Lenten Series at St. Mary's Church

St. Mary's Church in Oneonta will be holding a Lenten series: Lent for Real Life II: *"Inquiring Minds Want to Know."* The series runs from March 8-13 (more information forthcoming).

Marriage Moments by Susan Vogt

"I establish my covenant with you."
(Genesis 9:11)

Although this passage refers to God's covenant with Noah to never again destroy all living creatures by a flood, your marriage covenant is likewise a life-giving promise. Choose a symbol (like a rainbow) to be a reminder of your promise to each other.

'Food Bank Sunday'

Walton churches are holding a community-wide **Food Bank Sunday** next Sunday, March 1. Please bring the most-needed items to Mass:

- 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)

Parenting Pointers by Susan Vogt

God's covenant with Noah was a solemn promise. Talk with your child today about what it means to make a promise. Is it ever okay to break a promise?

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter.
Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love.
O Lord & King, grant me the grace to be aware of my sins and not to judge my brother. Amen

My Free Taxes and VITA

Otsego County: "My Free Taxes" is available to those with a family income of $60,000 and less and is available at CDO Work-force in Oneonta.

Call 432.4800 for information.

VITA (Volunteer Income Tax Assistance):
Call Catholic Charities at 432.0061 for appointment.

Delaware County: "My Free Taxes" is available to those with a family income of $60,000 and less and is available at CDO Work-force in Delhi.

Call 746.7477 for information.

In Delhi: Saturdays, March 7 and 14, at the Sidney Federal Credit Union. Appointments must be scheduled by calling Catholic Charities at 432.0061.

VITA: Appointments are made through the Office for Aging at 746.6333. (To qualify total family income may not exceed $53,000.) This service is available *by appointment only!* March 10, 13, 16 & 25, April 3 & 14.

Call to inquire what documentation is required.

Rice Bowl Country Spotlight
~Tanzania~

Gertruda, like many farmers, used to struggle to provide for her three grandchildren, but now she is a member of *Soya ni Pesa*, a Catholic Relief Services project. Through this project Gertruda has learned about crop spacing and fertilizers, which has doubled her harvests. She has also learned a better way to sell her crop: combining hers with other farmers and sell in bulk. She is now able to buy healthier food for her family.

- More than 70% of farmers work on plots smaller than 3 acres (US average: 411).
- Soybeans, used to make poultry feed, is in high demand so the domestic soybean industry produces a higher quality product for less $.
- CRS works with over 11,000 farmers connecting them with marketing groups.