

**St. Mary's
&
Holy Name of Jesus
Catholic Churches**



Diocese of Amarillo

Most Rev. Patrick J. Zurek, Bishop

Rev. Grant Spinhirne, Administrator

**St. Mary's
22830 Pondaseta Road
P.O. Box 105
Umbarger, TX 79091
(806) 499-3531**

**Holy Name of Jesus
317 W. Main
P.O. Box 128
Happy, TX 79042
(806) 558-2871**

WWW.STMARYSUMBARGER.COM

Mass Schedule			
		Umbarger	Happy
Mon, March 15		No Mass	No Mass
Tue, March 16		7 PM - Christian Mothers	No Mass
Wed, March 17	St. Patrick	8 AM - Clara Grabber	No Mass
Thu, March 18	St. Cyril	8 AM - Jim Grabber	7 PM
Fri, March 19	St. Joseph	8 AM - Dale & Kathy Artho	No Mass
Sat, March 20		No Mass	5:30 PM - Parish Family
Sun, March 21	The 5th Sunday of Lent	9:00 AM - Parish Family	No Mass

ST. MARY'S

Divine Mercy Chaplet: 1st Sunday at 10:30 AM
Anointing of the Sick: By Request
CYO 4th Sunday 6:00 pm. at the Hall
CCD: Sundays at 10:15-11:30

Lector Sign-up Sheet: is located in the back of Church. Please sign up!

Stations of the Cross: will be Friday at 6:30 PM.

Christian Mothers Meeting: will be directly following mass this Tuesday at 7 PM.

2nd Collection for Charles Russell: Will be March 28th. Please consider donating to help Charles and his family through the difficult times following his accident.

2020 Contribution Statements: if you would like one, please contact or email Christina Wegman at cwegman696@yahoo.com

Live Mass Streaming: We will continue to live-stream mass for the time being. To access, follow our Facebook Page: StMarys Umbarger.

St Mary's Prayer Blanket Ministry: If you or a loved one suffers from a serious illness and would like a blanket, please contact Suzy Hicks or Fr Grant.

St. Mary's Project: Michaela Wegman recently finished her thesis community *The WWII Homefront and POW Art: The St. Mary's Project in Umbarger*, this past December. If anyone is interested in having a physical copy of the research and history behind our church, please contact Laurie Wegman. There is a printing and binding fee of \$25.

Holy Week Schedule:

Holy Thursday: 7 PM - Umbarger

Good Friday: 3 PM - Umbarger

Easter Vigil: 8:30 PM - Umbarger

Easter Sunday: 9 AM - Umbarger

11:30 AM - Happy

Pray this Psalm for peace of mind and soul

By Philip Kosloski

If you are feeling anxious or fearful, pray this Psalm to put yourself under God's protection.

Often when we are experiencing anxiety or fear, we need something outside of ourselves to encourage us and bring peace back into our soul. One of the best ways to do this is by praying particular Psalms.

The Psalms are pieces of poetry, inspired by God, but written from the heart of someone struggling with many of the same feelings. They show us how a person can be in the depths of despair, but still trust in God's divine providence.

One particular Psalm that can bring peace back into the mind and soul is Psalm 91. It is a Psalm that focuses on God's never failing protection and how even when everything around you falls to ruin, God will be at your side.

Below are a few excerpts from this beautiful Psalm.

He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. Because he cleaves to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will answer him; I will be with him in trouble, I will rescue him and honor him. With long life I will satisfy him, and show him my salvation.

HOLY NAME OF JESUS

How to do penance without it being a chore

By Joseph Vallançon

The Church invites us to do penance during Lent, but what really is it, and what does it entail?

The word “penance” comes from the Latin *poena*, which means “punishment,” understood in the double sense of both judgment and sadness. Penance is punishment we take on in reparation for offenses, but above all, it’s an active way to express what we feel for offending God through our sins.

Even after being baptized, the Christian is not rid of human weaknesses: we are not always faithful to the promises of our baptism and the inclination to sin remains in us. Therefore, Jesus calls us to conversion. This effort of conversion, which is up to us to practice, “is not just a human work,” the Catechism of the Catholic Church reminds us (no. 1428). “It is the movement of a ‘contrite heart,’ drawn and moved by grace to respond to the merciful love of God who loved us first.”

Father Matthieu Rouillé d’Orfeuill, director of studies at the French seminary in Rome explains, “It would be better to insist on the second meaning of the word *poena*. Penance expresses the sadness of having sinned, which we need in order to rediscover the joy of salvation.” Penance is not very popular nowadays. Yet it is a key notion in Christian life and Lent offers us an opportunity to bring it to the fore.

An essential, invisible, but tangible effort

“Jesus’ call to conversion and penance ... does not aim first at outward works, ‘sackcloth and ashes,’ fasting and mortification, but at the conversion of the heart, interior conversion,” states the Catechism (no. 1430). “It is not visible penances that are the most important, but penances that come from the depths of the heart,” stresses Sister Philippine, a religious sister of the Missionary Family of Our Lady and director of the home in Grand-Fougeray (near Rennes). Moreover, she insists, “penance, for a Christian, is normally nothing extraordinary or extravagant. Nor is it insurmountable. It consists in humbly living the ups and downs of our life, accepting what it entails with sorrow, great or small.”

Very often, penance appears without us having to look for it: “A spouse who irritates us, children who wear us down, an overcooked dish, an appliance that breaks down, a migraine, a traffic jam, are all occasions for conversion,” says Fr. Marc Vaillot, author of *Aimer, c’est ... Petit livre de l’amour véritable* (To love means ... a little book on true love). He specifies: “Classical theology teaches that the main, most difficult act of the virtue of fortitude is to resist what falls upon us, rather than to undertake arduous efforts.” Patience is thus an

essential, invisible, but real effort.

The three types of penance

If Scripture and the Fathers of the Church insist above all on the three types of penance — fasting, prayer, and almsgiving—it is to “express conversion in relation to oneself, to God, and to others” recalls the Catechism of the Catholic Church (no. 1434). And this can be translated into efforts that we would not have thought of spontaneously. For Fr. Marc Vaillot, “Fasting also involves intelligence and the will, not only the stomach: of course, one can take one packet of sugar instead of two, one or two chocolates instead of four; but fasting can also be about refraining from being insolent with one’s parents, not getting angry for no reason, etc.”

The same goes for prayer: “In Lent, one can say three more Hail Marys than usual, but one can go further and live this penance by meditating better at Mass, by sending messages of love to God when walking down the street (aspiration prayer), by not forgetting to say a prayer before going to bed.” Prayer is not limited to a few exclusive moments, but to every moment of the day.

What about almsgiving? Isn’t it immediate and real? “Giving alms can also be giving a smile to a person who is not necessarily your best friend, chatting for two minutes with a homeless person when you don’t have any change on you, wishing your mother-in-law a happy birthday ... Because almsgiving is the continual gift of yourself, not just giving someone a few coins.”

Penance, an act of love—not a chore

In spite of the maternal gentleness of the Church and the wisdom of her pastors, penance is often used as a scarecrow. In any case, it gets bad press. “It is an act of love, not a horror film!” protests Fr. Armel d’Harcourt. “It should not be seen as a chore, but as a free response to the love of Jesus who offered himself for us on the cross,” he says, adding: “Penance is not a punishment from God: there is a joyful side to it, of brotherly love through which we know that, in spite of his omnipotence, God allows us to participate in salvation.”

Penance thus originates from an effort to love and invites us to return to the Father with all our heart. “The goal is charity: to love God and our neighbors better,” explains Fr. Matthieu Rouillé d’Orfeuill. It is therefore in function of this goal alone, more than through individualistic asceticism, that we must choose the penances to be implemented. “The more love you have for God, the more you put your heart into conversion and works of penance,” says Sister Philippine.

“The effort of penance must first be prepared and carried out in prayer,” advises Fr. d’Orfeuill. “In this way, I will accept, through the death and resurrection of Jesus, the spiritual progress that I need and ask for. With a little good will, I will let myself be transformed by Christ, in the way that He will want to answer the prayer that He inspires in me.” A little good will? That says it all.

NEWS FROM AROUND THE DIOCESE

FOR BULLETIN NOTICES – Bulletin Deadline: Thursday @ noon. Please Contact Fr. Grant by email: frgrantspinhirne@gmail.com or Christina Wegman by email: cwegman696@yahoo.com or by phone: (806)499-3531.

Baptism or Wedding Please contact Fr. Grant at least 1 month in advance for baptisms and 6 months advance for weddings.

Sacrament of Reconciliation:

Umbarger: Sundays at 8:30 am or by appointment. **Happy:** Saturdays at 5 p.m. and Thursday at 6:30 p.m. or by appointment.

To use or rent the church or parish hall, please contact Fr. Grant or Debbie Batenhorst at least 3 months before the event.

FOR MASS INTENTIONS please talk to Fr. Grant or leave the intention in the collection basket. There are envelopes available in the back of Church.

Please pray for all the sick in our parishes

ST. MARY'S: Servero Gomez, Jeremy Koch, Charles Russell

Holy Name of Jesus: Lucy Armendariz, Ricardo Brionez Sr., Ricardo Brionez Jr., Joe Frausto, Susana Garza, Betty Gonzales, Martina Mendez, Martin Montoya, Santos Perez, Mario Quzada, Felix Silva, Pedra Soto, Betty Sosa, Leonel Sosa, Mary Ann Sosa, Paula Sosa

The Office of the Victim's Assistance Coordinator for the Diocese of Amarillo

Sharyn Delgado
Victim Assistance Coordinator
719 South Austin
Amarillo, Tx 79106
Phone: 806-671-4830
Fax: 806-373-4662
Email: skdelgado@aol.com

Natural Family Planning (NFP). Learn NFP at home and at your own pace with the **Home Study Course** from NFP International, www.nfpandmore.org. Includes Ecological Breastfeeding (it really *can* space babies), a double-check system of fertility awareness, and Catholic teaching that's easy to understand. Work with a live instructor by email. Completion certificate. Only \$70.

Would you Like to attend an ACTS Retreat Weekend?

There is more information about the ACTS Retreat online. If you or someone you know would like to attend you can register online at: ACTSamarillo.org

40 Days for Life Prayer Vigil
Planned Parenthood Clinic in Lubbock
3716 22nd Place
Friday, March 26
9 AM - 5 PM

Please register at amarillodiocese.org/40daysforlife