



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.

FEBRUARY 19, 2023 | SEVENTH SUNDAY IN ORDINARY TIME

OUR STAFF

Pastor

Fr. John Mitchell | ext 125
john.mitchell@stpascals.org

Deacon

Rev. Mr. Richard Moore
richard.moore@stpascals.org

Business Administrator

Theresa Ruttger | ext 130
theresa.ruttger@stpascals.org

Director of Facilities and Maintenance

Mike Kelleher | ext 134
mike.kelleher@stpascals.org

Pastoral Associate for Music

Sharon Balcom | ext 126
sharon.balcom@stpascals.org

Pastoral Associate for Faith Formation

Kim Roering | ext 128
kim.roering@stpascals.org

Pastoral Associate for Pastoral Care

Barb Uschold Anderson | ext 129
barb.ua@stpascals.org

Liturgy Assistant

Keri Mader | ext 127
keri.mader@stpascals.org

Communications & Office Manager

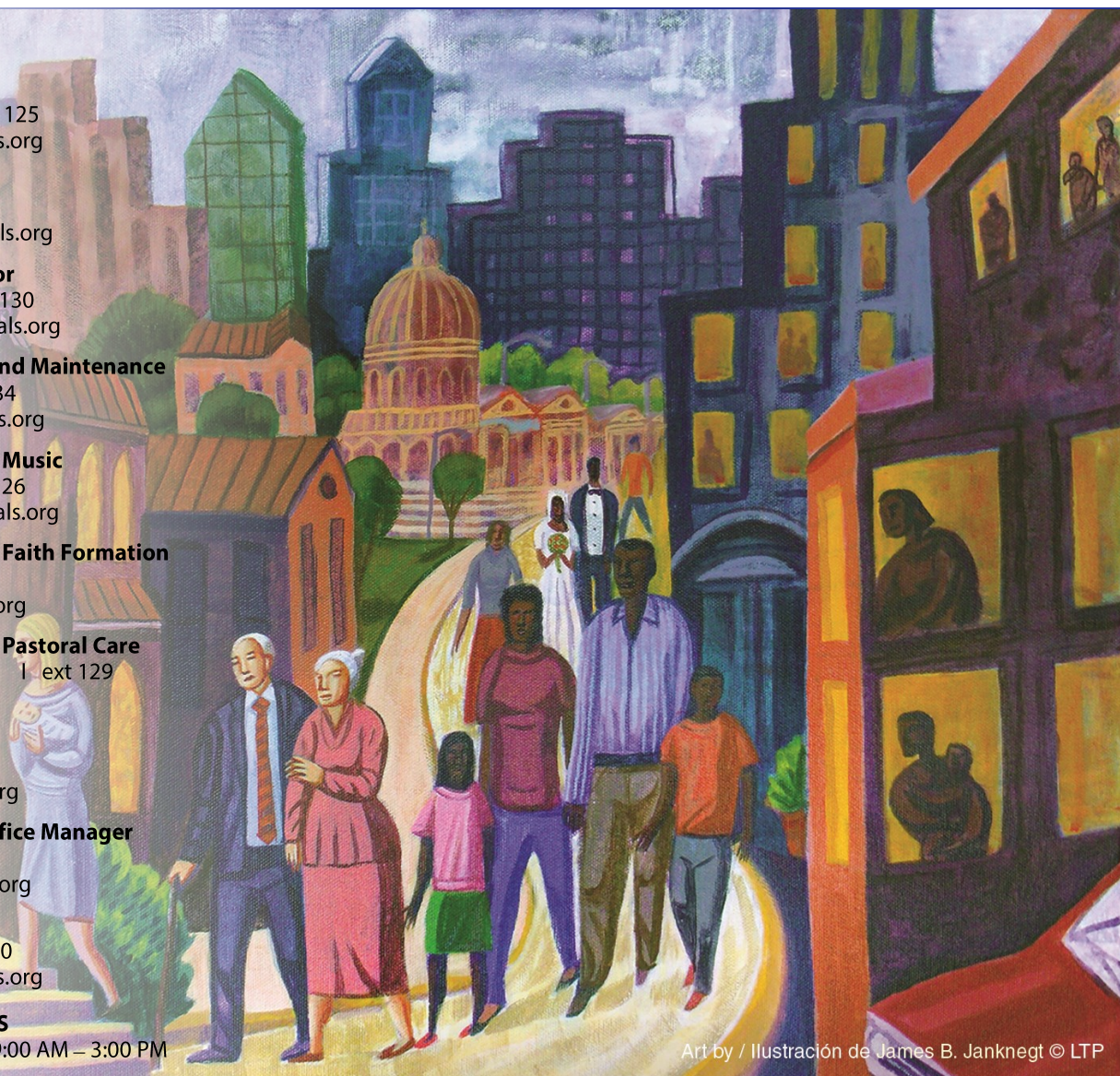
Thea Munoz | ext 133
thea.munoz@stpascals.org

Welcome Desk

Karri Creamer | ext 120
karri.creamer@stpascals.org

PARISH OFFICE HOURS

Monday – Friday from 9:00 AM – 3:00 PM



Mass Times

Saturday 4:30 PM | Sunday 8:45 & 10:30 AM (ASL) | Tuesday, Thursday, Friday 8:00 AM; Wednesday 9:30 AM

1757 Conway Street | Saint Paul, Minnesota 55106 | 651.774.1585

www.stpascals.org | church@stpascals.org

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

— REGIONAL SCHOOL NEWS —

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 doses 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.

— FAITH FORMATION —

Save the Date**Vacation Bible School 2023**

June 19-23 from 9:00 AM - 12 Noon

Stellar: Shine Jesus' Light

It is going to be an out-of-this-world week as kids discover what it means to shine Jesus' light in everyday life. Watch for registration information coming out later this spring. Contact Kim Roering in the parish office for more information or to volunteer!

St. Pascal's Women's Club**The Gertens Spring Plant sale has begun!**

We are selling Gertens plants and plant cards online. Go to the Gertens fundraising site (gertensfundraising.com) and enter the Women's Club store number **447**.

There you will find Gertens plant cards, beautiful hanging flower baskets, patio containers, bedding flowers, vegetables, and perennials. Over 80 fantastic choices are available. Order from the comfort of your own home. If you need help ordering, Women's Club members will be available after all Masses on April 1 & 2 or contact Ellen Aeling. **Sale ends Thursday, April 6.**

Your orders will be available for pick up after all Masses on May 13 & 14. Just in time for Mother's Day!

This is a major spring fundraiser for the St. Pascal's Women's Club—please support us! If you have any questions, please contact Ellen Aeling at 651.307.8241 or ellenoaeling@gmail.com.

CONTACT US

Parish Office

Phone 651.774.1585

Email church@stpascals.org

For after-hours pastoral emergency (death, dying or anointing), call 651.774.1585 and dial 1.

Parish Office Hours

Mon-Fri 9:00 AM - 3:00 PM

Holidays as announced

St. Pascal Regional Catholic School

Phone 651.776.0092

Email icollierpaske@stpascalschool.org

School Office Hours

Mon-Fri 7:00 AM - 3:00 PM

Parish Councils**Parish Pastoral Council**

Meetings 1st Tuesday at 6:30 PM

Ann Karner, Chair (akarner24@gmail.com)

Parish Finance Council

Meetings 4th Thursday at 5:30 PM

Mike Aeling, Chair

Sacramental Information**Reconciliation**

Saturday from 3:45-4:15 PM

or contact Fr. John in the parish office

Communal celebrations as announced

Baptism

One pre-baptismal session is required.

To register for a pre-baptismal session or to schedule a celebration, call the parish office.

Marriage

Arrangements must be made with the pastor at least six months in advance of the desired date.

Parish Prayer Line

8:00 - 10:00 AM 651.735.0004

Mary Butler-Levine

4:00 - 6:00 PM 651.342.8879

Pat Kackman

Parish Communication**Bulletin Notices**

Due 5:00 PM Monday

thea.munoz@stpascals.org

Mass Announcements

Due 12:00 PM Tuesday

keri.mader@stpascals.org

Like, follow & share us on Facebook:
St. Pascal Baylon Catholic Church

Mass Times & Intentions

Readings

February 19, 2023

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

Make a Smartphone Donation to St. Pascal's!

1. Scan this QR code with your phone.
2. Open the secure link and follow the prompts.
3. Thank you!



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

Mk 9:14-29

Tuesday:

Sir 2:1-11

Ps 37:3-4, 18-19,

27-28, 39-40

Mk 9:30-37

Wednesday:

Ash Wednesday

Jl 2:12-18

Ps 51:3-62a, 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 5:12-19

Mt 4:1-11

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: Brioschi 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, Brioschi Hall

5:30pm Finance Council: Staff Lounge

Friday, February 24

9:00am Men's Club Fish Fry Setup: Brioschi Kall, Kitchen

4:30pm Men's Club Fish Fry: Brioschi Kall, Kitchen

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: Brioschi Hall

3:30pm Merrick Food Distribution: Flandrau Lot

7:00pm Boy Scouts: Brioschi 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: Brioschi Hall

Friday, March 3

9:00am Men's Club Fish Fry Setup: Brioschi Kall, Kitchen

4:30pm Men's Club Fish Fry: Brioschi Kall, Kitchen

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: Brioschi Hall

Disaster Relief

Help our neighbors in Turkey and Syria in the aftermath of the devastating earthquake. Donate now to CRS.org.

Let us pray together for the victims and all suffering from the earthquakes that devastated Turkey and Syria.

ST. PASCAL BAYLON CATHOLIC CHURCH



A Lenten Parish Mission

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

1757 Conway Street
St. Paul, MN 55106
651-774-1585
www.stpascals.org

Parish Contact:
Kim Roering
kim.roering@stpascals.org



2023 LENT & EASTER

WORSHIP & EVENT SCHEDULE



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)



1757 Conway Street | Saint Paul, Minnesota

church@stpascals.org | 651.774.1585 | www.stpascals.org

Join Us for Mass Online! Celebrate livestream Masses through the parish [Facebook](#) page or [YouTube](#) channel.

ASH WEDNESDAY



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



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.

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.



THIS WEEK AT HOME

Monday, February 20 The Gift of Wisdom

The first reading attributes wisdom to our Lord. The Lord pours wisdom upon all his works, upon every living thing, upon his friends. What a gift for each of us! Lent invites us to a time of intentionality, a time of turning our hearts and minds toward this gift of wisdom. These days leading up to Ash Wednesday offer us the opportunity to till the soil of our hearts for the seeds of the Lord's wisdom. Make plans to participate in Ash Wednesday services this week. *Today's readings: Sirach 1:1–10; Psalm 93:1a, 1cd–2, 5; Mark 9:14–29.*

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. *Today's readings: Sirach 2:1–11; Psalm 37:3–4, 18–19, 27–28, 39–40; Mark 9:30–37.*

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.*

Thursday, February 23 Put God First

Jesus instructs, "Whoever loses his life for my sake will save it." Essentially, Jesus commands us to put God first. These early days of Lent encourage us to set our spiritual priorities for the journey ahead. The opportunity to join others in praying the Stations of the Cross is available at many parishes during Lent. Through the stations, we prayerfully remember the dramatic moments our Lord experienced in the final hours of his life. Resolve to participate in this devotion sometime in the next forty days. *Today's readings: Deuteronomy 30:15–20; Psalm 1:1–2, 3, 4 and 6; Luke 9:22–25.*

Friday, February 24 Fast Mercifully

The Church asks us to abstain from meat and to fast on the Fridays of Lent. Our Scriptures today help us understand the spiritual practice of fasting. The prophet Isaiah describes fasting as setting the oppressed free, sharing our bread with the hungry, sheltering the homeless, clothing the naked, and not turning our backs on our own. Fasting is active participation in the corporal works of mercy. How can we commit ourselves even more to caring for those in need in our community this Lent? *Today's readings: Isaiah 58:1–9a; Psalm 51:3–4, 5–6ab, 18–19; Matthew 9:14–15.*

Saturday, February 25 Keep the Sabbath Sacred

The Scriptures continue to coach us in planning our Lenten practices. Isaiah reminds us of the command to keep the Sabbath as a holy day. This is hard to do in our modern world. But Lent offers us an opportunity to renew our resolve to make Sunday a day to rest in God. Plan a special Sunday meal for each week of Lent. Set aside time for holy rest. Take a long walk, visit a neighbor, pick up some spiritual reading, or try a new craft. *Today's readings: Isaiah 58:9b–14; Psalm 86:1–2, 3–4, 5–6; Luke 5:27–32.*

