God’s love knows no barriers. St. Pascal’s…where all people matter.
Welcome! We hope you enjoy your time with us. Whether you are just visiting or looking for a parish home, it’s great to have you with us. Whatever your life circumstances, wherever you have been or whatever has happened in your life, you are welcome here.
FROM THE PASTOR'S DESK

Next weekend, February 25-26, we will have pledge envelopes available at the church entrances if you would like to offer a gift to the 2023 Catholic Services Appeal which provides funding for 19 designated ministries within the Archdiocese of St. Paul and Minneapolis. Previous donors to the Appeal should receive a letter at home from the Catholic Services Appeal Foundation office inviting your gift for 2023. You may also give online at: GiveCSAF.org.

Why donate to the Appeal? Whether we live in a rural, suburban or urban area in the Archdiocese, we benefit from the designated ministries of the Catholic Services Appeal.

Where does my gift to the Catholic Services Appeal go? Your gift is used to support the 19 Designated Ministries, cover Appeal expenses (10%) and return a percentage to parishes that reach their goal or increase donations over the prior year. The 20 Designated Ministries are:

1. Abria Pregnancy Resources
2. American Indian Ministry
3. Archdiocesan Council of Catholic Women
4. Campus Ministry: Newman Center
5. Campus Ministry: St. Paul's Outreach
6. Catholic Charities
7. Catholic High School Scholarships
8. Deaf Ministry
9. Elementary Catholic School Funding
10. Elementary Catholic School Scholarships
11. Hospital Chaplains
12. Latino Ministry
13. Mission of Catholic Education
14. Office of Marriage, Family and Life
15. Prison Ministry
16. Seminarian Tuition, Room and Board
17. Society of St. Vincent de Paul
18. Venezuelan Mission
19. Youth Ministry
20. Catholic High School Scholarships

To read a description of each of these ministries, go online to csafspm.org.

Next Wednesday, February 22, is Ash Wednesday. Join us for Ash Wednesday Masses at 9:30 AM or 6:30 PM.

The Fish Fry is coming. I am looking forward to our Men’s Club Fish Fry on the Fridays of Lent. Thanks to all the volunteers who make this meal possible. We appreciate it!

Stations of the Cross. All are welcome to join us to pray the Stations of the Cross in the church on the Fridays of Lent at 7:00 PM.

Prayer Intention of Pope Francis for February 2023: For parishes. We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need.

God Bless You,
Father John Mitchell

Faith In Action During Lent
Lent can be a time of introspection about what we value and how we allocate our time. Are we allocating sufficient time to prayer to hear God's call? Are you called to almsgiving? Consider donations to our monthly Donation Closet or cash to other causes. Are you called to service? Consider helping with the Merrick food distribution here at the parish, the food pantry at Progressive Baptist Church, or other ways to serve. Are you being called to work for justice by advocating with Beacon Interfaith Housing Collaborative for deeply affordable housing? God directs us if we take time to listen. For more information or suggestions contact Ann Karner at akarner24@gmail.com.

Anointing or Pastoral Visit?
If you or someone you know would like to be anointed or have a pastoral visit please contact Barb Uschold Anderson at barb.ua@stpascals.org or 651.432.4959 and we’ll set up a time.

SOCIAL JUSTICE & CARING

We Care Campaign
On the weekend of March 4 - 5, 2023, St. Pascals parish will gather the loose change and bills from the collection and donate them to the Social Justice and Caring Committee’s next We Care Campaign. Generally, the Social Justice and Caring Committee selects three options for its We Care Campaigns. However, for this particular campaign, donations are being collected for one option: the San Lucas Toliman Mission in Guatemala.

The Friends of San Lucas is a Minnesota-based non-profit organization that is dedicated to generating support for the San Lucas Toliman Mission in Guatemala. The mission, founded by Fr. Greg Schaffer in 1963, is managed by 100 Guatemalan staff and helps over 30,000 people who live there. Contributions to the mission support seven program areas including: charity with dignity, coffee trade, education, healthcare, housing, a visitor's program and a women's center.

We encourage you to consider making a personal contribution as well, using the envelope provided in the packet of envelopes sent by the parish or those found on the tables located near the entrances to the church. Thank you for your generosity.

Donation Closet
February Collection: Listening House
464 Maria Avenue, St. Paul (in the lower level of the First Lutheran Church)

Listening House, a day shelter and community center, provides hospitality, practical assistance, and counsel to people who are unsheltered or in need. This includes offering light food, clothing, help for those looking for employment and/or housing, and veterans’ assistance. Staff and volunteers aspire to create a sense of community and connection by promoting respect for all and to help guests make changes to improve their condition. NOTE: Listening House is only accepting the following urgently needed items at this time.

Requested Items:
- Warm Gloves
- Handwarmers
- Winter boots - All Sizes
- Winter Coats, Medium - 3XL
- Hoodies and sweatshirts, Small - 3XL
- Thermal Undergarments
- Sweatpants - All Sizes
- Jeans-Mens 32 to 48; Women’s 4 to 16
- Belts
- Backpacks & duffle bags with WORKING zippers
- Warm Blankets
Enroll at St. Pascal Regional!
We asked our current families what they love about St. Pascals, and these are some of their answers:

- Christ-centered learning
- Strong student-teacher relationships
- Small class sizes
- Opportunities for hands-on learning
- An education that emphasizes a strong mind, heart, and body

If these are things you are looking for in a school, we invite you to take a closer look at St. Pascal Regional and contact us to learn how your child can be a part of our amazing community! We are accepting applications in preschool-8th grade. Learn more at www.stpascalschool.org.

Catholic Relief Services (CRS) Rice Bowl—Lent is coming!
Join our faith community—and nearly 13,000 Catholic communities across the United States—in a transformative Lenten journey with CRS Rice Bowl. Pick up a rice bowl for your family following Masses beginning February 18. During the 40 days of Lent, we will reflect on the impact of global hunger and climate change on vulnerable communities around the world, and we will pray, fast and give alms to help our sisters and brothers in need. 75% of your Rice Bowl donation supports CRS work around the world while 25% stays in each U.S. diocese to help alleviate hunger and poverty at home. Visit crsricebowl.org to learn more.

COVID-19 Community Vaccination Clinic
Saturday, February 25 at Progressive Baptist Church (1505 Burns Avenue, St. Paul)
Walk in for a no cost COVID-19 Vaccine at Progressive Baptist in partnership with StairStep and MHealth. Vaccine provided is Pfizer for ages 5+ or 12+ and adults. First, second, third, and booster does available. No insurance necessary. No appointment necessary but encouraged. For inquiries call Progressive Baptist at 651.888.6011.

“Humanity, take a good look at yourself. Inside, you’ve got heaven and earth, and all of creation. You’re a world—everything is hidden in you.”
—Hildegard of Bingen

The St. Pascal’s Men’s Club Lenten Fish Fry—All Fridays of Lent
February 24 through March 31 from 4:30 to 7:00 PM in Brioschi Hall (Please use the Flandrau Street entrance.)
The “All-You-Care-To-Eat” buffet will offer fried and baked cod, coleslaw, mixed steamed vegetables, au gratin and seasoned fried potatoes, mac-n-cheese, dinner roll, and coffee/water. Milk, bottled water, and pop are available for purchase.
Adults (12 and up): $16.00  |  Children (6-11): $8.00  |  5 and under: Free
Cash, check, or card accepted. Takeout is available if the hall is full or the wait is too long.
All proceeds benefit St. Pascal Regional Catholic School’s K-8 PhyEd program and other parish/school needs.
Mass Times & Intentions

**Tuesday, February 21**
8:00 AM + Vince Arceno

**Wednesday, February 22**
*Ash Wednesday*
9:30 AM The people of the parish
6:30 PM The people of the parish

**Thursday, February 23**
8:00 AM The people of the parish
11:00 AM The people of the parish

**Friday, February 24**
8:00 AM + Robert Cowden

**Saturday, February 25**
4:30 PM + Leonard Stuhl

**Sunday, February 26**
*1st Sunday of Lent*
8:45 AM The people of the parish
10:30 AM + William B. Reiners

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Readings

**February 19, 2023**

**Sunday:**
Lv 19:1-2, 17-18
Ps 103:1-4, 8, 10, 12-13
1 Cor 3:16-23
Mt 5:38-48

**Monday:**
Sir 1:1-10
Ps 93:1-2, 5
Mt 9:14-29

**Tuesday:**
Sir 2:1-11
Ps 37:3-4, 18-19, 27-28, 39-40
Mt 9:30-37

**Wednesday:**
*Ash Wednesday*
Jl 2:12-18
Ps 51:3-6:2a, 12-14, 17
2 Cor 5:20—6:2
Mt 6:1-6, 16-18

**Thursday:**
Dt 30:15-20
Ps 1:1-4, 6
Lk 9:22-25

**Friday:**
Is 58:1-9a
Ps 51:3-6b, 18-19
Mt 9:14-15

**Saturday:**
Is 58:9b-14
Ps 86:1-6
Lk 5:27-32

**Next Sunday:**
*First Sunday of Lent*
Gn 2:7-9; 3:1-7
Ps 51:3-6, 12-13, 17
Rom 5:1-2-19
Mt 4:1-11

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THE WEEKS AHEAD

**Sunday, February 19**
After Masses Fellowship

**Monday, February 20—Presidents' Day**
Parish Office Closed

**Tuesday, February 21**
8:45am Bible Study: Parish Conference Room
9:00am Lent Decorating: Church
12:00pm SPRCS use: Briosci Hall
6:30pm Beacon Team Meeting: Zoom
6:30pm Bible Study: Parish Conference Room

**Wednesday, February 22—Ash Wednesday**
9:00am Rosary: Church
9:30am Mass (with SPRCS) w/ashes: Church
6:30pm Mass w/ashes

**Thursday, February 23**
9:30am Bible Study: Parish Conference Room
11:00am Young at Heart Mass & Lunch: Church, Briosci Hall
5:30pm Finance Council: Staff Lounge

**Friday, February 24**
9:00am Men's Club Fish Fry Setup: Briosci Kall, Kitchen
4:30pm Men's Club Fish Fry: Briosci Kall, Church
7:00pm Stations of The Cross: Church

**Saturday, February 25**
No scheduled events

**Sunday, February 26—Lent 1**
11:30am Confirmation I; Staff Lounge

**Monday, February 27**
1:00pm Merrick Setup: Briosci Hall
3:30pm Merrick Food Distribution: Flandrau Lot
7:00pm Boy Scouts: Briosci Hall

**Tuesday, February 28**
8:45am Bible Study: Parish Conference Room
9:30am School Reconciliation: Church
6:30pm Bible Study: Parish Conference Room

**Wednesday, March 1**
9:00am Rosary: Church
9:30am School Mass: Church
6:30pm Choir: Church
6:30pm RCIA: Founders Room
6:30pm Faith Formation: Campus

**Thursday, March 2**
9:30am Bible Study: Parish Conference Room
6:00pm Spirit Song: Church
6:30pm SJCC: Zoom
7:00pm Men's Club Board Meeting: Briosci Hall

**Friday, March 3**
9:00am Men's Club Fish Fry Setup: Briosci Kall, Kitchen
4:30pm Men's Club Fish Fry: Briosci Kall, Church
7:00pm Stations of The Cross: Church

**Saturday, March 4**
*We Care Campaign*
No scheduled events

**Sunday, March 5—Lent 2**
*We Care Campaign*
11:30am Women's Club Board Meeting: Briosci Hall

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**Disaster Relief**
Help our neighbors in Turkey and Syria in the aftermath of the devastating earthquake. Donate now to CRS.org.
There is no fee to participate in this event. However, signing up ahead of time helps us plan for the evenings. Sign up via the link on the parish website at www.stpascals.org/parish-news.

Sponsored by the Adult Faith Formation Committee

Lent places the Church’s attention on the paschal mystery of Christ in a special way. It is a season of conversion and renewal; it is a season of prayer and reflection. In many ways, Lent is the Church’s great retreat. This beautiful season helps prepare our hearts and minds for the renewal of our baptism at Easter and our commitment to follow Christ.

To help our parish family deeply enter into this season, we are offering a parish mission as an opportunity for conversion, prayer, reflection, and faith sharing. The theme, Water, Light, and Life, comes from three important conversion and enlightenment narratives in John’s Gospel: The Samaritan woman at the well, the man born blind, and the raising of Lazarus from the dead. Over the course of four gatherings, we will explore these Gospels to mine the wisdom each story holds for us who have embarked on this Lenten journey.

The evenings will be facilitated by Kim Roering and the Adult Faith Formation committee. Come to one or all four!

Mondays * March 6, 13, 20 & 27
6:30-8:00 pm in Brioschi Hall
Lent & Triduum 2023

Ash Wednesday: February 22
Masses with the distribution of ashes
9:30 AM (with SPRCS students & staff) and 6:30 PM
All are welcome at both Masses!

Fridays of Lent:
February 24 - March 31

Stations of the Cross at 7:00 PM

Men’s Club Fish Fry from 4:30 - 7:00 PM
The “All-You-Care-To-Eat” menu includes fried and baked cod, coleslaw, mixed steamed vegetables, au gratin and seasoned fried potatoes, mac-n-cheese, rolls, and coffee/water. Milk, bottled water, and pop are available.
  Adults (12 & up): $16.00 | Children (6-11): $8.00
  5 and under: Free
Cash, check, or card accepted. Takeout is available if the hall is full or the wait is too long.

Fasting & Abstinence

Fasting: On Ash Wednesday and Good Friday, Catholics between the ages of 18 - 59 are allowed only one full meal. Two smaller meals are allowed as needed, but solid foods between meals is not permitted. The physically and mentally ill and pregnant or nursing women are excused from fasting and abstinence.
Abstinence: Catholics 14 years or older are to abstain from meat on Ash Wednesday, Good Friday and Fridays of Lent.

Reconciliation—All are welcome!

Lenten Communal Reconciliation
Tuesday, March 14 at 6:30 PM

Individual Reconciliation
Saturdays from 3:45-4:15 PM
or by appointment

Parish Lent Retreat
Water, Light, and Life:
A Lenten Parish Mission
Mondays in March from 6:30-8:30 PM
in Brioschi Hall
During this parish mission, we will encounter, along with Jesus, the Samaritan woman at the well, the man born blind, and his friends Lazarus, Martha, and Mary. Our prayerful encounter with these Scripture stories invites each of us to consider the need for conversion of heart and the new life we gained in Christ through baptism.

Sunday Masses throughout Lent
February 26 - March 26
Saturday 4:30 PM
Sunday 8:45 & 10:30 AM
(10:30 AM with ASL)

Palm Sunday: April 2
Saturday 4:30 PM
Sunday 8:45 & 10:30 AM
(10:30 AM with ASL)

THE TRIDUUM

Holy Thursday: April 6
8:00 AM Morning Prayer
7:00 PM Mass of Lord’s Supper (ASL)

Good Friday: April 7
8:00 AM Morning Prayer
7:00 PM The Lord’s Passion (ASL)

Holy Saturday: April 8
(No 4:30 PM Mass)
8:00 AM Morning Prayer
8:00 PM The Great Vigil of Easter

EASTER SUNDAY: April 9
8:45 AM (no incense)
10:30 AM (ASL)
Today’s readings: Joel 2:12–18; Psalm 51:3–4, 5–6ab, 12–13, 14 and 17; 2 Corinthians 5:20—6:2; Matthew 6:1–6, 16–18. The season of Lent (from the Latin meaning “lengthen”) is a gift of time to focus on spiritual preparation for the celebration of Easter. The season will conclude at sundown on Holy Thursday, the beginning of the Sacred Paschal Triduum.

As daylight in the Northern Hemisphere incrementally lengthens, so does our spiritual focus. Read the season of Lent as a great love letter from God. Look for the invitations in the Scriptures to turn your heart toward God and receive the gifts of mercy and love offered. God summons us unceasingly.

**Turn Our Hearts**

God of Love,
you shower us with kindness,
offer us limitless mercy,
and summon us unceasingly.
As we enter the season of Lent,
help us respond to your invitation
to turn our hearts toward you
and walk the journey ahead
in a spirit of humility and gratitude.
Grant us the grace we need to grow in love
these forty days of Lent.
Through Christ our Lord. Amen.

**Wednesday, February 22, 2023**

**Lent: A Great Love Letter from God**

The scriptural invitations move from gentle calls to fervent supplications. The opening lines from our Ash Wednesday Scriptures set the theme for the entire season: “Return to me with your whole heart” (Joel 2:12). Lent offers us proven pathways to respond to God’s invitation to love. When Lenten traditions are lived and understood, they bring us closer to God and transform our hearts along the way. Today’s Gospel shows us the humble stance to assume as we practice prayer, fasting, and almsgiving. This week, as you prepare for your journey through the next forty days, seek to live spiritual practices such as prayer, devotion, fasting, reconciliation, and generosity as gestures of adoration for our beloved.
Tuesday, February 21

Trust God

The invitation in the reading from Sirach is clear: turn to God with trust. God will help each of us make straight our pathways. Filled with compassion and mercy, the Lord saves us in times of trouble and forgives us with love and mercy. Our Lenten prayer, fasting, and almsgiving help us open our hearts with trust. How will you commit to the spiritual practices of Lent? Take time today to reflect and decide.


Wednesday, February 22

Ash Wednesday

The Scriptures of Ash Wednesday invite us to turn to God with humility and awareness. Only we know the personal work needed in our relationship with the Lord. Today’s Lenten practices of receiving ashes, abstaining from meat, and fasting help us assume this humble stance of awareness. Make some private notes to yourself about where growth is needed and how you plan to personally embrace Lent as time for transformation.

Today’s readings: Joel 2:12–18; Psalm 51:3–4, 5–6ab, 12–13, 14 and 17; 2 Corinthians 5:20—6:2; Matthew 6:1–6, 16–18.