



Donate Now



CONTACT

605-787-5168 - OLBH.ORG
olbh@olbh.org
12365 Sturgis Road
Piedmont, SD 57769
Office Open M-F 8:30-2:30pm

LITURGY & PRAYER

Sunday Liturgy:

Saturday, 5 PM
Sunday, 8 & 11 AM

Daily Liturgy:

Tuesday-Friday, 8 AM

Eucharistic Adoration:

Wednesday, 8:30-7:30 PM

Reconciliation:

Wednesday, 5:30-6:30 PM
Saturday, 3:30-4:30 PM
First Fridays, 8:30-9:30 AM

First Friday Devotion:

Following Daily Mass on
First Fridays

CLERGY

Pastor:

Fr. Andrzej Wyrostek

Deacons:

Deacon. Walt Wilson, Retired
Deacon. John Osnes
Deacon Greg Sass

STAFF

Katie Harwood,
Parish Administrative
Assistant & SEC
Rhonda Gehlsen,
Coordinator of PreK-12
Faith Formation
Angela Hart, Coordinator
of Adult Faith Formation &
Evangelization
Lorraine Rieth-Ptacek,
Director of Liturgy & Music
Todd Phillipe,
Maintenance
Lorinda Collings, Bookkeeper

The Saturday Vigil Mass at 5 PM is
livestreamed on the Our Lady of
the Black Hills Facebook page and
then posted on olbh.org.

**“Do not think that I have come to abolish the law or the prophets. I
have come not to abolish but to fulfill.”**

(Mt 5:17)

Reflection from Tim

I have had the privilege of being a mentor to Mr. Tim Minihan, a member of St. Patrick Parish in Lead, during his formation for the permanent diaconate. When I read his reflection on this Sunday's Gospel reading, I knew that the Holy Spirit has truly been forming and inspiring him for diaconal ministry. With his permission, I am sharing his reflection with you. Keep the Faith! Dcn. John

In this Sunday's Gospel reading, we hear Jesus getting down to the root of the problem that brings a person to the point of breaking a Commandment. I remember when I first started trying to understand this reading, I couldn't get past the words, "Whoever is angry with his brother..." This was a stumbling block for me. I am the fourth of seven children, with the five of us boys, averaging about a year and three quarters apart in age, in the middle between two sisters. Imagine what a nine-mile drive from the farm into town for Mass would sound like with all of us squeezed into the back of Mom and Dad's station wagon.

By the end of that car ride, it didn't take much for any of us boys to arrive at church angry, not with just one but quite possibly with all four of the others. Once we all filed in and were settled in the pew, it was as if our priest was reading this particular Gospel directly to us boys. All I could think of was, "Ok, I understand You Shall Not Kill," and feeling assured that I'd never come close to breaking this commandment, so I thought to myself, "I'm good." But then Jesus added that I can't even be angry with my brothers. These words had me thinking, if I ever accomplished never being angry with them, I would most assuredly be going to Heaven!

In our Gospel reading, Jesus goes on to break down a few more of the Ten Commandments. He is not adding to them; he is simply clarifying them by getting to the root of how a person begins traveling down the road to breaking them. Jesus is providing us some troubleshooting advice. When he explains "You shall not kill," he is narrowing it down to the root of being angry with another. When Jesus says, "If your eye causes you to sin," he is referencing "You shall not commit adultery." The root cause is looking at another person with impure thoughts.

Jesus is asking us to look for the cause of sin and rid ourselves of it before it becomes greater. Many times, we just want to fix a problem without giving much thought to what caused it. Let's put this in a modern-day perspective. If you are watching TV and you find that it makes you angry, turn it off and unplug it. For it is better for your TV to be off than for you to end up in fiery Gehenna. This could also be applied to our computers and smart phones; if they are the cause of your sin, get rid of them.

Jesus doesn't want us to continuously fix the breakdowns in our lives and just continue on. He wants us to fix them for good. His desire is for us to be with him forever. Each day conduct an examination of your day. If there is a common breakdown, something that causes you to sin repeatedly, do some troubleshooting... and ask the Healer of all things to help you fix it.

Faith Formation Coordinator Wanted

Our Lady of the Black Hills – Piedmont is looking to hire a PreK-12 Faith Formation Coordinator. The incumbent will plan, coordinate, implement, and evaluate parish-based faith formation for children and youth from pre-kindergarten through 12th grade. Qualifications include a bachelor's degree preferable in theology, catechesis or a related field. We are looking for someone who practices the Catholic faith and has a personal relationship with Jesus Christ and can articulate the Catholic faith as taught by the Catholic Church. Excellent organization and communication skills required. Completion of (or commitment to complete) the catechist certification program through Catechesis of the Good Shepherd and the *Veritatis Splendor* Institute are required. Please share this position with anyone you think may be interested. Please learn more at <https://www.olbh.org/we-re-hiring> or contact the OLBH office at 605-787-5168. or olbh@olbh.org.

Ash Wednesday

February 22

Mass at 8 AM & 6 PM

Our Lady of the Black Hills – Piedmont



CELEBRATE MARDI GRAS!

FEBRUARY 18TH
WINE & CHEESE
FOLLOWING 5 PM MASS

FEBRUARY 19TH
COFFEE AND ROLLS
FOLLOWING 8 AM MASS

OUR LADY OF THE BLACK HILLS - PIEDMONT

Aquam in Vinum Amicus (Ava)

Water into Wine with Friends

Fr. Andrzej, Deacon John and Joni Osnes,
Phillip and Teresa Thompson invite you to a

Wine and Cheese party

Saturday, February 18th 6:15 – 7:30 p.m.

Child care provided

Linguini and Lent

- Saturday, Feb 18
- 12-3:30pm
- OLBH, Piedmont

Food, Faith, & Family Day

Come join your church family for some chicken alfredo, bring a side dish if you're able, and prepare together for Lent!

All are welcome to attend a day of prayer, learning, and lunch ending with Reconciliation.

Potluck sign-up with Angela at angela.hart@olbh.org or call the church office at 605-787-5168



Reconciliation

Lenten Fridays
5-5:45 PM



Stations
OF THE CROSS

Lenten Fridays
6 PM

All are welcome!



Knights of Columbus

FISH FRY FRIDAYS
Lenten Fridays
6:30 PM

Our Lady of the Black Hills - Piedmont

Starts February 24th

Lenten Bible Study

Pick your day and time and GET REGISTERED

www.olbh.org/lent-study

Study the upcoming Sunday Scriptures

Weekly Schedule

Monday, February 13

7:30 AM Early Bird Bible Study

Tuesday, February 14

**Saints Cyril, Monk, and Methodius, Bishop
No Mass**

Wednesday, February 15

8 AM Mass for the repose of Leo Fortsch

8:30-7:30 PM Adoration

9-12 Noon Food Pantry Open

5:30-6:30 PM Confessions

6:15-7:30 PM Faith Formation

Thursday, February 16

8 AM Mass for Jennifer Starks

9 AM 'Just' Men's Bible Study

9 AM Sunday Scripture Bible Study

Friday, February 17

The Seven Holy Founders of the Servite Order

8 AM Mass at OLBH for Vocations

Saturday, February 18

BVM on Saturday

9-12 Noon Food Pantry Open

12-3 PM Linguini and Lent

3:30-4:30 PM Confessions

5 PM Mass for the repose of Doug Kading

Wine and Cheese – Mardi Gras Theme!

Sunday, February 19

SEVENTH SUNDAY IN ORDINARY TIME

8 AM Mass for the repose of Eugene Frank
Williamson

Mardi Gras Pączki (donuts)

11 AM Mass for the community of Our Lady of
the Black Hills and for our sister parishes of
Kenel, McLaughlin, and Bullhead

WEEKLY MINISTRY SCHEDULE

2/18 SATURDAY 5 PM MASS with Fr. Andrzej

Altar Servers: Meaghan Aller (lead)
Dominic Hoiten and Stella Curtis

Lectors: Jan Evans (1st)
Jonathan Allen (2nd)

Hospitality: NOT FILLED

Sacristan: Joe and Linda Schacher

Eucharistic Minister – Deacon John Osnes

2/19 SUNDAY 8 AM Mass with Fr. Andrzej

Altar Servers: Fred Weishaar (lead)
Leo and Talia Edwards

Lectors: Diane Clarke (1st)
Lynelle Sazama (2nd)

Hospitality: Barb and Mike Coyle

Sacristan: Bob Weaver

Eucharistic Minister – Body: Deacon John Osnes

2/19 SUNDAY 11 AM Mass with Fr. Andrzej

Altar Servers: Sydney Bremer (lead)
Cole and Cash Litzen

Lectors: Bernie Usera (1st)
John Usera (2nd)

Hospitality: NOT FILLED

Sacristan: Stacy Tate

Eucharistic Minister – Deacon John Osnes

STEWARDSHIP

"All good giving and every perfect gift is from above" (Jas 1:17)			
February 4-5, 2023			
	Automatic	Basket	Total
Adopt a Seminarian	54	-	54
Sunday Collection	2,759	4,716	7,475
Building Fund	42	250	292
Mass Intention	-	-	20
Priest Retirement	2	-	2
Steubenville			70
Coffee and Rolls			25
Total Contribution	2,857	4,966	7,687.90

Did you know that OLBH is a Stewardship Parish?
We ask that you give us your time, your talents, and your
treasure to support our wonderful parish. Please
prayerfully consider automatic contributions via
electronic withdrawal at www.olbh.org/donate.

PRAYER MINISTRIES

PRAYER CHAIN To add an intention to our OLBH prayer chain text Shanesa Rhodes at 605-786-4240 or email her at shanesarhodes@gmail.com.

MASS INTENTIONS To request a Mass Intention please fill out the envelope on the back counter of the Narthex or call Katie in the office at 605-787-5168.

PRAYER SHAWL MINISTRY To obtain a prayer shawl, contact the office at 605-787-5168.

COMMUNION FOR THE HOMEBOUND If you or family member are sick at home or in the hospital and you would like communion from a priest or lay extraordinary minister of the Eucharist, please call the office at 605-787-5168.

ANOIDING OF THE SICK If you or a family member has been diagnosed with an illness, are preparing for surgery, or in the case of serious illness, please call the office to request the sacrament at 605-787-5168.

INTENTIONS OF THE HOLY FATHER FOR FEBRUARY

Pope's Intention: We pray that parishes, placing communion at the center, may increasingly become communities of faith, unity, and welcome towards those most in need.

SCRIPTURE READINGS

The weekly readings are on the USCCB.org website.

Monday: Gn 4:1-15, 25; Ps 50:1 and 8, 16bc-17, 20-21; Mk 8:11-13

Tuesday: Gn 6:5-8; 7:1-5, 10; Ps 29:1a and 2, 3ac-4, 3b and 9c-10; Mk 8:14-21

Wednesday: Gn 8:6-13, 20-22; Ps 116:12-13, 14-15, 18-19; Mk 8:22-26

Thursday: Gn 9:1-13; Ps 102:16-18, 19-21, 29 and 22-23; Mk 8:27-33

Friday: Gn 11:1-9; Ps 33:10-11, 12-13, 14-15; Mk 8:34—9:1

Saturday: Heb 11:1-7; Ps 145:2-3, 4-5, 10-11; Mk 9:2-13

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

NECROLOGY

To remember in prayer for the repose of their souls those whose deaths are recorded in the parish; and the bishops, priests, and deacons that served in the Diocese of Rapid City. We pray for:

February 13	Rev. John Toohey, C.S.C. (1905) Rev. Leo O'Doherty (1994) Mrs. Arthur Ricard (1944) Florence Jean Stewart (2022)
February 14	Rev. Aloysius Bosch, S.J. (1903) Esther Keenihan (1969)
February 15	Darrell Danderson, Sr. (2008)
February 16	Rev. Henry H. Kelly (1933) Rev. William P. Diskin (1980)
February 19	Rev. Charles Metger, E.O.P. (1890) Rev. William Boat (1983) Leota M. Thomson (1998)

PRAYER REQUESTS**FOR OUR ILL AND HOMEBOUND**

Call 605-787-5168 to add a name to the prayer list. These individuals are in special need of your prayers. We pray for Edwin and Omel Weaver (parents of Bob Weaver), Blanche Rieth, Jean Schacher, Bernard Wiehl, Sid and Mary Ann Pulaski, Marjorie Lee, Jeff Feist, Vickie Crowley, Cap Holzer, Linda Schacher, Joyce Kinney, Tony Corbine, Joe George, Tim Curns, Dean Antonsen, Cathy Luedtke, Jim O'Dea (father of Holly Phillips), Carol Michaelson (mother of Linda Schacher), Joyce DePaulo, John Mizenko Sr., Norbert Liebig, The Nally Family, Jean Scheope, Ruth O'Neil, Jasper Wermers (grandson of Doug and Peggy), Tim Keller (son-in-law of the Holzers), Craig Lindemann (uncle of Maggie Whiteside), Kevin and Julie Spors, Barb Coyle, Crescencia Yanez (aunt of Brenda Mizenko), Lisa Yantes (DeWayne and Helen's daughter), Iris Overholt, Erica Anderson, Greta (granddaughter of Dcn John and Joni), Joe Vetch, Lori Moore, Lenny Tellefson, Mary-Elizabeth Crane (sister of Sheila Keeler), Mary Antonsen, Scotty Hudson, Sheila Keeler, Karen and Dennis Lau, Mary Wurtz, Zoe, Kathleen Leutenegger, Willard Olson, Tracy Rudnick, Carol Arellano, Donna Duppong (sister of Bernie Gerving)

FOR THE DECEASED We pray for the repose of Betty Jorgensen (sister of Helen Riedlinger), Blondie Wagner (mother of Joni Osnes), Arlo Jahner (brother of Dorothy)

Welcome Visitors!

We hope you have enjoyed sharing in the celebration of the Mass with us. Whether you are new to the area or have lived here for years, coming to visit, or returning after a long break, welcome to our parish family. Please come again! We have opportunities for all ages and stages of faith. Please pick up a welcome packet from the counter in the gathering space. If you are passing through, we hope you will call our parish your "home away from home" and visit again soon!



Like us on facebook
@UpliftingParentsCSS

Uplifting PARENTS

APPLICATION CYCLE OPENING

FEB 1ST - MARCH 15TH

What is the Uplifting Parents Program?

The UP Program is a referral based, financial assistance and mentoring program. We work with single parent college students to help encourage them to complete their degree. Participants receive a monthly stipend and work closely with a mentor to achieve their goals.

What We're About:

- Funding for Single Parents
- Supportive Mentoring
- Help with Parenting Skills
- Connections to Community Resources

How do I know if I qualify?

If you are a single parent (or currently expecting), self-motivated, and within 2 years of completing your college degree, then you likely qualify!

How do I apply?

You can apply online!



For More Information:
For more information on our referral partners or to inquire about our program visit our website or give us a call.

www.upliftingparents.org



Catholic Social Services
529 Kansas City Street
#100 Rapid City, SD
57701
Phone: 605.348.6086

Healing Retreat:

An Encounter with Jesus' Healing Power Today

Directed by **Clare Ten Eyck** with opening remarks by **Bishop Peter Muhich**

Friday, February 24 at 6:00PM - Saturday, February 25

Cathedral of Our Lady of Perpetual Help Parish Hall

Clare is a much sought-after speaker with over 35 years of counseling experience from a Catholic perspective. Dr. Ten Eyck is a mother of nine children and a secular Carmelite. She has given numerous retreats on spiritual growth, prayer, spiritual direction and inner healing for priests, religious and laity.

We invite you to join Bishop Peter Muhich and Dr. Clare Ten Eyck as they lead us to a deeper understanding and an experience of Jesus' healing ministry in the Church today.

Our hope is to provide you with an opportunity to Encounter Jesus; His love for you and his power to heal, and to leave better equipped to share His love and healing with others.

TO REGISTER, CLICK HERE



OR VISIT WWW.RAPIDCITYDIOCESE.ORG/REVIVALSPring



**JOHN T. VUCUREVICH
FOUNDATION**
...to make a piece of the world a brighter place.

ANNUAL ST. VINCENT DE PAUL

Venten Retreat 2023

ST. THERESE, THE LITTLE FLOWER CATHOLIC CHURCH
MARCH 18 | 9:00AM - 4:00PM

PLEASE RSVP TO RITA (605) 381-4988 OR
DEACON DON MOORE (972) 995-7853

HAVE YOU prayed about GOING TO RCCSS?

New Family
Registration Feb. 21

Developing Personal and
Academic Excellence in
the Catholic Tradition

FOR MORE INFO, CONTACT
MARCIA WERNER

(605) 343-8484 ~ mwerner@rccss.org

Join our FAMILY!

PASTORAL MINISTRY DAYS

March 5-7, We invite you to enter the heart of the Eucharistic Revival with Bishop Peter Muhich, and one of our national Eucharistic Preachers, Fr. Luke Spannagel, from the Diocese of Peoria, for Eucharistic formation, prayer, and preparation for the second year of the Revival, the parish year.

<https://www.rapidcitydiocese.org/pmd23/>

Lenten Small Group Bible Study



Participants will discuss the upcoming Sunday's scripture readings

Group sizes are limited, and registration for each group is on a first-come, first-serve basis. There are several opportunities to attend:

- Sunday at 9:30-10:30am beginning Feb 19 with Jeremy Thompson
- Sundays at 6-7pm beginning Feb 19 with Lee Ann Den Otter
- Mondays at 6:30-7:30pm beginning Feb 20 with Ken & Kathy Van Asma
- Wednesdays at 6:15-7:30pm beginning Feb 22 with Katie Harwood
- Fridays at 9-10am beginning Feb 24 with Jan Evans
- Fridays at 6:30-7:30pm beginning Feb 24 with Dave Allardyce

Lent calls us to fast, give alms, and experience God's unconditional Love for us! Lent begins February 22.

*Lent is around
the corner! 😊*

Register soon by calling the office
at 605-787-5168 or visit
<https://www.olbh.org/lent-study>

LENT 2023

Our Lady of the Black Hills

Fr. Andrzej Wyrstek, Pastor

= a day of fasting and
abstinence from meat



= a day of abstinence
from meat



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>).</p>						
<p>26</p> <p>Imagine being responsible for all the souls in the world. Offer a Rosary for the intentions of the pope.</p>	<p>27</p> <p>Ask God to show you what is keeping you from experiencing His love fully - worry, fears, sin. Resolve to deal with it by Easter.</p>	<p>28</p> <p>Offer an extra small sacrifice for God, just for today - coffee without cream, lukewarm shower, no snacking, etc.</p>	<p>22 Ash Wednesday</p> <p>Wear ashes today as a sign that you are seeking both forgiveness and eternal life from Christ.</p>	<p>23</p> <p>Start a prayer book and record those for whom you pray or for what you pray. Also keep track of how God answers your prayers.</p>	<p>24</p> <p>Catholics are required to abstain from meat on Fridays during Lent as a form of penance.</p>	<p>25</p> <p>The Bible teaches us to deny ourselves and give instead to those in need. Read Matthew 6:1-4 to learn more about sacrificial almsgiving.</p>
<p>5</p> <p>After Mass today, go out to eat with other parishioners from church.</p>	<p>6</p> <p>Dive deeper into your faith. Skim the glossary in the Catechism for an unfamiliar term and learn the Church's teaching about it.</p>	<p>7</p> <p>Pick an issue in the news and pray over it today.</p>	<p>1 March</p> <p>Enjoy pretzels -- a traditional Lenten snack. The "crossed" arms of the pretzel recalled monks at prayer.</p>	<p>2</p> <p>Today, look for opportunities to practice the virtues humility, patience, and kindness.</p>	<p>3 First Friday</p> <p>Attend Mass or visit the Blessed Sacrament (find the red candle). Be present to Him who is present to you.</p>	<p>4</p> <p>Set up an empty box or bin. Throughout Lent, fill it with gently used clothes. Bring it to a local charity at the end of Lent.</p>
<p>12</p> <p>Reread John 4:5-30. How is Christ calling you closer to Him? What "jug" would you leave behind?</p>	<p>13</p> <p>Refuse to gossip, either in person or on screen. Affirm every person or keep silent.</p>	<p>14</p> <p>Write down your worries. Place the list under a statue or image of Jesus. Pray, "Jesus, I surrender this to You. Take care of everything."</p>	<p>15</p> <p>Attend Confession and experience God's mercy. Resolve to make amends where you can.</p>	<p>16</p> <p>Check out Catholic Relief Services to see how you can support their projects. Look here: https://www.crs.org.</p>	<p>17 St. Patrick's Day</p> <p>In honor of St. Patrick, evangelize silently by wearing a symbol of your faith (e.g. a cross, medal).</p>	<p>18</p> <p>Contact local shelters and soup kitchens and ask if they need volunteers.</p>
<p>19 Laetare Sunday</p> <p>Unless it's sinful, enjoy something you gave up for Lent in joyful anticipation of Easter!</p>	<p>20 St. Joseph's Day</p> <p>St. Joseph silently, selflessly cared for Mary and Jesus. Pray for fathers and entrust them to St. Joseph's care.</p>	<p>21</p> <p>Do an act of kindness. Whether openly or secretly, do it for God's glory. It's really Him you're serving.</p>	<p>22</p> <p>Take the box of clothes you set up on March 4 to a clothing drive.</p>	<p>23</p> <p>Pray for an increased faith throughout the Church in the Real Presence of Christ in the Eucharist.</p>	<p>24</p> <p>Practice patience... patiently. "Be patient with everyone, but first of all with yourself" (St. Francis de Sales).</p>	<p>25 Annunciation of the Lord</p> <p>Mary said "Yes!" to God's plan. Pray three Hail Marys, for the grace to give your "Yes" to Him, too.</p>
<p>26</p> <p>Fast from unnecessary screen use today. Use the time to read a book, walk outside, pray.</p>	<p>27</p> <p>This week, get up when the alarm goes off and offer your day to God's service.</p>	<p>28</p> <p>Send your parish priests a "spiritual bouquet" — listing the prayers you'll offer for them (e.g. three Hail Marys, an Our Father).</p>	<p>29</p> <p>Today, complete an errand or chore you've been putting off.</p>	<p>30</p> <p>The Our Father is the prayer given to us by Jesus. Pray each line slowly. Really think about what you are saying.</p>	<p>31</p> <p>Today, fast from complaining. Cultivate gratitude instead.</p>	<p>1 April</p> <p>Declutter, dust, and clean the house in preparation for Holy Week — the holiest time of the year.</p>
<p>2 Palm Sunday</p> <p>Display blessed palms around your home, "that the King of Glory may come in!" (Psalm 24:7)</p>	<p>3</p> <p>Holy Week is a busy time for parishes. Stop by your parish office and ask how you can help.</p>	<p>4</p> <p>Pray for those who are coming into the Church at the Easter Vigil.</p>	<p>5</p> <p>Judas betrayed Christ. Consider how our sins betray Jesus and make a sincere Act of Contrition.</p>	<p>6</p> <p>Holy Thursday</p> <p>Visit the Blessed Sacrament. Offer Him your love for the "lost hour" of Gethsemane (Matthew 26:40).</p>	<p>7 Good Friday</p> <p>Read the Passion Narrative. John 18, 19. See Jesus' offering of love for you. How will you respond?</p>	<p>8 Holy Saturday</p> <p>Renew your baptismal vows and commit to living your faith more fully this year.</p>

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

February 2023

Our Lady of the Black Hills

Fr. Andrzej Wyrostek, Pastor

One Minute Meditations

Flee temptation

Christians are meant for Heaven.

Yet, the world can work against our efforts for holiness. St. Peter tells us to “*escape the corruption in the world caused by evil desires*” (2 Peter 1:4). Ask God often to protect you from sin, to give you the wisdom and courage to make good choices and, become sensitive to the promptings of the Holy Spirit. God will reveal when you’ve messed up, and rejoice with you when you get it right.

Serve without complaint

Every job has aspects about it that are tedious, messy, and unrewarding, yet they are necessary. However, they can be opportunities to grow in virtue: humility, patience, self-discipline, etc. When you dread doing your work, smile and say a prayer, “*and your Father, who sees in secret, will repay you*” (Matthew 6:4).

“The works of God are all of them good; in its own time every need is supplied” (Sirach 39:16).



Take steps to share your faith during Lent

Jesus didn’t intend for the Great Commission – “Go, therefore, and make disciples of all nations” (Matthew 28:19) – to be a heavy burden.

He meant witnessing to His love to come through the natural course of living a Christ-inspired life. Consider making more disciples this Lent:

Live a Catholic life. Non-believers may hear what we say about Jesus, but they are persuaded by seeing how our love for Him shapes our lives. It is critical that worship – Sunday Mass, Confession, Scripture – informs our life choices. When we spend time in Jesus’ presence, His character rubs off on us.

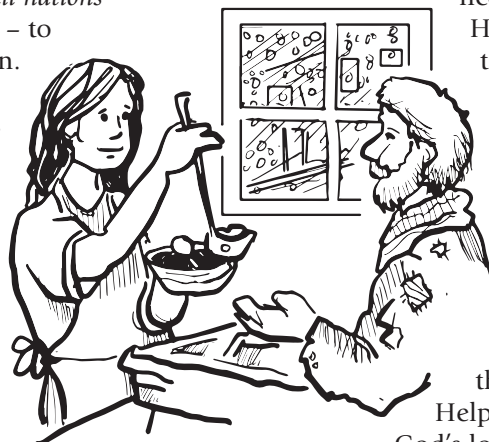
Bring Christ out into the world. Jesus asked that we care for the poor and needy, thus acting as

His hands and feet in the world. We may not be able to solve all of their problems, but we can show them the reality of Christ’s love in their lives.

Talk about God’s plan. God wants us each to experience the peace He offers.

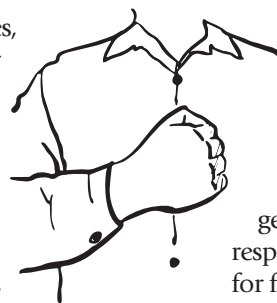
Help others know that God’s love is personal and He has a specific plan for each of us.

Invite. Some people will be ready to “come and see,” so consider inviting seekers to Mass. Others might be ready to “take up and read.” Share your favorite inspirational reading. If you need other suggestions, ask your pastor or favorite religious.



Why Do Catholics Do That?

When we use our voices, our minds, and even our bodies during prayer, we pray with deeper meaning and enthusiasm. During the Confiteor at Mass, for example, we strike our chest three times, saying,



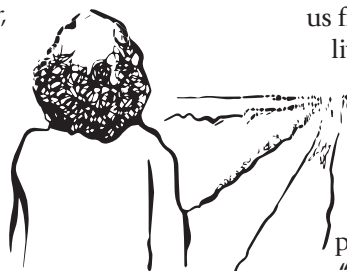
“through my fault, through my fault, through my most grievous fault.” It’s an ancient symbol of sorrow and repentance for having offended God or hurting our neighbor. Such a gesture reminds us to take responsibility for our actions and pray for forgiveness and grace to change.

Why do Catholics strike their chests?

Lent leads us back to God

"For gracious and merciful is he, slow to anger, rich in kindness, and relenting in punishment" (Joel 2:13). Lent may be a penitential season, but it is also a wonderful reminder that no matter how we let sin interfere in our relationship with God, He always wants us back. Gracious and merciful is He.

"Return to me with your whole heart." Throughout the year, sin creeps into our daily lives almost without our noticing. A bad habit such as using bad language or gossiping can keep



us from loving God fully. Lent is a time to examine our lives and sweep aside whatever keeps us from giving God our whole heart.

"Rend your hearts, not your garments." God doesn't just want outward acts of repentance. Our Father wants a change of heart. Start with Confession and then practice virtues such as prudence, temperance, and fortitude.

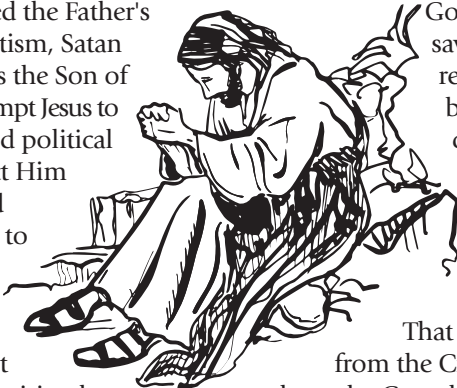
"Gather the people, notify the congregation." Become more active in your parish to build it up. Consider attending Mass more often than just once a week.

from Scripture

Matthew 4:1-11, Victory in the wilderness

In this passage, Jesus is tempted by the devil. Having witnessed the Father's declaration at His baptism, Satan tested Jesus' identity as the Son of God. His goal was to tempt Jesus to embrace an earthly and political mission and to distract Him from the suffering and death that would lead to the world's salvation.

Satan tempted Jesus to satisfy His hunger with a miracle – to put physical needs above spiritual needs. In His response, Jesus taught us to put spiritual needs first and to entrust both body and soul to God's care. Next, Satan commanded Jesus to jump from



the temple roof in an effort to force God to miraculously save Him. Again, Jesus refused. God is not to be forced or controlled.

Finally, Satan offered to surrender all the kingdoms of the world if Jesus would worship him.

That would save Jesus from the Cross. Instead, Jesus chose the Cross because it was the only way to save us. When tempted to do what's "easy" versus what's morally right, ask for the strength to choose what's right.

Q & A

What's a simple way to explain the Faith, if asked?

St. Peter says to be ready to *"account for the hope that is in you"* (1 Peter 3:15). Consider using this simple, five-point explanation, inspired by Bishop Michael Jackels:

Pinky: The smallest finger recalls our weakness and need for a Savior.

Although Jesus redeemed us, we're still weak and must pray for God's graces daily.

Ring finger: To save us, Jesus took on our human nature, "wedding"

Himself to us. At Sunday Mass, we worship God and become one with Him in Holy Communion.

Middle finger: Jesus was raised up on the Cross for sins, then raised from the dead. We attend Confession monthly and receive the saving graces. We hope to be raised to eternal life.

Pointer: Jesus' call is universal, yet personal. He singled you out and chose you to follow Him; only you can give Jesus your "Yes" – in word and deed.

Thumb: Lastly, hitchhikers point their thumbs to ask, "Are you on my way?" Likewise, we're called to ask, "Are you going His Way?" (John 14:6).



Feasts & Celebrations

Lent begins February 22, and is devoted to the Passion of Our Lord. One form of observance is to pray the Stations of the Cross and meditate on Jesus' walk to Calvary.

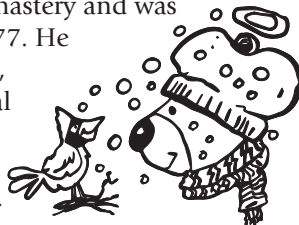
February 1 – St. Brigid of Ireland (525). Born to an Irish chieftain and an enslaved mother in Ireland, St. Brigid founded a monastery for monks and nuns at Kildare and served as abbess until her death.

February 11 – Our Lady of Lourdes (1858). A heavenly "lady" appeared to St. Bernadette Soubirous, a poor girl

from a village in France and a miraculous spring emerged from a nearby cave. The "lady" revealed herself as the "Immaculate Conception," the Blessed Virgin Mary.

February 22 – Ash Wednesday. The first day of Lent. Ashes are placed on the foreheads as a sign of penance.

February 27 – St. Gregory of Narek (1003). Born in Armenia to a devout Christian family, St. Gregory entered the Narek Monastery and was ordained in 977. He wrote treatises, letters, mystical poems, and Scripture commentaries.



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