

### St. Mary of the Rosary, Chewelah

Mass: Saturday 4:00 PM and Sunday 10:00 AM  
Reconciliation: Sat. 2:30—3:30 PM and by appt.

### Holy Ghost, Valley

#### St. Joseph, Jump Off Joe

Mass: Sunday 8:00 AM (at Holy Ghost)  
Reconciliation: Tuesday 6:00—7:00 PM at HG

### Sacred Heart, Springdale

Mass: Saturday, 6:00 PM  
Reconciliation: 1st Fridays, 5:00—5:30 PM

### Mass Intentions

March 7 Bob + and Pam Wester  
March 8 Carol + and Al Mattia  
March 9 Frank Femling +  
March 10 Thanksgiving for all God's blessings  
Mar. 11, 4 PM Geraldine Moddrell +

### Weekday Mass Schedule

Tuesday 5:30 PM Mass at Holy Ghost followed by Adoration from 6:00—7:00 PM  
Wednesday 1:00 PM at Providence St. Joseph Hospital  
Thursday 12:15 PM at St. Mary of the Rosary  
Friday 9:00 AM Mass at St. Mary followed by Adoration from 9:30—10:30 AM

### Annual Catholic Appeal

ACA is now underway and is making fairly good progress. I (Bishop Daly) want to thank each of you for your generous support. Please be assured of my prayers for you and your families. To date, the following pledges have been received:

- St. Mary of the Rosary: \$15,423 (61% of goal and **28.8% parishioner participation**)
- Holy Ghost: \$3,076 (49% of goal; **34% parishioner participation**)
- Sacred Heart: \$1,426 (53% of goal; **36% parishioner participation**)

### Women's Wednesday — March 8

All ladies of the parish are invited to help with this month's service project, "Days for Girls". This is a cutting and sewing project. Please come join us! Remember, the Ladies Auxiliary has something going in the parish hall the 2nd & 4th Wednesday of every month from 9:00—11:00 AM. Your help is needed and appreciated!

### St. Patrick's Day Dinner at Holy Ghost

The annual St. Patrick's Day Dinner at Holy Ghost Church in Valley will be Sunday, March 19, from Noon to 2:30 PM. The menu will be fried chicken, ham, mashed potatoes & gravy, green beans, salad, bread, and pie. Adults \$10.00, Children 6-10 \$6.00, ages 3-5 \$4.00. Please support this annual fundraiser which benefits Holy Ghost Church.

### Tip of the Week

Frequent confession not only empowers us to receive God's grace of merciful love on a regular basis, but it also helps us to be able to forgive others just as God has forgiven us. Make it a point to go to confession at least once during this Season of Lent.

### Lenten Confessions and Penance Service

During Sacramental confession, Christ, through the priest, invites us to let go of anything that gets in the way of our relationship with Him. Everyone is encouraged to receive the healing which comes from this sacrament sometime during Lent. In addition to the regular confession times (see bulletin header), other opportunities will be available:

- Thursday, March 30, 6:00 PM with three priests (St. Mary of the Rosary)
- Monday, April 10, 6:00—7:00 PM (Sacred Heart)
- Wednesday, April 12, 5:30—6:30 PM (SMR)

### Stations of the Cross

The Stations of the Cross is a devotion that has us meditate on the Passion of Jesus Christ, particularly popular during Lent.

Stations of the Cross take place on Fridays in Lent at 5:30 PM at St. Mary of the Rosary.

Stations of the Cross will also take place on Tuesdays in Lent at Noon at the following locations:

- ♦ Holy Ghost, Valley: March 7, 14, and 21
- ♦ St. Joseph, Jump Off Joe: March 28, April 4 & 11

### Soup Supper Schedule for Fridays in Lent

- **March 10**; Pastoral Council. Contact Becky W. at 935-6635.
- **March 17**; Liturgical Ministers. Contact Mary B. at 935-6313.
- **March 24**; Music Ministry & Finance Council. Contact Monna M. (935-6860) or Mary B. (425-760-3966).
- **March 31**; Ladies Auxiliary & Sacred Heart Parish. Contact Janet G. (935-8648) or Mary Jo S. (509-258-4107).
- **April 7**; All Parish. Sign-up sheets will be available at churches.

### Prepares Needs a Boost

PREPARES, the Pregnancy & Parenting Support ministry established by the Washington State Catholic Conference, needs a small financial boost, just a couple bucks from several people, to keep up with the diaper requests of late. Pull Ups and size 6 diapers have been requested and we only have small sizes on hand.

### Family Faith Formation:

#### Duty Towards God, Worship of God

This week's *Family Faith Formation* topic is "God's Merciful Love," covering Questions 16-21 and 35 in *The Apostolate's Family Catechism*. Home Lesson packets are available on the parish website and also in your email (if you registered for *Family Faith Formation*). Please contact Fr. Jeff for more information or if you have any questions about this tri-parish religious education program.

#### By Heart Catechism

**16. In what ways has God shown His love for us?** By making firm promises to us; by freeing us from sin and saving us from death; and by loving each of us with the love of our heavenly Father.

**17. How should we respond to God's goodness?** By finding joy in Him since He gives eternal hope and by worshipping Him and serving Him alone.

**18. In what ways do we worship God?** By participating in the sacred liturgy, especially when we adore Him in the Holy Sacrifice of the Mass.

**19. What should we hope to receive from the goodness of God?** The graces we need to live a life of sacrificial, self-giving love, both for God and for our neighbor.

**20. Why is it that so few people pay attention to God?** Because their lives are occupied mainly with the things of Earth rather than the things of Heaven and the mysteries of God.

**21. Does everyone have at least some desire for God?** Yes, because God has created us in His own image and likeness, and as St. Augustine says, "You have made us for Yourself, O Lord, and our hearts are restless until they rest in You."

**35. In what ways can we honor the Holy Trinity?** By trying to understand, as much as we can by faith, that we are called by Baptism to a close union of love with God the Father, God the Son, and God the Holy Spirit, in Whose Name we are baptized.

### Fasting and Abstinence in Lent

The season of Lent is known for its penitential call for fasting and abstinence. Fasting pertains to reducing the amount of food and drink we ingest, and it is a biblical discipline that serves to train the body, tame the will, and curb the appetites; abstinence refers to fasting specifically from meat.

The Church requires abstinence from meat on Fridays in Lent, as we know, and fasting is required on two specific days: Ash Wednesday and Good Friday. (The specific "rules" of fasting depend on the health needs of the individual; ask Fr. Jeff for more info.)

Fasting and abstinence are part of the whole spirit of Lent, a spirit that challenges us to do something more, something extra, to grow closer to Christ and to be particularly Christ-like during the holiest liturgical season of the year. The Church sets these guidelines of fasting and abstinence as a minimum, but we are free and encouraged to do more. Many people rise up to this challenge by giving something up for Lent; other people rise up to this challenge by taking on something extra (such as extra prayer times). Some people even do both: give up something *and* do something extra.

There are many reasons why the Church upholds fasting and abstinence as bare-minimum hallmarks of Lent. The forty days of Lent commemorate the forty days that Christ sojourned in the desert before beginning His public ministry, and also the forty years that Moses and the people Israel sojourned in the desert before entering the Promised Land. During His forty days in the desert, Christ fasted; hence, so, too, are we challenged to fast in our endeavor to be particularly Christ-like during Lent.

A peculiar question about abstinence: does it include "byproducts" of animals (such as eggs, cheese, and milk)? In earlier centuries, abstinence did refer to meat itself as well as the byproducts of animals. Thus, there arose in some areas of the West the tradition of Fat Tuesday ("Mardi Gras"), the day that preceded the beginning of the Lenten fast on Ash Wednesday. The faithful would clean out pantries and stores of meat and meat byproducts and use it all in special meals on Tuesday before Lent. In England, there remains a tradition of making special pancakes that use up milk, eggs, and butter.

Lenten rules for abstinence have been relaxed in later centuries, such that while we are still to refrain from meat itself on days of abstinence, meat byproducts are permissible.

Sacrament of Baptism: Parents contact Rev. Jeffrey Lewis for information.

Sacrament of Holy Matrimony: Couples contact Rev. Jeffrey Lewis at least four months prior to marriage.

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Parish Office Hours: Monday & Friday: 10:00—11:30 AM, 1:45—5:00 PM; Tuesday & Thursday, 10 AM-5 PM