Our Lenten Journey

Prayer, Fasting, Almsgiving: time tested and true practices for Lent. But just as bringing the scriptures to life requires, at times, re-imagining (see inside, page 3), so too, at times, re-imagining the call to prayer, fasting and almsgiving may be needed if we wish to take our faith to the next level. Doing the same thing we do every Lent may lose its impact. What about trying another way to pray we haven’t explored before? Our tradition is a storehouse filled with ways to connect with God. Our Fridays in Lent will offer several. This Friday, try the type of prayer that developed at Taize, in France, for Friday prayer. What can you expect? Opening with a repeated, simple chant that clears the mind, and helps us enter into an awareness of God’s presence. Familiar, but in a different musical style, we pray a psalm. Scripture is familiar, but time to truly absorb it and let it settle in our heart may be less familiar. There are intercessions. Then comes a powerful bodily prayer. Putting our forehead on the cross, as a gesture of surrendering to Christ all that is in our heart. This can be a real emptying of all that is hurtful, all that weighs our heart down. Another simple chant closes the service. Give it a try!!

Are you familiar with the traditional practice we call Exposition of the Blessed Sacrament? Have you ever tried to spend a substantial amount of time quietly before the Blessed Sacrament, in the prayer we call adoration? What about Benediction? On March 6, those are options offered for our Friday prayer. The following week will be Living Stations of the Cross. If you have never experienced that dynamic prayer way to pray, you are missing out! Our young folks do an amazing job. The penitential service the following Friday is yet one more prayer format we will pull from the storehouse, in preparation for the Day of Penance and Mercy.

Fasting? We can fast from more than just food, although the tradition of fasting from food does have a powerful tradition and effectiveness. What else might we fast from? Do you hunger for things that diminish your hunger for God’s love, for holiness, for a life filled with good works? Fasting from any of these things can make Lent a truly grace filled time. There is always fasting from habitual sins – gossip, judging others, selfish choices, vices we haven’t yet overcome.

Almsgiving too can take forms other than Operation Rice Bowl, as excellent as that is, especially for the young ones. Rice bowl attempts to make the connection between what we give, and the persons in need. At its best, it helps us realize that the very people we assist in our almsgiving have a gift to give us, if only we slow down and pray long enough to recognize the gift. We’ll offer several ways to engage in that kind of almsgiving this Lent. Re-imagine. Bring Lent to life! Peace, Fr. Bob
Mass Intentions for This Week

MONDAY - FEBRUARY 23
Lv 19:1-2, 11-18/Mt 25:31-46
11:00 am Shirley Anne McNally - John & Joan Burke
5:15 pm Virginia Krieg - Cecilia DeJoy

TUESDAY - FEBRUARY 24
Is 55:10-11/Mt 6:7-15
6:45 am Dr. Francis & Eleanor Regan - Family
11:00 am Ginny Krieg - Dick & Donna Jamison

WEDNESDAY - FEBRUARY 25
Jon 3:1-10/Lk 11:29-32
11:00 am James A. Merkley - Wife & Family
5:15 pm Jean Whelan - Robert Whelan

THURSDAY - FEBRUARY 26
Est C:12, 14-16, 23-25/Mt 7:7-12
6:45 am Ann Ring - Kathleen Anderson
11:00 am Mr. Howard Bleakney - Margie & Jerry Schmitt

FRIDAY - FEBRUARY 27
Day of Abstinence
Ez 18:21-28/Mt 5:20-26
11:00 am Memorial Mass for James G. Goulet
5:15 pm Special Intention - Smerbeck Family

SATURDAY - FEBRUARY 28
Dt 26:16-19/Mt 5:43-48
9:00 am Ginny Krieg - Dick & Donna Jamison
4:30 pm John Ruebens - Jerry & Janice Rachfal

SUNDAY - MARCH 1
2nd Sunday of Lent
Gn 22:1-2, 9a, 10-13, 15-18/
Rom 8:31b-34/Mk 9:2-10
7:30 am Andy Antonucci - Don & Jackie Peterson
9:00 am Kathleen Johnston - Ash Family
11:00 am Sam & Clara Scuderi - Perham Family
5:00 pm Martha Dooley - Jeanette Fisher

SPECIAL INTENTIONS

We invite you to have a Sanctuary Lamp lit at the Blessed Sacrament to have your very special intentions remembered for a week.

To arrange this, please call or visit the Ministry Center. The Thursday Holy Hour Ministry will offer special prayers for your intention.

Three Lamps will burn
In Memory of Andy Eilertsen
By Joe & Linda Mulcahy.

Requiem Aeternam
Joseph T. Fazio

Saturday & Sunday, February 28 & March 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Lectors</th>
<th>Extraordinary Ministers of Communion</th>
<th>Liturgical Assistants</th>
<th>Cantor</th>
<th>Altar Servers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>L. Nunn</td>
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<td>R. Whelehan</td>
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<td>C. Sciortino</td>
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<td>C. Heffernan</td>
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<tr>
<td>5:00 pm</td>
<td>A. Nguyen</td>
<td>C. Boyd, M. Wanberg, J. Tirabassi, K. Gilman, T. Strassburg, E. Whitaker, S. Whitaker, N. Tirabassi</td>
<td>P. Lynege</td>
<td>Teens</td>
<td>J. Bergin, W. Bergin</td>
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<td>P. Lynege</td>
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Sunday Communion Service - March 1

The Highlands: Richard Caruso
Heather Heights: Gerry & Pete Shea
The Great Promise Keeper

Deep relationships grow through commitments to one another. Just as promises (explicit and implicit) are central to our most meaningful human relationships, so too, with God’s relationship to each of us, to humankind, and to all living things. Our first reading today recounts one of the great, universal, unconditional promises, or covenants we find in the Bible, God’s covenant with Noah and all living beings. Next week we will hear of a second unconditional covenant, the covenant with Abraham. The good news we find as we read the Bible – God is ever faithful, the great promise keeper. The bad news – our ancestors didn’t do so well (not that we can brag!). The Bible tells us of countless times people break their promises. More good news – God handles broken promises better than we do, ever offering the opportunity for repentance and new opportunities to be faithful. Lent is one of them!

Re-imagining the Flood

Our second reading today illustrates an inspired way to approach scripture. The author reflected on the paschal mystery, reflecting too on baptism. That led to revisiting the story of Noah and the flood. Some of the details are retained, some modified in light of new revelation. While just reading the account in Genesis may seem to highlight human depravity, through the lens of Jesus’s ministry, his message of forgiveness, and the paschal mystery, the letter of Peter brings into brighter focus God’s patience and mercy. The most important take home – the real value in scriptures come when we can find a word for today.

Brief and to the Point!

Yes, the Gospel today is only four sentences. Mark is the shortest Gospel. Read through his Gospel (not a bad thing to commit to this Lent!), and you may notice: as it begins, Mark cuts to the chase quickly, creating a sense of urgency. Yet once the passion narrative begins (which makes up the largest part of this Gospel), the action slows, so that we can really spend time reflecting on the saving mystery of the passion. But for today, The Spirit drives Jesus into the desert. He is tempted. There are beasts (the power of evil), there are angels (who minister to Jesus). We will see as the story unfolds, the beasts cannot overpower the Holy One. And so we begin Lent with Jesus announcing: Now is the time! Repent! Believe in the Gospel! (Sound familiar? Think: Ash Wednesday.)

Looking Ahead:

2nd Sunday in Lent

1st Reading: Genesis 9:8-15
God’s covenant with all creation

2nd Reading: 1 Peter 3:18-22
Brought to life in the Spirit

Gospel: Mark 1:12-15
Tempted in the desert.

Our Weekend Scriptures:

1st Sunday in Lent

1st Reading: Genesis 9:8-15
God’s covenant with all creation

2nd Reading: 1 Peter 3:18-22
Brought to life in the Spirit

Gospel: Mark 1:12-15
Tempted in the desert.

A QUICK JOURNEY THROUGH THE BIBLE
(A condensed version of the Bible Timeline Study)

March 1, 8, 15, 22
2:00 pm, Parish Meeting Hall
Materials $20.00

This simple, accessible program takes a chronological walk through the Bible story in a way that reveals God’s plan for His Creation; what went wrong at the beginning; and how God worked through history to reconcile his lost children to Himself while building His kingdom. In just four Sunday afternoons you’ll come away with a framework with which to read and understand the Bible. Email mcalarney1@gmail.com for information and to register.

You Can Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue or have you stopped talking to each other? Does talking only make it worse? Retrouvaille, (pronounced retro-vi, long i as in like) meaning rediscovery, helps couples through difficult times in their marriages. So many couples struggle alone with their difficulties. Retrouvaille offers those in troubled and painful marriages the chance to rediscover a loving relationship in their marriage. You are NOT alone. This program has helped tens of thousands of couples experiencing difficulties in their marriage. For confidential information about or to register for the Spring program beginning with a weekend at Notre Dame Retreat House on March 27-29, 2015, please call 585-293-1552 or visit the web site at www.HelpOurMarriage.com
Truly your Sunday offering makes a difference! Your contributions make every program here at St. Louis possible: religious education for our children, adult education for adults, formation for those choosing to become Catholic, pastoral care for those in the hospital and our senior residence facilities, our liturgies, and all that goes into making them worthy, holy celebrations. Sunday offerings fund the office, all of our staff, outreach to new parishioners, basics like heat and light, cleaning, snow removal, maintenance and upkeep of this amazing campus, support for our school, for Saint’s Place, insurance, supplies, the list goes on. And because God is so generous to many in our parish, who are then generous in response, we are able to tithe from the Sunday collection, so that our blessing also can be a blessing for others beyond our community. Thank you for being such good stewards!

The annual second collection in support of Black, Native American and Hispanic Ministries is this weekend, February 21 & 22.

A New Development
At our last parish Finance Council meeting, the idea was discussed of bringing together a Parish Wide Development Task Force, to explore our fund raising and event efforts across all missions, how to coordinate them more effectively, and how we might make good use of current best practices in the area of development. Do you have some expertise or passion in this area? Might it be a way to get more involved, to share your gifts and experience? Please e-mail or call Fr. Bob Ring@dor.org

**Our Gift to the Lord**

<table>
<thead>
<tr>
<th>February</th>
<th>Collection</th>
<th>Attendance</th>
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<tbody>
<tr>
<td>1</td>
<td>$26,183.00</td>
<td>1,441</td>
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<td>8</td>
<td>$16,296.00</td>
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<td>15</td>
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<td>1,078</td>
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<td>22</td>
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On-line Collection: $51,464.00

**This Week’s Tithing Will Support Catholic Relief Services Assistance for Ebola Virus Victims in West Africa**

**Next Week’s Tithing Will Support Catholic Relief Services Assistance for Ebola Virus Victims in West Africa**

Bishop Matano has requested that diocesan parishes assist Catholic Relief Services (CRS) in its efforts to battle the deadly Ebola virus and its victims in West Africa. St. Louis will be tithing the weekends of February 14/15, 21/22 & February 28/March 1 to support CRS, the official overseas relief agency of the U.S. Conference of Catholic Bishops. Among its many efforts, CRS has committed to training thousands of health workers and facilities in infection-control procedures, ensuring safe and dignified burials for victims of Ebola and developing and implementing prevention awareness programs, as well as providing food to more than 120,000 people who have lost their source of income or can no longer meet their food needs due to the outbreak’s effect on local economies. Please keep the Ebola virus victims and the CRS workers in your prayers.

**“I Was Hungry And You Gave Me Food”**
Many thanks to all who brought in food last weekend, to help stock the shelves of the Sister Regis Food Cupboard.

**We are in urgent need of:**

**BOOTS** all sizes and

**KITCHEN TABLES and Chairs** If you have one sitting in your basement or garage, please consider donating it to a family who has no place to eat their meals. We can pick it up! Call 385-6860 to schedule a pick up.

**Lenten Friday Fish Fry**
February 20, 27, March 6, 13, 20, 27 and April 3

**Take out dinners only**

**Fresh Breaded Haddock Fillet, French Fries, Cole Slaw Roll and Butter**

**Price $11.00 – Cash only, Please**

Located at **St. John of Rochester Church** on the corner of Route 31 and Wickford Way. Go to the school building next to the Gym in the back parking lot and enter through the school’s double doors. Watch for the signs. Thank you.

Sponsored by the Knights of Columbus Rev. Michael C. Hogan Council 15917
BECOMING THE BEST VERSION OF YOURSELF

Join Matthew Kelly, the best selling Catholic author in America, on a life-changing journey through your Best Lent Ever. Each week, participants will receive short videos and inspiration from Matthew that explain the genius of Catholicism and empower them to become the best-version-of-themselves.

It's simple and completely free. The only cost is your commitment to live better each day this Lent.
To find out more and/or sign up, please go to www.dynamiccatholic.com/bestlentever.

Rediscover Catholicism Book Study
Are you enjoying your Christmas present? As a follow-up to the distribution of these books at many of our Christmas Masses, we are meeting to share our reactions in a book study on Mondays, 7:00-8:00 p.m., Feb. 9, 16, 23, March 9, 16, 23 in the Manse. Don’t have a copy? Just let us know and we’ll have a one for you before our first session. Come for evenings of great discussion, insight, and friendship! Come even if you can’t attend all sessions! Call Kathryn McAlarney at 490-2745 or email mcalarney1@gmail.com for more info and to register.

Greetings from Parish Council
Hello Everyone!
As mentioned during the Christmas season, communication and ministry involvement are key objectives of Parish Council this year. Our progress on your behalf:

- Our technology team, along with a few non-council members, have reviewed the proposal to upgrade the audio and video system used to present the Mass in the gym for Christmas and Easter, so important in handling the overflow crowds. The upgrades will provide an improved video image in the gym, and a more convenient, standardized method for connecting the projector in the gym.
- The Narthex, now used as a de facto “cry room” has audio from the sanctuary currently. A 55-inch video display will be added. When not used to view the liturgy, an added computer will make possible announcements and information about upcoming events on the Narthex display.
- The sanctuary cameras, video board, and monitors will be upgraded also, financed in part with proceeds from last year’s Parish Gala/Believers Ball.
- We are currently reading “Forming Intentional Disciples” The Path to Knowing and Following Jesus by Sherry A. Weddell, exploring current challenges and opportunities for the Church. For example, it teaches us how to open a conversation about faith and belief, and when to tell the Great Story of Jesus. We’ll keep you posted.
- We had 170 amazing volunteers at our Appreciation party and everyone had a great time. We just confirmed next year’s party at Mario’s to be held on 1/16/2016, so please mark your calendars!

Look for us at your ministry meetings as we continue to grow our representation and relationships with the many wonderful ministries of St. Louis.

We wish you a very holy Lent Season where you will experience the beautiful grace of our Lord.

Blessings,
Parish Council

HUNGERING FOR THE JOURNEY
Our journey with CRS Rice Bowl begins in Tanzania, where a simple soybean is changing lives! Like many farmers in Tanzania, Gertruda Domayo used to struggle to provide for her three grandchildren. Now she is a member of Soya ni Pesa, a Catholic Relief Services project that means “soybeans are money. Gertruda has doubled her soybean harvest and has learned a new way to sell her soybeans, too. She combines her crops with those of other soybean farmers. Together, they sell their soybeans in bulk. Gertruda’s new way of selling increased her income six fold over last year, when she sold her beans alone. She can afford to buy healthier food for her family. What actions can you take this Lent to change lives—at home and around the world? Don’t forget to download the CRS Rice Bowl app at www.crs.org/ricebowl-app! Remember, your Lenten sacrifices change lives. Faith. Action. Results.

Members of Girl Scout Troop 60145 are collecting gently used children's books (preschool level through teen level), DVD’s (G, PG,PG-13), board games, puzzles, and electronic games which will then be donated to Golisano Children's Hospital and/or Ronald McDonald House for kids in the hospital. Please consider adding your donations to the collection box in the Narthex the weekends of March 1st or 8th.

Greetings from Parish Council
**BIBLE STUDIES**

**Understanding Sunday Scriptures**
- On-going
- Manse  Tuesdays  7:30 am  no cost

**Great Adventure Bible Timeline**
- January 24 – March 14
- Parish Meeting Hall (PMH)  9:30 am  $45.00
  Still time to join us!

**A Quick Journey Through the Bible**
- March 1 – March 22
- Parish Meeting Hall  2:00 pm  $20.00

**Little Rock Scripture Study:**
- The Passion and Resurrection Narratives of Jesus
  - March 10 – April 28  1:15-2:30 pm
  - OR
  - March 12 – April 30  6:45-8:00 pm
  - Parish Meeting Hall  $13.00

**SYMBOLON: THE CATHOLIC FAITH EXPLAINED**

**Journey of Faith**  February 1  12:15 pm  PMH

**Divine Revelation**  February 15  12:15 pm  PMH

**Salvation History**  March 1  12:15 pm  PMH
  no cost

**BOOK STUDY**

**Rediscovering Catholicism** by Matthew Kelly
- February 9 – March 23
- 7:00 pm  Manse  no cost

**OTHER OPPORTUNITIES**

**Seven Pillars of Catholic Spirituality**
- DVD w/ Matthew Kelly
  - February 12  7:00 pm  PMH  no cost

**Momnipotent: The Not-So-Perfect Woman’s Guide to Catholic Motherhood**
- February 25 – April 22  9:00 am  PMH  $30.00

**Tri-Parish Retreat w/ Bishop Emeritus Matthew Clark**
- March 2  St. Catherine’s  9:00 am & 7:00 pm
- March 3  Transfiguration  9:00 am & 7:00 pm
- March 4  St. Louis  11:00 am & 7:00 pm
  no cost

**Intergenerational Lenten Gathering**
- March 8  10:00 am  GYM  no cost

**Understanding the Eucharist**
- w/ Father Bob
  - March 10  7:00 pm
  - Church  no cost

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**WE LISTEN MORE CLOSERLY**

**BIBLE STUDIES**

**Understanding Sunday Scriptures:**
An in-depth introduction to the upcoming Sunday readings. Facilitated by Father Bob.

**Great Adventure Bible Timeline:**
Offers an overview of the Bible as it follows the narrative of Salvation history. Discover how the Old and New Testaments are connected in Jesus Christ and consider how our lives fit in as the story continues. This is the middle eight sessions of a 24-session study we began last Fall. Newcomers are welcome. For information and to register email mcalarney1@gmail.com.

**Symbolon: The Catholic Faith Explained:**
This program opens up the “big picture” of the Catholic faith in a way that helps us know it, live it and articulate it to others. Through beautifully crafted teaching and state-of-the-art video, author, speaker and theologian Dr. Edward Sri leads a team of dynamic teachers who provide a clear and comprehensive explanation of the Catholic faith as we journey through the core teachings of the Church. Attend one or all of the sessions. No registration required.

**BOOK STUDY**

**Rediscovering Catholicism:**
Catholicism is not a lifeless set of rules and regulations, but a way of life designed by God to help each person reach their full potential. Author, Matthew Kelly, dispels the myths that surround the rejection of Catholicism today and provides a profound and practical vision to lead the Church into the future. For information, a free copy of the book and to register, email mcalarney1@gmail.com.

**OTHER OPPORTUNITIES**

**Seven Pillars of Catholic Spirituality with Matthew Kelly:**
We all need our spirituality re-energized from time to time. Matthew Kelly has been inspiring Catholics to explore the genius of Catholicism for twenty years. If you are not quite sure where Catholicism fits into your life, have questions about the faith, or just need your spiritual life reinvigorated this one hour DVD and discussion program is a perfect opportunity to embrace what it means to be Catholic.

**Momnipotent – The Not-So-Perfect Woman’s Guide to Catholic Motherhood:**
Momnipotent validates the dignity and importance of motherhood and will help you recognize your uniquely feminine strengths. Come join fellow moms and see how you can use those strengths to find peace, balance, and joy in being the woman God created and called you to be.

Watch the bulletin for more information about the other listed adult faith formation opportunities!
## Lent 2015

<table>
<thead>
<tr>
<th><strong>Date</strong></th>
<th><strong>Time</strong></th>
<th><strong>Location</strong></th>
<th><strong>Event</strong></th>
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<tbody>
<tr>
<td>February 18</td>
<td>6:45 am, 11 am, 5:15 pm, 7 pm</td>
<td>Church</td>
<td>Ash Wednesday Services</td>
</tr>
<tr>
<td>February 20</td>
<td>11:00 am</td>
<td>Church, Parish Meeting Hall</td>
<td>Friday in Lent: 11:00 am Mass, 11:30 am Soup Lunch, 12:00 pm Exposition and Adoration of the Blessed Sacrament</td>
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<td>Church</td>
<td>4:00 pm Benediction</td>
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<tr>
<td>February 27</td>
<td>7:00 pm</td>
<td>Church</td>
<td>Friday in Lent: Taize Prayer at the Cross</td>
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<tr>
<td>March 2</td>
<td>7:00 pm</td>
<td>St. Catherine's</td>
<td>Tri-Parish Lenten Retreat w/ Bishop Clark</td>
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<tr>
<td>March 3</td>
<td>7:00 pm</td>
<td>Transfiguration</td>
<td>Tri-Parish Lenten Retreat w/ Bishop Clark</td>
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<tr>
<td>March 4</td>
<td>7:00 pm</td>
<td>St. Louis Church</td>
<td>Tri-Parish Lenten Retreat w/ Bishop Clark</td>
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<tr>
<td>March 6</td>
<td>11:30 am - 4:00 pm</td>
<td>Church</td>
<td>Friday in Lent: Exposition and Adoration of the Blessed Sacrament, Benediction</td>
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<tr>
<td>March 7</td>
<td>5:30 pm</td>
<td>Parish Meeting Hall</td>
<td>Bistro Night, St. Paddy’s Celebration</td>
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<td>March 8</td>
<td>10:00 am</td>
<td>Reddington Hall Gym</td>
<td>Intergenerational Lenten Gathering</td>
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<td>March 13</td>
<td>7:00 pm</td>
<td>Church</td>
<td>Friday: Stations of the Cross w/ SL School Students</td>
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<tr>
<td>March 20</td>
<td>7:00 pm</td>
<td>Church</td>
<td>Friday in Lent: Penitential Service</td>
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<tr>
<td>March 24</td>
<td>12:30 - 7:30 pm *4:30 - 5:30 pm</td>
<td>Church*, Manse Meeting Room</td>
<td>Day of Penance &amp; God’s Mercy (Confessions relocated during this hour only)</td>
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<tr>
<td>March 27</td>
<td>7:00 pm</td>
<td>Church</td>
<td>Living Faith Stations of the Cross</td>
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### Tri-Parish Lenten Retreat
Presented by
Bishop Emeritus Matthew Clark

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**The Call to Discipleship:**
daily challenge, lasting joy

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### Table

<table>
<thead>
<tr>
<th>Monday, March 2nd</th>
<th>Tuesday, March 3rd</th>
<th>Wednesday, March 4th</th>
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<tbody>
<tr>
<td>St. Catherine of Siena</td>
<td>Church of the Transfiguration</td>
<td>St. Louis</td>
</tr>
<tr>
<td>26 Mendon-Ionia Road, Mendon</td>
<td>50 West Bloomfield Road, Pittsford</td>
<td>64 South Main Street, Pittsford</td>
</tr>
<tr>
<td>9am Morning Mass followed by discussion and refreshments</td>
<td>9am Morning Mass followed by discussion and refreshments</td>
<td>11am Morning Mass followed by discussion and lunch</td>
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<tr>
<td>7pm Presentation followed by refreshments</td>
<td>7pm Presentation followed by refreshments</td>
<td>7pm Presentation followed by refreshments</td>
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Hi Teens,

"And be not conformed to this world: but be transformed by the renewing of your mind, that you may prove what is good, and acceptable, and perfect." Romans 12:2

This is one of my favorite Bible verses to think about during Lent. It is so easy to be influenced by the world around us. Lent is a perfect time to strive to let God transform us into a new person by changing the way we think!

A great place to start is by asking God to help us be more grateful. Viewing life with a lens of gratitude is transforming! It becomes hard to be jealous, angry or annoyed if we are focused on gratitude. Give it a try.

We'd love to have you join us for some of our upcoming youth group events. Each one of you have gifts to add to our group!

See you on Sunday.

Have a great week,
Molly and Mr. McBride

FEBRUARY/MARCH

Sunday, February 22, Regular meeting 6:00 - 7:30 pm.
Sunday, March 1, 5:00 pm Teen Mass, Dinner 6:00 - 7:30 pm.
Sunday, March 8, Regular meeting 6:00 - 7:30 pm.

UPCOMING EVENTS

Wednesday, March 4, Hands of Christ Awards
Friday, Saturday, March 20-21, Parish Teen Retreat
June 26-28, Franciscan University Youth Conference, Steubenville, Ohio
November 19-21, National Catholic Youth Conference, Indianapolis, Indiana

Find Peace, Balance, & Joy in Your Vocation as a Mother

Momnipotent

“Is being a mother what you thought it would be? The exhaustion, monotony, mounting unfinished projects, loss of a sense of self… Too many moms feel disillusioned and overwhelmed.”

“Momnipotent validates the dignity and importance of motherhood and will help you recognize your uniquely feminine strengths. Come join fellow moms and see how you can use those strengths to find peace, balance, and joy in being the woman God created and called you to be.”

February 25 - April 22 (8 sessions), Materials $30.
9:00 am - 11:00 am. St. Louis Parish Meeting Hall
For more information or to register, contact: Dawn Adams, email: woolies7@gmail.com or phone: 267-7542.

The Challenge of Lent

The announcement that Jesus makes as he begins his preaching in today's Gospel is recalled on Ash Wednesday at the signing with ashes: “Repent and believe in the gospel.” This is our challenge for Lent; indeed, it is the challenge of our entire life. During Lent, we are invited to strengthen and to renew the promises that we made at our Baptism, to reject Satan and sin so as to live as children of God. Through the grace of God that we received at Baptism, we follow the promptings of the Holy Spirit and know that with Jesus' help, we will be victorious over sin.

The temptation of Jesus follows his baptism by John the Baptist. Jesus went into the desert immediately after his baptism, led by the Spirit. Jesus' public ministry in Galilee begins after his temptation in the desert. There is a connection between the arrest of John the Baptist and the beginning of Jesus' ministry. Jesus' preaching about the Kingdom of God is in continuity with the preaching of John the Baptist, but it is also something new. As Jesus announces it, the Kingdom of God is beginning; the time of the fulfillment of God's promises is here.

The fact that Jesus spent 40 days in the desert is significant. This recalls the 40 years that the Israelites wandered in the desert after being led from slavery in Egypt. The prophet Elijah also journeyed in the desert for 40 days and nights, making his way to Horeb, the mountain of God, where he was also attended to by an angel of the Lord. Remembering the significance of these events, we also set aside 40 days for the season of Lent.

The desert marks the beginning of Jesus' battle with Satan; the ultimate test will be in Jesus' final hours on the cross. In a similar way, our Lenten observances are only a beginning, a preparation for and a reinforcement of our ongoing struggle to resist the temptations we face in our lives. During Lent, we are led by the Holy Spirit to remember the vows of Baptism in which we promised to reject sin and to follow Jesus. Just as Jesus was ministered to by the angels, God also supports us in our struggle against sin and temptation. We succeed because Jesus conquered sin once and for all in his saving death on the cross.
Would you like to learn more about the Sacrament of Penance? Go to http://Forgiven.dor.org to find an examination of conscience (for adults, for children and for teens) and information about how to go to Confession.

St. Louis School has formed two Girls on the Run (GOTR) teams for girls in grades 3-6. The teams are in need of additional volunteer coaches Tuesdays and/or Thursdays for 10 weeks starting March 17.

Please consider volunteering for this great opportunity for the girls to unleash their confidence through accomplishment while establishing a lifetime appreciation of health and fitness. The program culminates with a celebratory 5K running event on June 5.

If you or anyone you know would be interested, please register at www.gotrrochester.org or contact our school’s GOTR liaison, Christine Malvaso at 315-8169. You don’t have to be a runner to be a coach, just an inspiration.

Women of St. Louis Have you ever wondered if you have a problem with alcohol? Has anyone ever told you that you should seek help? There is a Women’s group at St. Louis who meet once a month to deal with this issue and offer support. Call Fr. Bob (586-5675) for a meeting time and place.

The Second Annual Rochester Catholic Women’s Conference is coming on March 28, 2015 to the Aquinas Institute in Rochester. This event sold out last year, so don’t put off registering! Come spend a day refreshing your Body, Mind and Soul at this great event for women. Your day will include Mass with Bishop Matano and Fr. Bob, Catholic devotions, local vendors for shopping, and a delicious lunch. Speakers include Jeanette Demelo, Editor-in-Chief of the National Catholic Register, and Sister Mary Gabriel of the Sisters of Life in New York City. Visit Rochesterewc.org to register online.

For more information, contact Parish Co-Captains Bill Conklin (wconklin1@gmail.com), Kevin Parker (kevinparker@rochester.edu), or Dick Hilliard (bwgolf@hotmail.com or 585-943-1106), or go to www.ExultRochester.org to register.

Women, Men, Register Now!

MEN!

YOU’RE INVITED TO THE 1st ANNUAL ROCHESTER CATHOLIC MEN’S CONFERENCE “PUT OUT INTO THE DEEP” SATURDAY MAY 16, 2015, 8:00 AM – 5:00 PM SAINT JOHN FISHER COLLEGE

WE HAVE FANTASTIC, NATIONALLY KNOWN SPEAKERS – TIM STAPLES, HECTOR MOLINA & DANNY ABRAMOWICZ, AND BISHOP MATANO WILL CELEBRATE HOLY MASS

RECHARGE YOUR SPIRITUAL LIFE AND BE TOUCHED BY THE HOLY SPIRIT!

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