

Thoughts Along the Way

“Create for me a clean heart, O God, and renew a willing spirit within me”
Ps 51:12

Lent—Time to Fast, Pray and Give Alms

LENT is our yearly journey of renewing our faith and deepening our conversion to the Way, the Truth and the Life of Christ. Lent is a time of reflection, repentance, and renewal.

Our spiritual renewal is true repentance—literally “turning around” or redirecting our lives. To assist our serious spiritual work, the Christian community turns to the historic disciplines of intentional fasting, extra prayer, and alms-giving.

Fasting was inherited from Hebrew tradition and was a regular part of early Christian life (Mt 6:16, 18; Lk 2:37; Acts 13:2-3; Acts 14:23; 2 Cor 11:27). Since our early days, the Church has observed a special period of fasting before Easter.

The pre-Easter fast began as a two- or three-day period for baptized people, and a forty-day preparation of catechumens for baptism. The forty days of fasting was evidently chosen because of the forty days' fasts of Moses (Ex 24:18), Elijah (1 Kgs 19:8), and Jesus (Mt 4:2).

In the fourth century, all Christians were called to fast for the forty days. Early fasting was strict: one meal—in the evening—was allowed each day, and consumption and use in cooking of meat, fish, eggs, and dairy products was strictly forbidden.

Fasting rules began to relax in the Latin Rite (Roman Catholic) Church in the 9th c. The hour for breaking the fast (where we get “breakfast”) was gradually moved from evening to 3:00 p.m., and moved to noon by the 15th c.

As the fasting rules eased, fish was allowed in the Middle Ages, and bans on dairy products were lifted. Our present rules were revised in 1966, and limit fasting to Ash Wednesday and Good Friday.

The earlier rigorous tradition of Lenten fasting is still practiced in the Eastern Christian Churches, which require fasting on both Wednesdays and Fridays.

By fasting from certain foods, abstaining from festivities, devoting more time to religious exercises, and giving alms, we allow more room for God to fill in us, and for the Holy Spirit to work through us in transformation.

Prayer lifts our hearts and minds to God, invites us to speak our deepest desires to God, and helps us experience the intimate love of God

We pray during Mass on Sundays and weekdays, while reading the Word of God every day (including the Mass readings), participating in the Rosary and Stations of the Cross, offering other prayers and meditation.

Fasting includes eating only one full meal and two small meals on Ash Wednesday, Good Friday and another day during the week, and taking only what we need in terms of food, money, and other resources.

We fast from certain food and drink, and abstain from negative talk and actions (gossip, complaining, and the like), and can **fast for** growing in holiness and giving some free time to voluntary work.

Almsgiving provides help to our brothers and sisters in need, reminds us of our duties to others, and helps us appreciate the blessings we have.

We give alms by supporting charitable endeavors, giving time to listen to those who need someone to listen to them, giving time to help out in our local community, and doing random acts of kindness.

Blessings,

Rev. Matthew L. O’Leary,
Pastor

Lenten Regulations

Ancient disciplines of the Church

Fasting: Catholics 18-59 fast on Ash Wednesday and Good Friday, having one full meal a day, and up to two smaller meals during the day.

Abstinence: Catholics 14 and older abstain from eating meat on Ash Wednesday and on Fridays during Lent.

THANK YOU—For the warm welcome and brunch given for me at Our Lady of Good Counsel last Sunday. The people of both of my communities continue to make me feel welcome and truly at home!

—Fr. Matthew O’Leary

Our Saints

FEBRUARY 23—POLYCARP (c.75-155) was a disciple of St. John the Evangelist and served as bishop of Smyrna. Polycarp’s association with John and other eye-witnesses of the life of Christ make him a direct link to the Church of apostolic times. The story of Polycarp’s martyrdom for the faith in 155, at the age of 86, has inspired Christians under persecution for centuries. He is one of the first martyrs to be venerated by the Church.

Parish Stewardship Fiscal Year 2010

July 1, 2009 thru June 30, 2010

Total FY 2010 Offering Budget: \$667,000

Week 33 February 14, 2010

Weekly & Year To Date Offering Status

Weekly:

Weekly Offering Budget:	\$ 12,826.92
Offerings Received:	\$ <u>8,809.85</u>
Weekly Surplus:	\$
Weekly Shortage:	\$ (4,017.07)

Year To Date:

FY 2009 Year To Date Budgeted:	\$ 423,288.46
FY 2009 Year To Date Received:	\$ <u>350,553.92</u>
FY 2009 Year To Date Surplus:	\$
FY 2009 Year To Date Shortage:	\$ (72,734.54)

Parish Mortgage Loan & Payment Status

Total Loan Amount:	\$ 2,854,137.51
FY ‘09-10 Interest Paid To Date:	\$ 130,008.00
FY ‘09-10 Principal Paid To Date:	\$ 10,000.00
FY ‘09-10 Total Payments:	\$ 140,008.00

Capital Campaign Report

Total Pledged:	\$ 764,863.00
Total Received:	\$ 596,464.50

Thank You To All For Your Stewardship Support!

Other Donations:

St. Vincent De Paul	\$ 100.00
Food Bank	\$ 50.00
Other	\$

February 21, 2010

THIS WEEK AT HOLY DISCIPLES PARISH

Monday, February 22

Bible Study-9:00AM
Mom's Group-10:00AM
Exercise Class-10:30AM
"BREATHE" Classes-6:30PM

Tuesday, February 23

Sunrise Choir-7:00PM
Martial Arts-7:30PM

Wednesday, February 24

Bible Study-10:00AM
Exercise Class-10:30AM
Grief Ministry-7:00AM
K of C Council Meeting-7:00PM
New Creation Choir-7:00PM

Thursday, February 25

Rosary-8:40AM
Mass-9:00AM
Divine Mercy Chaplet-10:00AM
Finance Council-6:30PM
RCIA-7:00PM
Inquiry-7:00PM

Friday, February 26

Rosary-8:40AM
Mass-9:00AM
Divine Mercy Chaplet-9:30AM
Exercise Class-10:30PM
Martial Arts-7:30PM

Saturday, February 27

Youth Outreach-3:30PM
Bible Reflection Group/Spanish-3:30PM
Mass-5:00PM

Sunday, February 28

Mass-8:30AM & 10:30AM Mass
New Creation Choir-9:00AM
Mass/Rite of Sending-10:30AM
Youth Group-3:00PM
Confirmation Class-12:00PM

February 21:

First Sunday of Lent

In today's Gospel, Jesus challenges us by saying "Give, and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap..."

When we give to the poor, God indeed pours his love, peace and joy into our hearts and into our lives.

Sunday, March 7th, 10:30 Mass

Archbishop Alex Brunett will be with us for a formal installation of Fr. Matthew O'Leary as Pastor of Holy Disciples and Our Lady of Good Counsel. Please join us on March 7th. There will be a reception following.

LITURGY- February 27th & 28th

Sacristans

Mimi Lampert, Darrell/Judy Lantz, Cindy Escobar, Ann Stumpf.

Reminder -Eucharistic Ministers helping in the celebration of Mass:

5:00 PM-Ken & Marcia Maertens, David Goreczny, Marianne Rojas, Sharon Rothwell, Julie Wiesen, Jan Arruda, Tony & Dianne DePersio.

8:30 AM- Patti Guthrie, Peggy Hager, Michael Hodson, Michelle Jacobs, Walt Kuehlthau, Todd McCoy, Charlie Nicholas, Mary Jo Oboy, Mel Ochs.

10:30 AM-Delia Domingo, Jenny Inderbitzen, Sala Loko, Genie Mafnas, Jesse Mafnas, Adrienne Posada, Oscar Rodriquez , Maria Rodriquez , Nora Schindler.

Lectors

Reminder - Lectors helping in the celebration of Mass
Cathy Murdock, Phil Heinzman, Brian Ricard, Joanne Shoji, Jim & Susan Taylor.

Altar Servers for February 27th & 28th

Justin B., Joe L., Maddie H.
Mikey H., Jack C., Duncan C..
Francisco V., Kaylyn E., Collin I.

LITURGY

Readings for Ash Wednesday

Joel 2:12-18; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18

Readings for the 1st Sunday of Lent

Deuteronomy 26:4-10; Romans 10:8-13; Luke 4:1-13

Readings for the 2nd Sunday in Lent

Genesis 15:5-12, 17-18; Philippians 3:17-4:1; Luke 9:28b-36

HOLY DISCIPLES HOSPITALITY

COFFEE HOUR February 28th

8:30AM & 10:30AM Mass-Knights of Columbus

CONFIRMATION for YOUTH

Our next meeting is today at noon. The topic is Christian Morality: What Does Love Look Like?

Listening Devices

We have assisted listening devices available for our parishioners with impaired hearing. Please see our sound operator at the sound board in the rear of the church.

JULIE & KURT CARRICK ARE BACK!

Save the date: **Saturday, March 20th**, 7:00 p.m. for a wonderful Lenten concert: "Grace, Hope and Healing" by our friends Julie & Kurt Carrick. This is their 3rd concert at Holy Disciples. More information to follow!

Need of Prayer

DEPLOYED PARISHIONERS

Aaron, Alex, Anthony, Bill, Conrado, Damian, Dave, Denise, Dennis, Derek, Dominic, Don, Donald, Eric, Greg, James, Jeff, Jose, Joseph, Kim, Lynn, Mike, Mark, Noel, Richard, Rick, Sara, Sam, Thomas and Tyrel.

“Lord, hold our troops in your loving hands. Protect them as you protect us. Bless them and their families for the selfless acts they perform in our time of need. Amen.”

Please remember these individuals in your thoughts and prayers:

Jennifer Cole, Jack Dempsey, Victoria Dunn, Pat Edwards, Cliff Eikum, Jon Irwin, Dennis Jonker, Ann Nybo, Ken Nichols, Grace Sheehy, Patricia Smith, Carol Stevens.

If the names of the ill have been in the spoken Prayers of the Faithful for a month or more, they will then be remembered in our prayers from this list in the bulletin.

Please call the office if you would like any of these names removed from the bulletin list. 253-875-6630



Claim the tax benefits you've earned !!!!

The Graham Community Connection Center on behalf of South Sound Outreach Services will be preparing income tax returns for **free** at Holy Disciples Catholic Church.

When: Every Wednesday, January -- April

Time: Evening appointments, 3pm to 7pm.

Contact: 253-593-2111

Immigration Study Group

What is the Christian response to immigration?

What do the Catholic Bishops have to say about immigration?

Join others in an eight week study examining the complexity of this issue. The study group will meet Monday evenings from 7 to 9:00PM beginning March 1 sponsored by the Justice in Action Commission.

For information contact Brian Peterson at 253-847-0457 or Ramonda Huff at 253-531-1864.

“BREATHE”

Question of the Week:

Children:

When you feel tempted to do wrong, how do you remain strong in your faith?

Youth:

What is one thing you will do during Lent to become more open to God in your life?

Adult:

As you come to understand the temptation of Jesus in the desert, which one of the devil's offerings is hardest for you to resist?

Kinder-6th Grade: The next grade level assembly is Monday, Feb. 22 beginning at 6:30 PM.

JH/SH: Junior High Rally registration forms and permission slips were due Feb. 13 at the Mardi Gras breakfast. If you are still interested in attending (Mar. 6) please turn in your forms with a check made out to Holy Disciples in the amount of \$55.

Our next gathering is Sunday, Feb. 28 from 3-5 PM.

Households: The next intergenerational gathering with potluck dinner is on Monday, Mar. 22 beginning at 6 PM. Fr. Matthew is our presenter.

In honor of the Feast of the Anunciation, Friends of the the Arts Ave Maria University is sponsoring a poetry contest. The first prize is \$1000. The topic is the Anunciation. The poem must be typed and no longer than 120 lines. Do not put your name on the poem, place a cover letter over it with the author's name and contact information. Deadline is Mar. 1. Submission must be by hard copy only. Mail entries to Marilyn Krepf 5955 Seton Wy Ave Maria, FL 34142.

Day of Contemplative Prayer - for Women and Men

Led by Kathleen Pruitt, CSJP

Saturday, February 27th, from 9:00 a.m. - 12:00 noon at St. Mary-on-the-Lake Chapel, 1663 Killarney Way, Bellevue

If you are coming for the first time to Contemplative Prayer please arrive at 8:30 a.m. for an introduction Free-will offering

To register or for more information contact Carmel Little, CSJP at 425-454-7909 or e-mail peace@csjp-olp.org.

St. Vincent de Paul Thrift Store Volunteers!!

Our Holy Disciples Thrift Store on Meridian needs volunteer help. There are a variety of tasks and the hours are flexible. You might have personal life skills or unique talents to share with our pool of volunteers. Please call June Lambert, the thrift store volunteer coordinator at (253) 474-7482 to find out how you can help us in our mission of helping others or stop by the store and ask for the store manager. We also need donations of all kinds. We start taking donations at 9:00AM till 4:00PM.

ATTENTION ALL ADULTS!

Join us for wine, cheese & a movie:

The next **"Fireproof"** movie event is set for Saturday, March 6, 2010 at 6:30pm at Holy Disciples. Please bring your own wine or pop & a snack to share at this free event. If you've seen it before, please come again & bring friends and relatives! Let's share the "Good News" about keeping marriage happy & healthy! For limited childcare, call Barb (848 6309) or email her at wiseparent@hotmail.com
Please reference "Fireproof-childcare."

WYD BINGO NIGHT

Save the date!!! The WYD group will hold its semi-annual family bingo night on Friday, April 9, from 7:00 - 9:30. Bingo cards are only \$1. Over \$100 in prizes for each game played. A total of \$1,124 was given away during the last event. Don't miss out on this one!!!

The WYD group is taking orders for personalized chocolate covered fudge Easter eggs. Choose from peanut butter, chocolate fudge, mint chocolate fudge, or vanilla fudge. The eggs will be available for pickup the week before Easter. Order forms will be available after each mass.



Save The Date & Time—5:00 PM April 18, 2010

Join the Knights of Columbus Council 11948 at the 9th Annual Spaghetti Dinner, Auction and Raffle. Fellowship, Dinner, Entertainment, Live Auction and drawing for Raffle prizes are the planned activities.

YOUTH OUTREACH 2010

Our next meeting is Saturday, Feb. 27 at 3:30 PM. We will be reviewing how the Hunger Retreat went, planning our next mini-mission, and begin signups for fundraisers. This weekend is Progress Sunday.

Please support our summer mission trip by purchasing a one year subscription to the Catholic Northwest Progress. \$10 of each subscription is added to the student's account, helping them to reach their goal of \$250 each.

THE BOOK OF JOB – a film presentation & discussion

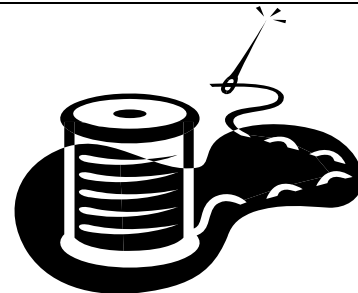
Have you ever said "Why Did God Do This To Me?" Suffered a loss recently, a loved one? a job? your home? your retirement? a dream of the future? Beginning Wednesday, March 3rd, 7:00-8:15 pm, join us to consider God's thoughts through a video presentation of the book of Job followed by a time of sharing our thoughts. For more details or to register, call Barbara Smith, 253-476-1635.



Operation Rice Bowl

First Week of Lent—Jesus' Temptation

In Luke's story of the temptations of Jesus, we see how we can be tempted by wealth, power, and esteem just as He was. Lent calls us to focus on our faith life by living it in deeper ways. As we begin our journey with Catholic Relief Services' Operation Rice Bowl, let us be mindful that our Lenten sacrifices help to give us hope to our brothers and sisters in need.



Silver Threads

For the month of March, we will be joining the 49er's at All Saints for a fun time playing Polish Poker. We can car pool from Holy Disciples, so please sign up on the Silver Thread's Board in the back of Church. Further information to follow.