Praised be Jesus Christ! Now and Forever! Lent is a holy time. That is to say, Lent can be a holy time, if we cooperate with God's grace, the Sacred Liturgy (i.e. reading the Sacred Scriptures of the day before Mass and praying through the other prayers of Mass and other devotionalis), and good old fashioned Catholic customs (i.e. prayer, fasting, and almsgiving)...in all of these things we can enter more deeply into this Sacred time. A holy abbot from the 11th century named Ælfric of England said: “Now a pure and holy time draws near, in which we should atone for our neglect. Every Christian, therefore, should come to his confession and confess his hidden sins, and amend according to the guidance of his teacher.” About 1000 years later, Pope Benedict in 2011 said: “through the personal encounter [in Lent] with our Redeemer and through fasting, almsgiving and prayer, the journey of conversion towards Easter leads us to rediscover our Baptism. This Lent, let us renew our acceptance of the Grace that God bestowed upon us at that moment, so that it may illuminate and guide all of our actions.” Holy Lent is upon us, we should reignite our efforts in fighting the battle for our souls and the souls of our loved ones. To practicing in a real way the discipline of Lent. Through prayer, fasting, and almsgiving, we can encounter Christ in our lives, and with God’s grace accept the salvation he has won for us. Don’t forget that this Sunday starts our “Lenten Journey Together”...

If you didn’t get an week by week outline from last week, there are more by the doors of the Church and here is the plan for this week:

**WEEK ONE: MARCH 10-16**

**Fast: Sweets & Treats:** This week, resolve to deny yourself any type of sweets or dessert. This could mean a latte in the morning or chocolate in the evening. As you do so, notice what happens inside when you are denied something you’ve become accustomed to or something you really want even something as consequential as dessert or candy.

**Reading: Creation & Fall:** In the opening chapters of the Bible, we quickly move from a world where humanity and God walk harmoniously in close relationship, to a fallen world of rebellion, sin, pain, shame, and competition with God. As we make our way through this first week, note how God interacts with his creation and how we respond. Genesis 1.1-2; Genesis 2.4-25; Genesis 3; Genesis 4.1-16, 25-26; Genesis 6.1-8; 7; Genesis 9.8-17; Genesis 11.1-9

**Alms: Prayer and vigil lights:** On Ash Wednesday and through the 1st Week of Lent, the faithful be encouraged to light a candle, offer a prayer or their Holy Communion for those battling cancer or illness and for families who has lost a loved one.

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**PRAYER OF SAINT BONAVENTURE AFTER HOLY MASS:**

Pierce, O most Sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Thy love, with true, serene, and most holy apostolic charity, that my soul may ever languish and melt with love and longing for Thee, that it longing for Thee, that it may yearn for Thee and faint for Thy courts, and long to be dissolved and to be with Thee. Grant that my soul may hunger after Thee, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed upon Thee, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of Thy savor; may it ever thirst after Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God. May it ever compass Thee, seek Thee, find Thee, run to Thee, attain Thee, meditate upon Thee, speak of Thee, and do all things to the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, and with perseverence unto the end. May Thou alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my fragrance, my sweet savor, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firmly rooted immovably henceforth and forever.
St. Patrick's Prayer Line

Have a certain need that prayer can help? St. Patrick's Prayer Line is available. Call Jackie Silvey (483-3109).

Forgiveness

Go to: FORMED

Formed.org is an online library of wisdom, teaching, and contemplation for the whole family.

Stewardship:

St. Thomas More Parish:
505 W. St. Thomas More Way, Spokane, 99208
502 N. Nelson St., Spokane, WA 99217 Phone: (509) 466-7738 E-mail: spanskonebulletin@gmail.com
Office Hours: On-site office is now closed.

Please note: All correspondence/payments should be mailed to:
St. Patrick's, c/o St. Thomas More Parish, 505 W. St. Thomas More Way, Spokane, WA 99208
www.stpatricksspokane.org

SACRAMENTAL CELEBRATIONS

Holy Baptism: Parental preparation is required. Please contact a priest to set up an appointment.
Holy Matrimony: Please contact a priest to set up an appointment.
Holy Days
Saturdays, 8:30 AM (Convent)
Sundays, 9:00 AM (Church)
Weekdays: 7:00 AM (Convent)
Holy Days: Consult Bulletin

Care of the Sick & Homebound

For spiritual emergencies, scheduling sacraments or funerals please contact Fr Gaines at 487-6363.

St. Patrick's Day, Sunday, March 17
St. Francis of Assisi Women's Club Card Party/Luncheon. Visit 40daysforlife.com to participate.

St. Patrick's Breastplate

To provide comfort and support to those facing life’s challenges, please contact St. Patrick's Breastplate.

St. Patrick's Breastplate
Christ with me, Christ before me, Christ behind me, Christ in me, Christ in every ear that hears me!
Christ in every eye that sees me!
Christ in every heart of every person who may think of me, Christ in the mouth of every person who may speak of me, Christ in every eye that sees me, Christ in every ear that hears me!

NEW PHONE NUMBER: We have a new phone number 509-466-7738
The old number will no longer work. This is saving the parish roughly $200/month!