–2ab, 2cde–3, 7c–8; Matthew 7:7–12.*

### Friday, March 3

#### Time to Heal

Jesus reminds the disciples, and us, of how broken relationships harm the soul. Lent is the time for reconciliation with God and with the people in our lives. Do you have an estranged relationship? What steps can you take toward healing? For starters, name a relationship that seems to hold you in bondage. Ask God to guide you in seeking freedom from anger, judgment, frustration, and resentment. Attend to the ways God provides opportunities to take repairing steps in the coming days. *Today's readings: Ezekiel 18:21–28; Psalm 130:1–2, 3–4, 5–7a, 7bc–8; Matthew 5:20–26.*

### Saturday, March 4

#### Lifting Up a Relationship

The call to pay attention to difficult relationships in our lives continues in today's Scripture readings. Jesus tells us the first steps toward healing: pray for that person daily as part of your Lenten sacrifice. This can be challenging. Praying for those who cause us distress requires humility. Heed the advice of our Lord and take note of the movement of your heart as you do so in the coming weeks. *Today's readings: Deuteronomy 26:16–19; Psalm 119:1–2, 4–5, 7–8; Matthew 5:43–48.*

