

IGNI⁺E 2015

The seventh annual **IGNI⁺E for Men**, Saturday, March 21, is again blessed with great speakers and guests:

Curtis Martin, founder of Fellowship of Catholic University Students (trains future leaders of the Church);

Steve Ray, bible teacher, best-selling author; *and*

Father Larry Richards, retreat master and author.

Past attendee: "I must confess that I was very skeptical -- hopeful, but skeptical. My skepticism vanished instantly when I saw the sea of men. The sensation I got hearing the voices of a thousand men raised in song as the Holy Mass began is simply indescribable. Even now I get chills when I think about it."

Men, please join us at Onondaga Community College in the SRC Arena in Syracuse this year! Register at ignitecatholicmen.org.

Marriage Moments by Susan Vogt

Lent is about to begin. Sure, celebrate Mardi Gras on Tuesday but start thinking now of a meaningful Lenten practice. Why not choose at least one penance or act of service that you will both do together. It can reinforce your decision and bond you in a common effort.

World Day of Prayer

The "World Day of Prayer" service will be held on Friday, March 6, at 6:30 pm at the First Congregational Church located at the corner of North and Mead Streets in Walton. Come and offer prayer as a community ~ all are welcome!

I will work, speak, think with God alone in view.

~ Blessed Philip Rinaldi

Valentine's Bake Sale for NCYC

Don't forget to pick up delicious baked goods this weekend after the St. John 4 pm and 11:15 am Masses! Proceeds go to the NCYC trip in November.

Parenting Pointers by Susan Vogt

Wednesday is Ash Wednesday, but before Lent comes Tuesday the 17th, which is Shrove Tuesday and Mardi Gras. I guess it is human nature to want to splurge before taking on a sacrifice. Decide on a family penance for Lent, but plan a family treat for this Tuesday.

'Food Bank Sunday'

Walton churches are holding a community-wide **Food Bank Sunday** on March 1. Food Bank donations go down in February so the local churches are being asked to help restock the supplies. When attending Mass on the first, please bring one or two of the most-needed items on the list below:

- canned corn, beans, peas, spinach, and other vegetables,
- spaghetti and spaghetti sauce
- macaroni and cheese
- pork and beans
- canned peaches, pears, etc.
- tuna fish (in water)

Have some time to volunteer at the Food Bank? Please call John at 865.6684.

Family Perspective by Bud Ozar

Family life is about decisions. The leper in the Gospel knew this when he said to Jesus, "If you will, you can make me clean." Jesus knew this when He said, "I do will it." Love is not an emotion. It is a decision to be with and for another person in "good times and bad" even when we do not feel like it.