

Come in and have your faith lifted

This week as we begin the Season of Lent we can let it be a time of growth and change in our lives. The church and the Sacred Scriptures challenge us to do three things during Lent: fasting, praying and almsgiving, so you might consider doing something in each of these areas.

I also encourage you to increase your prayer life by attending one daily Mass every week, attending Adoration on Wednesdays, or individual Stations of the Cross and Mass on Fridays and by attending all of the Holy Week Liturgies. Let's try to arrive at Easter with our minds and hearts renewed. —Fr. Hung Q. Pham

Fasting and Abstinence

Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday (one main meal and two smaller meals...nothing in between). Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Rosary on Tuesdays

What: Meditation Rosary
When: Tuesdays at 1:00 p.m.
Where: Parish Hall



Even with the meditation/teaching, the Rosary concludes by 1:25 p.m.

Stewardship Reflection

Surrender

Gen 9:8-15 / 1 Pet 3:18-22 / Mk 1:12-15

This week we entered the season of Lent. Some people view this as a time of deprivation and temptation, which is somewhat negative. Let us, instead, view this season as a time for *fiat* and sanctification. This is a time to turn away from our own sinful ways and turn toward God!

In the reading from Genesis, we see Noah, who has just come out of the ark. Noah put aside his situation, built a boat, climbed aboard with his family and a bunch of animals, and he drifted for forty days. He waited for God's signal that all was well. There is nothing logical about this! Noah acted in faith; he surrendered his will to God's.

Psalm 25:9 tells us that "[God] shows sinners the way. He guides the humble to justice..." God wants to help us grow, but we have to let Him do so, even if it defies logic. This is *fiat*! So take a moment today, if you have not already done so, to ask God to help you grow as a disciple and as a steward. Ask Him to reveal His plan for your life. Ask Him to help you be humble enough to listen. Ask Him to help you surrender your own will to His.



Lenten Devotions at St. Anthony/St. Rose

Tuesdays of Lent: 1:00 p.m. Meditation Rosary, P. Hall
1:30 p.m. A Personal Encounter with the Power of the Gospel by Fr. Mark Toups (Lenten Companion)

Fridays of Lent: 6:00 p.m. Mass followed by individual Stations of the Cross

Every day of Lent a daily reflection can come to your Inbox if you sign up.

Every week of Lent weekly presentations are available online from Ascension Press and from The St. Paul Center.

Every day of the year, starting this Lent, you can listen to the Bible in a Year reading program in 15-20 minutes a day.

Dynamic Catholic will send an email to your inbox every day with a quick video and Lenten Reflection. Be the best version of yourself! Go to dynamiccatholic.com/bestlentever to sign up.

Formed.org will send an email every day with a Lenten reflection video by scripture expert, Dr. Tim Gray. If you haven't set up your account yet, go to formed.org, click on SIGN UP, select I BELONG TO A PARISH OR ORGANIZATION, and enter our code 6XDPB2. It's FREE.

Ascension Press ascensionpress.com has the Ascension Lenten Companion online. Click on "watch this year's videos." The videos are free, but you need the study guide. Below the video play list, click on "Return to Lenten Companion, Year B." Roll down to the Lenten Companion eBook and avoid the delivery delays.

At St. Paul Center <https://stpaulcenter.com/> click on the Parousia: The Bible and the Mass. Enter your email to receive free access to the videos/scripture study. The study guide is print only.

Bible in a Year is Fr. Mike Schmitz reading the Bible to you and explaining what each passage means. The reading and the explanation takes only 15-20 minutes. The reading plan is available for download. There's no issue if you miss a day. You just pick up where you left off. Go to ascensionpress.com. You may begin any time, even though Fr. Mike started reading on Jan. 1.