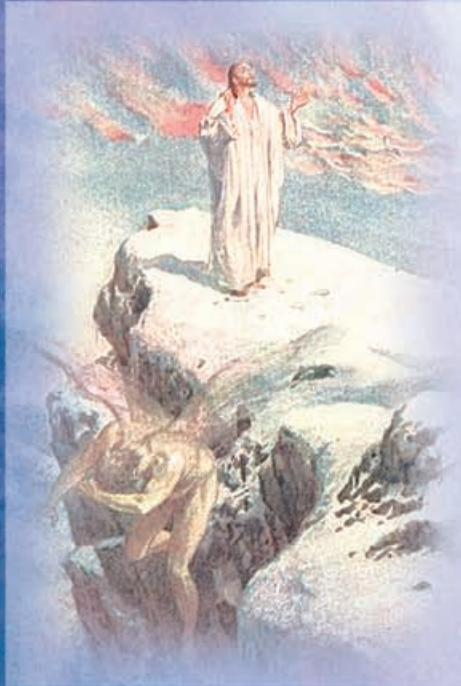


# First Sunday of LENT



“This is the time of fulfillment.  
The kingdom of God is at hand.  
Repent, and believe in the gospel.”

Mk 1:15



# dear Padre

March 1, 2009

## HOW DO YOU MEDITATE?

What is meditation? Can I learn to do it? Judy

Dear Judy,

*Sure. Meditation is a kind of prayer that involves thinking, praying, and doing – a motivational kind of prayer. It get you to change, to solve a problem, to be a better person.*

*For example, if you criticize other people, judge them as though you know what makes them tick, you should take these four steps.*

- 1. **Read about it.** Take a passage or a story from Scripture. These words of Jesus come to mind: “Do not judge, so that you may not be judged” (Matthew 5:1-7). Let those words point a finger at you.*
- 2. **Talk to yourself about it.** You probably do this very often. We all do. We mull things over, even sometimes talking aloud to ourselves.*
- 3. **Talk to God about it.** This is what makes meditation more than positive thinking and self-motivation. This is the part that makes meditation prayer. If you could be kinder on your own – without Jesus’ help – you would be. Jesus tells all of us, “Apart from me you can do nothing” (John 15:5). Talk to Jesus out of your feelings. Hear him talk to you. Always, always, tell him you love him and know he loves you.*
- 4. **Do something about it.** Make a resolution. Choose one small step you can take, and pray to keep it.*

John Hamroque C.Ss. R.

## MASS INTENTIONS AND READINGS

### Monday March 2nd

**12:00 PM MASS † Robert A. Belie, 1<sup>st</sup> Anniv. of Death** by Holy Family Parish  
Readings: Lv 19:1-2, 11-18 Mt 25:31-46  
**ADORATION 12:30 PM – 9:00 PM**

### Tuesday March 3rd /Katharine Drexel, Virgin

**12:00 PM MASS † Danny Miller** by Larry & Mickey Stokes  
Readings: Is 55:10-11 Mt 6:7-15

### Wednesday March 4th

**12:00 PM MASS † Garry Stokes** by Johanna & Jim Henry  
Readings: Jon 3:1-10 Lk 11:29:32

### Thursday March 5th

**12:00 PM MASS † Anne Tully & † Flo Herlihy** by Carol Ann & David Martin  
Readings: Est C:12,14-16,23-25 Mt 7:7-12

### Friday March 6th

**12:00 PM COMMUNION SERVICE**  
Readings: Ez 18:21-28 Mt 5:20-26

### Saturday March 7<sup>th</sup>/Perpetua & Felicity, martyrs

Readings: Dt 26:16-19 Mt 5:43-48

### March 8th/ Second Sunday of Lent

Readings: Gn 22:1-2,9a,10-13,15-18 Rom 8:31b-34 Mk 9:2-10

### **5:30 PM Saturday Vigil Mass**

† **Rev. Alan Loth** by Holy Family Parish

### **8:30 AM Sunday Mass**

**People of the Parish**

### **11:00 AM Sunday Mass**

† **Regina Maia Glen** by Barbara Kraft

### **1:00 PM Spanish Mass**



### **PLEASE PRAY FOR THOSE SERVING AROUND THE WORLD**

Jeremy Goosey, Joshua Myrice, 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.

*All things are possible with God*



**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.



**March 6<sup>th</sup> - 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**



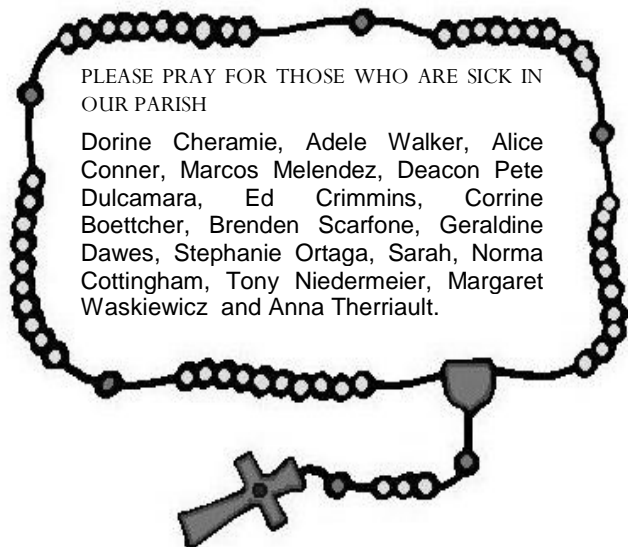
**FORGIVE ME FATHER...**

There will be extra opportunities for the Sacrament of Reconciliation during Lent. Please make note of the following dates that Father Larkin will be in the confessional room. Mondays from 11:00 to 11:30 AM on March 2,9,16,23 and the 30<sup>th</sup>. Tuesdays from 6:00 - 7:00 PM March 3, 17(this date will be our Parish Penance Date with 10 other priests) and the 24<sup>th</sup>. Wednesdays 11:00 - 11:30 AM, March 4, 11, 18 and 25<sup>th</sup> and Thursday 6:00 -7:00 PM, March 12. Please take the opportunity to share in this great gift of mercy God has bestowed upon us.

**A DIFFERENT PARISH LENTEN MISSION..**

This years Lenten Mission will be a little different than most you might have experienced. Our guest speaker is well-known singer, songwriter, storyteller, Michael John Poirier and his wife, Mary. They will provide an extensive program for all age groups. We will list specific dates and times of the different programs in next weeks bulletin...so please stay tuned.

**JOHN MICHAEL TALBOT CONCERT....** Singer John Michael Talbot will perform in concert on Saturday, March 21<sup>st</sup> at 7:30 PM at Epiphany Catholic Church, 7336 W. Britton Road in Oklahoma City. Tickets are \$15.00 in advance or \$20.00 the day of the concert. Proceeds will help to rebuild the monastery destroyed by fire in 2008. Tickets are available at Epiphany Church, Office of Worship (Catholic Pastoral Center), St. Thomas More Books (OKC) Sacred Heart Gifts (Edmond) and Mardel Stores (4 Metro locations).



PLEASE PRAY FOR THOSE WHO ARE SICK IN OUR PARISH

Dorine Cheramie, Adele Walker, Alice Conner, Marcos Melendez, Deacon Pete Dulcamara, Ed Crimmins, Corrine Boettcher, Brenden Scarfone, Geraldine Dawes, Stephanie Ortaga, Sarah, Norma Cottingham, Tony Niedermeier, Margaret Waskiewicz and Anna Therriault.

**BLESSED SACRAMENT CHURCH THRIFT SHOP** will be having a sale from March 2 through March 13. All clothing and shoes will be 1/2 off. Then beginning March 14<sup>th</sup>, all items will sell for 25 cents. The Thrift Store is open on Monday, Wednesday and Friday from 10 -2.

**COME AND SEE WEEKEND...**to be held March 28-30 at Conception Seminary College is a trip for young men in high school who would like to visit a seminary. This is an excellent opportunity to meet seminarians who are discerning their call to the Priesthood. This visit is sponsored by the Archdiocese of Oklahoma City Vocations Office and is free. Please contact your Pastor or the Vocations Office at (405) 721-9351 or email [jmulligan@catharchdioceseokc.org](mailto:jmulligan@catharchdioceseokc.org).

**SUMMER CAMP TALK**

Becky James, Assistant Director of Youth and Young Adults for the Archdiocese of Oklahoma City, will be giving a talk about "Our Lady of Guadalupe Summer Camp" to our Religious Education classes Wednesday night, March 11<sup>th</sup> at 7:00 PM in the FLC Gym. The presentation with video will be to encourage the youth of our parish to take advantage of this wonderful facility and spiritual opportunity. Parents are encouraged to attend.

THE LADIES AUXILIARY of the K of C Council 1287 are having their annual Spaghetti Dinner on March 8<sup>th</sup> 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.