

For dust
you are
and



unto dust
you shall
return.





FROM THE PASTOR'S DESK

PRECEPTS OF THE CHURCH

Here we are at the sixth and final precept of the Catholic Church... "Observe the Church's laws on Marriage." As Catholics – in regards to our faith – we observe two laws, the Divine Law (the law we receive from God) and Canon Law (the law we receive from the Church). When discussing these two laws we must remember one thing, God's law is **always** unchangeable...but the Church's law is. God's law is that law we have received directly from God through His Divine revelation – that is, Holy Scripture and Sacred Tradition. Church law, on the other hand, are laws that the Church has instituted for the good of the people (just as society has laws to protect the people – road signs & speed limits, age requirements for certain public actions, etc. – the Church, too, has laws to protect her people). There is no other Sacrament or Church teaching that receives more attention from Canon Law than does the Sacrament of Marriage. The reason for this is that marriage not only affects each of us personally, in some way, it is also at the heart and foundation of the stability of our society. There is an old saying that says, "As the family goes, so goes society." So the Church has a great concern for marriage and, as an institution, the Catholic Church does more than any other institution to protect the dignity of marriage as a Sacrament. The Church has always, and always will, see marriage as a union between a man and a woman because that is the way God willed it to be (Gen 2:24) and Jesus Himself re-established His Father's will when He instituted it as a Sacrament (Matthew 19:3-8, Mark 9:2-9). This is a Divine command...a Divine Law that cannot be changed. Over the course of two thousand years the Church has sought to strengthen marriage by enacting laws that help couple preserve their marriage. Yet, many people see it as the Church infringing of their rites as adults to do as they please. Our society, especially in the last half-century, has not fared so well in marriage...nearly 50% of all marriages end in divorce. However, that number is much lower for those who follow the Church's teachings on marriage, especially those who practice the Church's teaching on contraception and Natural Family Planning (NFP). The divorce rate for those who attend Mass regularly and practice NFP is under 2%. This is but one example of how the Church provides guidelines and teachings to help Catholics live a healthy, holy and happy faith...and know where is that more important than in the family. So please pray for our Church, for all of those who are preparing for marriage and those who are already married but may be struggling in that marriage, that the Grace of God that flows through this beautiful Sacrament will help stabilize this most basic and fundamental unit of our society...the family.

MASS INTENTIONS AND READINGS

Monday February 23rd/Polycarp, Bishop, Martyr

12:00 PM MASS Spec Int. Mike Richardson by Deacon Jim and Liz Coe

Readings: Sir 1:1-10 Mk 9:14-29

ADORATION 12:30 PM – 9:00 PM

Tuesday February 24th

12:00 PM MASS † Herman Sciuillo by Ron & Marie Scheirer

Readings: Sir 2:1-11 Mk 9:30-37

Wednesday February 25th/ASH WEDNESDAY

12:00 PM MASS † Jo Francoeur by Gary & Sandra Roberts

6:00 PM MASS Int. Maria Nunez by Virginia Shaw Scherler

Readings: Jl 2:12-18 2 Cor 5:20-6:2 Mt 6:1-6,16-18

Thursday February 26th

12:00 PM MASS Spec. Int. Bulletin Sponsors by Trinity Publications

Readings: Dt 30:15-20 Lk 9:22-25

Friday February 27th

12:00 PM COMMUNION SERVICE

Readings: Is 58:1-9a Mt 9:14-15

Saturday February 28th

Readings: Is 58:9b-14 Lk 5:27-32

March 1st/ First Sunday of Lent

Readings: Gn 9:8-15 1 Pt 3:18-22 Mk 1:12-15

5:30 PM Saturday Vigil Mass

† **Madge Wade** by H. George Picek Family

8:30 AM Sunday Mass

People of the Parish

11:00 AM Sunday Mass

† **Anthony Oliva** by The LaSorsa Family

1:00 PM Spanish Mass



PLEASE PRAY FOR THOSE SERVING AROUND THE WORLD

Jeremy Goosey, Joshua Myrice, Michael Epperson, Mark Bilafer, Brian Ferguson, Frank Thibodeau, Todd King, Jonathan Brodeur, Christopher Kent, Thomas York, John B. Larkins III, Matthew Gowan, Aaron Schmidt, Anthony Daniel, Wes Carter, David Burks, Bryce Robinson, Michael Yeager, Vincent L. Moscatello, Jr., Rob Hart and Jason Frascht.



PANCAKE BREAKFAST TODAY IN THE FLC GYM 9 AM to 1 PM..

PARISH LENTEN PRACTICES



ENTER INTO THE
SEASON OF LENT

During Lent the Church encourages us to pray, fast and give alms. Holy Family Parish will hold the following functions to help us participate more fully in this season:

PRAYER..... February 21/22
LITTLE BLACK BOOKS
Daily Scripture Reflections for the Entire Season

February 25th ASH WEDNESDAY
MASSES ARE AT 12:00 NOON AND 6:00 PM
Ashes are distributed at both liturgies

TOGETHER 
LET US PRAY ...

March 22/23/24 PARISH MISSION
by Michael John Poirier
Details available at a later date



PENANCE: Tuesday Evening March 17th we will have a Communal Celebration of the Sacrament of Reconciliation (Confession) at 6 PM.



Fasting

Fridays of Lent: Soup – 6:00 PM Stations of the Cross – 7:00 PM

Abstinence: Catholics (14 years & up) are asked to abstain from eating meat on Ash Wednesday and every Friday during Lent.

Fasting: Catholics (18–59 Years) are asked to fast on Ash Wednesday and Good Friday unless a health condition prohibits this. Fasting means that only one full meal is eaten and no snacks between meals. Two smaller meals are allowed but together they don't equal the full meal.

ALMSGIVING.... With Lent comes the opportunity of sacrifice, and turning outside ourselves to help our brothers and sisters somewhere else. This year our project will be to buy healthy meals and fruit for the children of the Red Cloud Indian School run by the Jesuits, and located on the poorest of all Indian Reservations, Pine Ridge in South Dakota. The meal these children receive at school is their only healthy one of the day, as their families cannot afford fresh produce, or even milk--they survive on commodities only. Watch for the display in the vestibule beginning next weekend to tell more about life in the poorest county in The United States and how you can help.



HOLY FAMILY INREACH: Something else we will be doing as a Lenten Project within our Parish is sharing the names of our parishioners who are homebound and in nursing homes. Please follow the instructions given with the name you choose. Let's make certain that these members of our Holy Family are remembered during this glorious season of Easter.



LENT

(Used with permission by Rosalie Larkin)

"Let the mouth also fast from disgraceful speeches and railings. For what does it profit if we abstain from fish and fowl and yet bite and devour our brothers and sisters?" St. John Chrysostom

"Lent" was the Anglo-Saxon word for the spring season. For us, it is a season of turning to God in a special way.

40 days is a traditional number of discipline, devotion and preparation in the Bible. Moses stayed 40 days on the mountain (Exodus 24:18 & 34:28), Nineveh was given 40 days to repent (Jonah 3:4), and Jesus spent 40 days in the wilderness praying and fasting (Matthew 4:2).

Humans have an innate psychological need to mourn tragedies. Our sins are great tragedies. We need to have set times to engage in behavior. This is why Sunday is a set day of rest and worship. Lent is a set time of repentance. Training ourselves to resist temptations when they are **NOT** sinful trains us to reject temptations when they **ARE** sinful. Lent is a good time to begin working on this.

Jesus entered the desert leaving behind the expectations, hopes and illusions of others. We are people of illusions. We think we understand God, ourselves, and those around us. The desert experience is about deprivation. For many people, deprivation is to be avoided because we discover that we are not all-powerful. We are slaves to our bellies, opinions of others, pleasure. Doing without can strip away some illusions. During Lent, abstinence from meat and acts of penance are metaphors modeling our rejection of illusions about what we need, who we are and who God is. When we stand in judgment before God, we will have no illusions about our sanctity or goodness.

The Hebrews had a tradition of covering oneself with ashes during a time of mourning or repentance. Ashes are applied to the forehead because it is a visible sign of what is important to us and it is the part of the body anointed with the Oil of Catechumen just prior to Baptism, at Confirmation and the Sacrament of the Sick.

All days in Lent are appropriate for fasting or abstaining. Giving up something we enjoy, doing physical or spiritual acts of mercy for others, prayer, almsgiving, going to confession and other acts expressing repentance in general are appropriate. A friend fasted from fear last year. She said it forced her to look at what she had been avoiding; to realize the perceptions she had were false and had kept her in a prison. She is now tearing down that prison. Since giving up something for lent is voluntary, there is no official rule concerning it. It is appropriate to suspend our Lenten self-denial on Sunday so we may celebrate the day of Our Lord's resurrection.

You can deny yourself too much. God made us dependent on certain things, like food, and to refuse to enjoy enough of them has harmful effects. We need to strike the right balance so that we do not foster resentment toward God, hamper our ministry to others or be guilty of ingratitude for the gifts God wants us to have.

An example of going overboard in our thinking... A scrupulous aunt of mine had two jars of mustard (we didn't have squeeze bottles then), one for Friday and one for the rest of the week.

Have a profitable Lent!

IN THE FATHER'S FOOTSTEPS MEN'S CONFERENCE

Husbands, Fathers, Sons and Grandfathers, please keep Saturday, February 28th open and join men of all ages in a wonderful day of learning, reflection, fellowship, reconciliation, and celebration of the Eucharist with Archbishop Beltran at Bishop McGuinness High School. We will have four speakers that will cover all aspects of being "Men of Honor". All conference activities and lunch are included in the fee. Register today on-line at www.catholicmen.net or using the brochure found in the church foyer.



NEW ALTAR SERVERS NEEDED...

Become more involved in the liturgy. Altar Server Training for the young (10 years and up) and old alike will be held at 1:00 PM on Saturday, February 28, 2009. This training session is for anyone interested in joining this special ministry. Any questions, please call Linda at 353-2052 or the parish office at 536-6351.

NURSERY HELP NEEDED

Holy Family is taking applications for a Part Time Paid Position in the Church Nursery... If you are interested in this position, please contact Vicki Gable at 536-6355.



TODAY THE 22nd... "Feed The Poor" from 9:30 AM to 1:30 PM. See you there!!

March 6th - Movie Night at Carmike Theaters \$5:00

5:30 PM - 9:00 PM

March 18-19 - St. Gregory's Abby and OKC Bomb Site ..Overnight stay at St. Benedict..Shawnee

March 22 - Feed the Poor 9:30 AM to 1:30 PM

March 27 - Movie Night at Carmike Theaters \$5.00 5:30 to 9:00 PM

PLEASE PRAY FOR THOSE WHO ARE SICK IN OUR PARISH

Dorine Cheramie, Harold Nesmith, Adele Walker, Alice Conner, Marcos Melendez, Deacon Pete Dulcamara, Ed Crimmins, Corrine Boettcher, Brenden Scarfone, Geraldine Dawes, Stephanie Ortega, Sarah and Anna Therriault.



POST CARD SIGNING DAY...

As you arrived for Mass this past weekend, I am sure you noticed our Parish Youth in the Foyer of our Church asking you to participate in a National Campaign to send post cards to our State Representatives and Senators. Our parish is joining Catholics across the country in sending a message to our elected officials. We will speak out as a voice for those who will never have one by letting our congressman know we oppose the "Freedom of Choice Act" (FOCA) which provides government funding for abortions (our tax money) and forces all doctors who deliver babies to perform abortions as well. If you signed one of these post cards we thank you for your participation. If you missed the opportunity this past weekend, the cards can be found in your pews. We can join our voices together to speak out for life.



In today's Gospel, Jesus says: "...your sins are forgiven." Indeed, forgiving is a divine act of mercy. When we forgive others, we are acting in and by God's power. When we give to the poor, God indeed pours his love, peace and forgiveness into our hearts and into our lives. Almost every day we deliver food to God's poorer children, and our pantry is in need of macaroni and cheese, dry milk, pastas and noodles, and spaghetti sauce. If you could include any one of these items for our struggling families in your next week's grocery shopping, we would be most appreciative. Thank you from The Vincentians.

**WEEKEND COLLECTIONS
January 2009 \$ 61,688.27**



**St. Vincent de Paul \$ 3,143.00
St. Mary's \$ 1,527.75
Archdiocesan Collection \$ 16.00**

PLEASE PRAY FOR THOSE IN OUR PARISH WHO REST IN ETERNAL PEACE

- † DEACON HERMAN LAWRENCE
- † ROBERT LEWIS DAWES
- † GROVER B. WHITE
- † MARIE WEBB

THE LADIES AUXILIARY of the K of C Council 1287 are having their annual Spaghetti Dinner on March 8th from 2 PM until 4:30 PM in the K of C Hall, 911 NW Hilltop Drive. Tickets are 5.00. To reserve call Anne Ruth at 248-6357 or Shirley Hopper at 536-5367. Tickets at the door are \$6.00.