



# Holy Spirit

## Catholic Parish and School

**March 6th, 2022**  
**1st Sunday of Lent**

*"Apart from the cross, there is no other ladder by which we may get to heaven." ~ St. Rose of Lima*

### **Worship Centers:**

#### **Holy Spirit Catholic Church**

201 44th St S; Great Falls, MT 59405

#### **Parish Office:**

Mon-Thur: 9:00-4, Fri: 9:00-noon

201 44th St S; Ph. 452-6491

Email: [hsparish@holyspiritgf.org](mailto:hsparish@holyspiritgf.org)

Website: [holyspiritgf.org](http://holyspiritgf.org)

#### **Holy Spirit Catholic School**

2820 Central Ave, Great Falls, MT 59401

761-5775; Principal: Melissa Hallahan

Email: [mhallahan@holyspiritgf.org](mailto:mhallahan@holyspiritgf.org)

Website: [holyspiritgfschool.org](http://holyspiritgfschool.org)

**Check out FORMED.org.**



### **Baptism Preparation Sessions**

***If you are expecting a child or recently had a baby and would like that child baptized at Holy Spirit, you must attend our two Baptism Preparation Sessions.***

***Our next session is:***

***Sunday March 6 at 1:00 pm at Peter and Paul and  
Sunday March 13 at 1:00 pm at Peter and Paul***

### **Mass Schedule:**

#### **Weekend Masses:**

Saturday 4:30pm

Sunday 8:30 am (live stream) & 11:00 am

#### **Week day Masses:**

Monday 8:30 am

Tuesday 5:15 pm

Wednesday 8:30 am

\*2nd Wed. Park Place, 2:30 pm (suspended)

\*3rd Wed. Highgate, 1:30 pm (suspended)

Thursday 8:30 am

Friday 8:30 am

Saturday 8:30 am

### **Reconciliation:**

Saturdays 2-4 pm; Wednesdays 5:30-6:30 pm



### **Adoration:**

Sunday 7 pm -- Tuesday 5 pm

### **Lenten Activities, 2022**

Fridays during Lent: Stations of the Cross, 5:30pm  
Soup & bread, 6:00pm

Parish Reconciliation Service: Wednesday March 23 at 6:30pm

Also: Bible Study Series begins Sunday March 13th at 1:00pm.

### **Parish Staff:**

Fr. Doug Krings	Pastor
Dcn Pete Woelkers	Deacon
Aubrey Rearden	Parish Administrator
	Worship
Cindy Eultgen	Christian Service
Nick Wingerter	RCIA, Adult Formation
Joel Corda	Music
Mary Moore-Wingerter	Administrative Asst. Elem. Formation
Molly Schmitz	Youth Minister
Tracy Tomich	Custodian

## Do you have your 2022 Raffle Tickets yet?

**WIN ONE OF THESE GREAT PRIZES!**

**Help Raise Money for our Parish**  
**Tickets are \$20**  
**Raffle Tickets are available for purchase in the Parish Office. \$5 or more of each ticket purchased will be returned to our Parish.**  
**Make checks out to Diocese. Next drawing will be February 16th for \$250 Cash.**  
**Final Drawings on May 20, 2022.**

This is a Charity Raffle for the Diocese of Great Falls - Billings. All rules can be found on our website at [www.diocesegfb.org](http://www.diocesegfb.org).

Weekly Happenings~

Mass Intentions:

Mass	Intention	Requested by
Sat 3/5—8:30 am —4:30 pm	Destin Wassmann (sp int) David Williamson (sp int)	Hansens K Goulet
Sun 3/6—8:30 am 11:00 am	Parishioners +Laurence Herzog	family
Mon 3/7- 8:30 am	Michele Field (sp int)	M Fauque
Tue 3/8- 5:15 pm	+Teresa Tarnowska	M Nalepa
Wed 3/9 - 8:30 am	+Myrna Keller	K Sokoloski
Thu 3/10– 8:30 am	+Mollie Wald	J Jewett
Fri 3/11– 8:30 am	+Brett Herzog Matt & Ida Boysun, Dick Pompa, Burton Van Pelt, John & Margaret Welsh, Billie Warner, Mathias & Loretta Widhalm, Audrey Wilson, Virginia & Conrad Winjum, Vernon Zerahn, Tony & Stella Hesper, and Theresa Woolsey	Family  School Mass intentions
Sat 3/12– 8:30 am - 4:30 pm	+Adrienne Gue +Bob Jones	Munsterteigers M & S Smith
Sun 3/13– 8:30 am - 11:00 am	+Trevor Semenza Parishioners	N Frame

Readings for next week 2nd Sunday of Lent

1st Reading: Genesis 15:5-12, 17-18  
2nd Reading: Philippians 3:17-4:1  
Gospel: Luke 9:28b-36

Bus Schedule

Sunday, March 13: Tom Balyeat & Senan Greene  
Sunday, March 20: Roger Seilstad & Kay Seilstad

Coffee and Rolls

March 13: Bible Study group  
March 21: Knights of Columbus

Calendar of Events March 5-March 13

Saturday:	Daily Mass— 8:30 Mass Mass at 4:30 pm	
Sunday:	Mass– 8:30 & 11:00 am Baptism Prep., - 1 pm Coffee and Rolls Adoration—6 pm	Sts. P&P
Wednesday:	High School Bible Study—6:45 am Elementary Formation—4 pm Youth Group—6:30 pm Knights of Columbus meeting—7 pm	Schultes Sts P&P Sts. P&P hall
Thursday:	RCIA—7 pm	Sts. P & P
Friday:	Mass—8:30 am	
Saturday:	Daily Mass—8:30 am Mass 4:30 pm	
Sunday:	Masses at 8:30 and 11:00 am Coffee and Rolls Bap. Prep—1:00 pm Bible Study—1 pm Adoration—6 pm	Hall Sts P & P Hall

Liturgical Ministers for March 12, 13

4:30 PM	8:30 AM	11:00 AM
★ Sub requested ~ log in to Web Terminal and accept the sub		
		Holy Wash
Sacristan		
A Klundt	K Rosendale	M Francis
Greeters		
Ushers		
Cross Bearer		
Altar Servers		
J Polacek C Polacek	A Donnelly L Donnelly	T Hansen T Hansen
Readers		
K Shipley	R McNamee	S Dalen
Musicians		
L McCain	Joel Corda	Joel Corda
Ministers of the Eucharist		
R Huntsinger P Hilgendorf	P Woelkers M Nickol	P Woelkers S Harrington



Care for our Common Home!

Update: the money from these recyclables goes directly to Holy Spirit School Thank you for recycling and supporting our school.

Weekend	Newspaper	Cardboard
2nd (March 11-17)	K. Weinheimer	A. Fisher
3rd (March 18-24)	OPEN	C. Nowak
4th (March 25-31)	D & P Birkenbuel	R. Shipley
1st (April 1-7)	K of C 9395	C. Jernigan

**Call Parish Office for information on RCIA,  
Adult Formation or Marriage Preparation**

**For all who seek to become Christian believers**

Call Nick at the office, ext 205, or come Thurs. at 7 pm in the RCIA room (Sts. Peter and Paul Center) all year round.

**Youth Ministry**

Molly Schmitz 452-6491 ext. 207 molly@holyspiritgf.org



**High School Bible Study** will meet on March 9, at 6:45 am at Schultes. Youth Group will meet March 9 at 6:30 pm at Peter and Paul. Contact Molly at the parish office 452-6491, ex 207. Thank you!

**Elementary Faith Formation**

Elementary Formation (Pre-K - 6th Grade)  
& Sacramental Prep (2nd Grade)

Mary: mwingenter@holyspiritgf.org  
406-452-6491, ex 201

Elementary Formation will meet March 9 at 4:30 pm at Peter and Paul.

**Sacramental Preparation**

Mary Moore-Wingenter, mwingenter@holyspiritgf.org  
406-452-6491

Our Confirmation and First Eucharist Mass is scheduled! The Bishop will be here on April 30 at the 4:30 Mass. Please keep these young families in your prayers.

**Holy Spirit School**

Melissa Hallahan, Principal, mhallahan@holyspiritgf.org  
Jackie Wike, Robin Verzuh Administrative Assistants  
Jenifer Thomas, Development Director  
761-5775 www.holyspiritgfschool.org

The holy season of Lent is upon us. Our students and staff attended Ash Wednesday Mass to start our fasting, special prayers and almsgiving in preparation for Easter.

We celebrated Dr. Seuss Week at Holy Spirit Catholic School with some very entertaining dress-up days! Thursday was our favorite day because we got to wear PJ's and bring a book for a read-in. "Today you are you, that is truer than true. There is no one alive who is Youer than you." - Dr. Suess.

Want to be part of our excellent team at Holy Spirit Catholic School? We will have employment opportunities for the next school year. If interested, please contact Principal Melissa Hallahan at 761-5775.

**Volunteers and Christian Service**

Cindy Eultgen 452-6491 ext. 208  
cindy@holyspiritgf.org

**Catholic Relief Services Rice Bowls** are here for you to take home. Read the attached calendar, it *will help you with lent as you help others.*



As we begin our Lenten journey, reflect on how your prayers, fasting and almsgiving can guide you. As Pope Francis explains, these are "*elements, which when lived sincerely, can transform life and provide a sure foundation for dignity and fraternity.*" How can practicing the Lenten pillars transform your life and the lives of our sisters and brothers around the world? Visit [crsricebowl.org](http://crsricebowl.org) to learn more.

Visit our website [holyspiritgf.org](http://holyspiritgf.org) or

our Facebook page to watch the videos.



Sunday afternoon!

Opening Ceremony @ 2:00 PM for Prayer and **Peaceful demonstration** of "our love for the lives of the unborn" on the sidewalk in front of Planned Parenthood 211 9th Street S. Park on side streets please.

**Society of St. Vincent de Paul**

Needs several volunteers for the Food Bank

Two people are needed for each shift

Morning 9-11:30 am or Afternoon 1-3:30

Monday, Wednesday, & Friday.

Any Age

Requires some lifting up to 50 lbs.

Prep food boxes, sort food, put away food off wooden pallets.

We are a fun group to work with!

Call Amiee 406-899-4720



## Stewardship

**Monsignor House Reflection:** “My father was a wandering Aramean...” ...”He brought us out of Egypt...” “My refuge and my fortress...” “...no distinction between Jew and Greek...” Prayer, fasting, and almsgiving are the themes for Lent. Each of us is called, in this season, to these ways of being re-set in our Christian, Catholic LIFE. We are reminded, just as Deuteronomy reminds the Jews; David the poet reminds us through song; and St. Paul reminds us we are community—a community that cares for the needs of others especially through remembering our own “times of need.” We have a family in the Monsignor House who needs to have their own home. Let us pray this Lenten season, for them to find an affordable home, a nice home, that will serve them for years to come. The family, in the Monsignor House has come to us, a hospitality house, and been a blessing to our faith community by calling forth our giving hearts. Like the Jews of old, when we bring our gifts before the altar we can remember and pray: *and bringing us into this country, he gave us this land flowing with milk and honey.*

**Monsignor House Thanks and Needs:** Thank you to Kathy Remington and Elaine Becker for meeting at the Monsignor House to take inventory. For any questions, please call Kathie Malby at 1.406.781.5033 and leave a message. She will return your call as soon as she can.

Family Promise-Great Falls needs: *The Promise Place Shelter is open and looking for volunteers. Holy Spirit parishioner, Kathy Remington, is coordinating all church congregations who are willing to help. There is a training meeting on March 7th at 4 pm at the Family Promise Day Center. You can call Kathy at 799-3602 with any questions.*

## Worship

**Aubrey Rearden –Worship Coordinator**  
452-6491 ex. 207 [aubrey@holyspiritgf.org](mailto:aubrey@holyspiritgf.org)  
**Mary Wingerter—Ministry Scheduler**

Our current Ministry schedule concludes at the end of March. Please check your calendars and log in to the scheduler to put on days you will not be able to minister. The Holy Week and Easter service ministries will be through sign up sheets.

## Catechism Corner

Why do Christians pray? (CCC 2685, 2697-99)  
“Prayer is the new life of the heart” (2697). As we turn our life over to God we learn to abide in Him through a life in Christ and a life in prayer. For many, the Christian family is the first school of faithful prayer. We learn from our parents how to pray as the “Domestic Church” and, through daily family prayer, how to persevere in prayer (2685). The rhythms of life hour to hour, day to day, and year to year can be focused into times and seasons of prayer: morning and evening prayer, Liturgy of the Hours, grace before and after meals, the Liturgical Calendar, the Mysteries of the Holy Rosary, holy hours, Eucharistic Adoration, and above all Sunday Liturgy centered on the Holy Eucharist all provide rich moments of remembering God (2698). “The Lord leads all persons by paths and in ways pleasing to him and each person responds according to his heart’s resolve and personal expression of his prayer” (2699). The Church, however, retains three main “expressions of prayer: vocal, meditative, and contemplative,” all of which strengthen and demonstrate the common trait of “composure of heart” (2699). We must will to pray to God at all times by praying with particular intensity at certain times.

## Courtesy Announcements

**SAVE THE DATE: CATHOLIC WOMEN’S CONFERENCE**  
**Saturday April 2, 2022, Civic Center, Helena Montana**  
**ALL REGISTRATIONS ARE DUE BY MARCH 25.**  
**Please register at this website: [helenacwc.com](http://helenacwc.com)**  
**See the poster on the bulletin board for more information**

**WorldWide Marriage Encounter Experience:**  
Often during Lent we focus on ‘giving up’ or ‘letting go’. This Lent, consider doing more. Focus on making your marriage the best it can be. Become a better listener. Seek to understand when judgments overwhelm. Learn more about your spouse. Discover ways to give when you physically feel exhausted. The Marriage Encounter Experience at the historic Elk Mountain Hotel, April 22-24 is an excellent opportunity to “Do More” for your marriage. The application fee is \$100. To register or for information call 307.298.0617 or check out our website: [wwme.org](http://wwme.org).

**SAVE THE DATE!!** The BALL 2022 is Saturday, April 30th. This year’s event will feature an in-person dinner and auction at the Mansfield Convention Center with the option of joining virtually. The BALL is our largest fundraiser of the year and supports Catholic education at Great Falls Central Catholic High and Our Lady of Lourdes schools. More details will be coming soon!

## It’s Fish Fry Season!!!

The Knights of Columbus are ready to serve up some delicious fish dinners  
March 25 and April 8  
Knights of Columbus Hall 906 Central Ave W  
\$12 for Adults, \$6 for ages 6-16, 5 and under free

**DEVOTIONS ON DRAFT are meeting Tuesday March 8th at 7 pm at the Mighty Mo Brewing Co.** Guest speaker will be Colleen Hozheimer speaking about the history of Irish priests in our diocese as well as sharing some insights, stories and memorabilia. This event is open to all young adults.

## Milestones

Welcome to **Randy and Kimberly Gaa** who recently registered at Holy Spirit Parish. Please continue to pray for Randy and Kimberly as they prepare for Confirmation ..Please continue to pray for our Elect preparing for Full Communion at the Easter Vigil— **Aaron Morse, Dana, Brighton and Tegan Roland, and Kellen Whelan.**

**Saint Michael Radio ~ \*FM 97.1**  
***Sharing the Splendor of Truth***



**HOLY SPIRIT CATHOLIC PARISH**  
**January 31, 2022 MONTHLY FINANCIAL RECAP**

OPERATING FUND				
	January-22	FISCAL YEAR TO DATE ACTUAL	BUDGET TO DATE	BUDGET VARIANCE OVER (UNDER)
SUNDAY OFFERING - (ENVELOPES & CASH)	\$ 91,973	\$ 390,610	\$ 313,623	\$ 76,983
SPECIAL DONATIONS-(WILLS, ESTATES, GIFTS, ETC.)	\$ -	\$ -	\$ -	\$ -
PCCW CONTRIBUTIONS	\$ -	\$ -	\$ -	\$ -
* OTHER INCOME - (RELIG. ED., INTEREST, USER FEES, ETC.)	\$ -	\$ -	\$ 7,700	\$ (7,700)
DIOCESE CURRENT OPERATING FUND ASSMT.-DONATION THRU C&S	\$ -	\$ -	\$ -	\$ -
<b>TOTAL OPERATING REVENUE</b>	<b>\$ 91,973</b>	<b>\$ 390,610</b>	<b>\$ 321,323</b>	<b>\$ 69,285</b>
<b>OPERATING EXPENSES</b>				
HOLY SPIRIT SCHOOL SUBSIDY (29% OF SUNDAY OFFERINGS)	\$ 23,042	\$ 161,292	\$ 161,292	\$ 0
CHURCH & CENTER (MAINT. UTILITIES, INSURANCE, TAXES)	\$ 9,444	\$ 83,052	\$ 62,551	\$ 22,501
BUSINESS OFFICE (SUPPLIES, POSTAGE, EQUIP. & MAINT.)	\$ 3,468	\$ 22,921	\$ 23,683	\$ (762)
RELIGIOUS EDUCATION (BOOKS, SUPPLIES, TRAINING, RESOURCES)	\$ 2,204	\$ 10,580	\$ 9,333	\$ 1,246
WORSHIP (ALTAR SUPPLIES, TRAINING, MUSIC)	\$ 1,096	\$ 15,463	\$ 10,413	\$ 5,050
CHRISTIAN SERVICE (TRAINING & SUPPLIES)	\$ -	\$ 1,040	\$ 3,168	\$ (2,128)
EMPLOYEE SALARIES & BENEFITS (INS. RETIREMENT, WORKERS COMP)	\$ 23,748	\$ 230,329	\$ 213,437	\$ 16,892
DIOCESAN CURRENT OPERATING FUND ASSESSMENT	\$ 14,272	\$ 14,272	\$ 29,517	\$ (15,244)
OTHER EXPENSES (HOSPITALITY, COUNCIL, PARISH VAN)	\$ 998	\$ 15,137	\$ 8,511	\$ 6,626
<b>TOTAL OPERATING EXPENSES (BEFORE DEBT SERVICE)</b>	<b>\$ 80,271</b>	<b>\$ 556,084</b>	<b>\$ 521,903</b>	<b>\$ 34,181</b>
<b>NET INCREASE OR (DECREASE) IN OPERATING FUNDS</b>	<b>\$ 11,703</b>	<b>\$ 34,526</b>	<b>\$ (578)</b>	<b>\$ 35,104</b>
<b>BUILDING INCOME/ EXPENSES</b>				
BUILDING & COLUMBARIUM REVENUE	\$ 9,237	\$ 189,726		
* INTEREST INCOME	\$ -	\$ 4,664		
INTEREST EXPENSE	\$ (4,940)	\$ (33,072)		
PRINCIPAL PAYMENT	\$ (7,142)	\$ (49,501)		
<b>NET INCREASE OR (DECREASE) IN BUILDING FUNDS</b>	<b>\$ (2,845)</b>	<b>\$ 109,816</b>		
<b>NET INCREASE OR (DECREASE) IN TOTAL FUNDS</b>	<b>\$ 8,858</b>	<b>\$ 144,342</b>		









BUILDING CASH RESERVE and LOAN STATUS				
BEGINNING LOAN BALANCES: 7/01/2021			\$	1,224,222
BUILDING RESERVE LOAN (HOLY SPIRIT SCHOOL ENDOWMENT)			\$	400,000
SUBTOTAL			\$	1,624,222
	January-22	YEAR TO DATE		
BEGINNING BUILDING RESERVE CASH BALANCE		\$ 65,202		
Reduction Due to Settlement				
PLEDGES & GIFTS	\$ 9,237	\$ 189,726		
WILLS & ESTATES	\$ -	\$ -		
VISION CAPITAL CHAMPAIGN	\$ -	\$ -		
INTEREST INCOME	\$ -	\$ 4,664		
OTHER INCOME Power/Artz	\$ -	\$ -		
<b>TOTAL INCOME</b>	<b>\$ 9,237</b>	<b>\$ 194,390</b>		
INTEREST EXPENSE	\$ (4,940)	\$ (33,072)		
PRINCIPAL PAYMENT ON BUILDING LOAN	\$ (7,142)	\$ (49,501)	\$	(49,501)
ADDITIONAL PRINCIPAL PAYMENT ON BUILDING LOAN	\$ -	\$ -	\$	-
<b>TOTAL DISBURSEMENTS</b>	<b>\$ (12,082)</b>	<b>\$ (84,574)</b>		
<b>NET INCREASE OR (DECREASE) IN BUILDING RESERVE FUND</b>	<b>\$ (2,845)</b>	<b>\$ 109,816</b>		
<b>END OF CURRENT MONTH BUILDING RESERVE CASH BALANCE</b>		<b>\$ 175,019</b>		
<b>LOAN BALANCES AT THE END OF CURRENT MONTH</b>			<b>\$</b>	<b>1,574,720</b>
<b>BUILDING LOAN (DIOCESAN SAVINGS &amp; LOAN)</b>			<b>\$</b>	<b>1,174,721</b>
<b>BUILDING RESERVE LOAN (HOLY SPIRIT SCHOOL ENDOWMENT)</b>			<b>\$</b>	<b>400,000</b>
			<b>\$</b>	<b>1,574,721</b>

# LENT 2022

Holy Spirit Catholic Parish

Father Doug Krings

 = a day of fasting and abstinence  
 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March</b> "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> ).			<b>2 Ash Wednesday</b> Go to an Ash Wednesday liturgy and wear the cross of ashes all day 	<b>3</b> Choose Lenten offerings of prayer, penance, and almsgiving.	<b>4</b> Abstain from eating meat today, and make your meals truly penitential. 	<b>5</b> Make a list of the ways you can support the poor. Do one activity each week.
<b>6</b> Put a cross, crucifix, or other image of Jesus in each room of your home to help keep you focused on him.	<b>7</b> Look for evidence of God at work in your life.	<b>8</b> Call Catholic Charities (703-549-1390, www.catholiccharitiesusa.org) to see how you can help.	<b>9</b> Give up something good you enjoy, just for today. Offer it for the souls in Purgatory.	<b>10</b> See what luxuries you spend the most money on. Take a tenth of that and donate it to the poor.	<b>11</b> Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one. 	<b>12</b> Make a short visit to the Blessed Sacrament in church and thank Jesus for all He's done for you.
<b>13</b> Pick one way you can simplify your lifestyle to make more room for God.	<b>14</b> Complete a task or errand you have been putting off.	<b>15</b> Make a conscious effort to see everyone with loving eyes today.	<b>16</b> At the end of the day, make an examination of conscience. Pick one change to make.	<b>17 St. Patrick's Day</b> Explore ways to support your parish religious education program.	<b>18</b> Pray for the people in the world who can't afford to have meat as a regular part of their diets. 	<b>19 St. Joseph's Day</b> Ask St. Joseph, Protector of the Church, to watch over you and help you grow closer to God.
<b>20 Shrove Tuesday</b> Limit screen time to necessities and do something that lifts your soul.	<b>21</b> Today, resolve not to be critical of others. Use only kind words.	<b>22</b> Perform some act of service for your parish. Ask at the rectory for suggestions.	<b>23</b> Do an examination of conscience based on the Ten Commandments.	<b>24</b> Offer a Rosary for increased faith in the Real Presence of Christ in the Eucharist.	<b>25</b> Make one small sacrifice today: cream in your coffee, an impulse purchase, 10 minutes of sleep, etc. 	<b>26</b> Attend a Reconciliation Service or go to Confession on your own.
<b>27 Laetare Sunday</b> Celebrate the halfway point of Lent. Do something fun after Mass today.	<b>28</b> Make a fresh start on your Lenten journey today. Renew your Lenten observances.	<b>29</b> Give a kind smile to everyone, regardless of how you feel.	<b>30</b> Tidy up your possessions and give what you don't need to the poor.	<b>31</b> Refuse to gossip. Pray for the person instead.	<b>1 April</b> <b>First Friday Devotion</b> Attend daily Mass. Thank Jesus for His presence in the Eucharist. 	<b>2</b> Write down all your tasks and prayer intentions and entrust them to God. "Jesus, I trust in you."
<b>3</b> Try to find the time to read an entire Gospel in one sitting. (Hint: St. Mark's Gospel is the shortest.)	<b>4</b> Deepen the level of your prayer. Slow down and think about what you're saying.	<b>5</b> Ask at the parish office for anything you can volunteer with for Holy Week.	<b>6</b> Resolve to say only positive things about yourself and others.	<b>7</b> Pray the Chaplet of Divine Mercy for the needs of the Church. Find it here: www.usccb.org/prayers.	<b>8</b> Forgive an offense you may have suffered and let God be the final judge. 	<b>9</b> Ask Jesus to heal whatever keeps you from feeling God's boundless love.
<b>10 Palm Sunday</b> Place palms around each image of Jesus in your home. Welcome the Messiah into your heart.	<b>11</b> Ask God for a special grace that will bring you closer to Him.	<b>12</b> Notice someone who may be hungry for love or attention and satisfy that hunger.	<b>13</b> Think about a way in which you might have betrayed Jesus. Ask his pardon.	<b>14</b> Attend Mass. Offer prayers for an increase in vocations to the priesthood.	<b>15 Good Friday</b> Find time today to read the Passion Narratives in all four Gospels. 	<b>16 Holy Saturday</b> Today, light a candle and renew your commitment to Christ.

# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

March 2022

Holy Spirit Catholic Parish  
Father Doug Krings

## One Minute Meditations

### The Commandment imbalance

Of the Ten Commandments – God's most important laws – only the first three address how we are to respect the Creator of the universe. The other seven detail how we are to treat each other. It is one more way God lets us know how very much He wants us to love one another.

### Just adore

Do you ever run out of things to say during your prayer time? Or worse, do you ever get weary of saying the same things over and over? Why not just sit in silent adoration of the one who loves you more than you can imagine? What words can be better or more appropriate than that?

*"Then you shall delight in the LORD, and I will make you ride on the heights of the earth; I will nourish you with the heritage of Jacob, your father, for the mouth of the Lord has spoken"* (Isaiah 58:14).



## 3 ways to become holier during Lent

Jesus said, a disciple *"when he is fully taught will be like his teacher"* (Luke 6:40). Lent is our chance to shed the worldly baggage that keeps us from becoming more like Christ. Consider these ideas for routing out sin and embracing virtue:

**Remove the wooden beam.** We delight in pointing out the sins and shortcomings of others. This is the sin of detraction, disclosing someone's faults and failings to others without an objectively valid reason. We can use the season of Lent to search for our own faults and remove them instead.

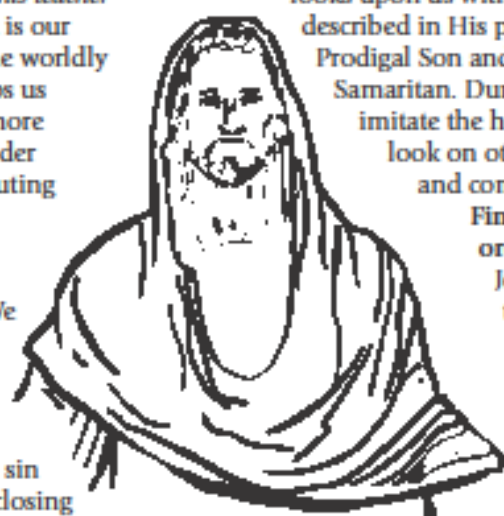
**Look like Christ.** Pope Emeritus Benedict XVI said that we all crave

being looked upon with love. Christ looks upon us with pure love, as described in His parables of the Prodigal Son and the Good Samaritan. During Lent, let's imitate the heart of Christ and look on others with empathy and compassion.

**Find the sacred in the ordinary.** St.

Josemaria Escriva taught that there is a call to holiness that can be lived by sanctifying our everyday life. He said, "Carry out the little duties of each moment: do

what you ought and concentrate on what you are doing ... There is no other way, my daughters and sons: either we learn to find our Lord in ordinary, everyday life, or we shall never find Him."



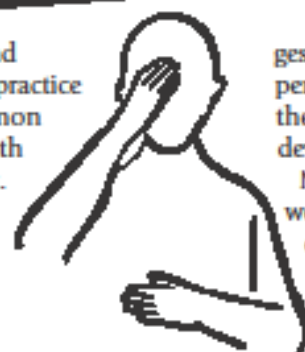
## Why Do Catholics Do That?

### Why do Catholics make the Sign of the Cross?

Back in the second century when this practice began, it was common to honor a ruler with a gesture of respect. Whether bowing down on one knee or touching the forehead, such

gestures were ritual ways to honor a person of great power. The Sign of the Cross became one such devotion to the Holy Trinity.

Now a prayer in itself, each time we make the Sign of the Cross we express respect for God and request His blessings for ourselves.





## "Giving up" or "giving for?"

Lent implies deprivation and uncomfortable penances, but it can be more meaningful. Consider turning your offerings into gifts of gratitude for God's gifts:

**Give time in prayer:** God, who created the universe, wants to spend time with you. Whether it's reading Scripture, praying the Rosary, or attending daily Mass, know that God is delighted you're spending time with Him, and will give you all the graces you need to stay close to Him.

**Give small gifts with great love:** St. Therese of Lisieux was expert at turning small sacrifices into



powerful deeds by her love. Our Lenten sacrifices, entrusted to God, do immense good that we'll see fully in Heaven. Whoever knew that our simple Lenten offerings can be part of God's saving work?

**Give half your cloak:** According to legend, St. Martin of Tours gave half of his cloak to a cold beggar. That night, Jesus appeared to St. Martin in a dream, wearing the cloak. When we serve others, it is Jesus who ultimately receives our gift.

### from Scripture

#### Luke 15:1-3, 11-32, The Father's heart

In this Gospel reading, Jesus told the story of the Prodigal (or reckless) Son. It goes like this. One day, the younger son demanded his father to give him his share of the estate. He left to squander it far from home.

When his money was gone, his situation grew desperate and he returned to his father, humbled and asking for mercy. The father was overjoyed to have his son back and threw a huge party. The older son, however, resented his brother's welcome and complained to his father that he didn't get a reward to celebrate

his obedience—and he was the "good one!"



Jesus promised that when we approach God with a truly repentant heart, we can always come home. It's not that God wants us to feel bad, but, like any parent, he wants us to understand we did something wrong and be willing to change. Through this parable, Jesus shows us that God is a loving, generous Father whose deepest nature is merciful, forgiving love. We are reminded that we can always come home.

### Q & A How can I get over my fear of Confession?

For many Catholics, going to Confession is unsettling. Facing and admitting our faults to another person – even in a confidential setting – is uncomfortable, even painful. In this



case, the priest is acting in the person of God and it takes courage and humility to present ourselves before God. In Confession we say to God, "Please forgive me

for intentionally rejecting You and Your love."

If you feel uncomfortable while waiting in the Confession line, it's a good sign. It means your conscience is healthy and working. Remember that God sees us standing in line and He is ready to welcome us back. He isn't angry or brooding, or smug because our poor choices proved He was right. In fact, when we are sincerely repentant, He and all of heaven celebrate because we're returning to Him (Luke 15:10). When the priest says the words of absolution, imagine God embracing you, saying, "My child, your sins are forgiven you...Go and sin no more." We receive powerful graces, and are asked to make amends where possible. Rejoice in the chance to start again.

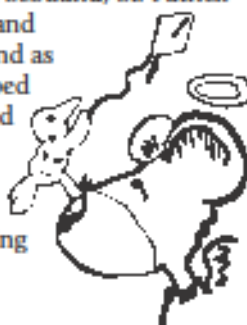
### Feasts & Celebrations

**March 2 – Ash Wednesday.** First day of Lent. Ashes from burnt palms are placed on the forehead as a sign of penance. Ash Wednesday is a day of abstinence from meat and fasting – one regular meal and two smaller meals that together don't equal a full meal.

**March 5 – St. John Joseph of the Cross (1734).** St. John joined a group of Franciscans called the Reform of St. Peter of Alcantara. Despite his elevated position and spiritual gifts, he remained humble, doing menial tasks around the monastery.

**March 8 – St. John of God (1550).** Originally, St. John was a soldier known for his violence and immorality. After nearly dying in battle, he converted and dedicated his life to serving the poor and sick.

**March 17 – St. Patrick of Ireland (c.461).** Born in Scotland, St. Patrick was kidnapped and brought to Ireland as a slave. He escaped but later returned to become the bishop of Ireland and is credited for having established the Church there.



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