First Sunday of Lent

February 22, 2015

Please pray for those in special need of prayer:

Leonard Wein, Rita Hoffman, Don, Clancy Adkinson, Mary Hunter, Mary Anne Falcone, Amber Hoyt Phraner, Angel, Carmen, Raymond Bivens, Jr., Helen Pratti, Agnes Henry, Rose Gunderson, Ronnie Hunter, and Robert Bivens.

Please pray for the soul of Helen Stropple. May she rest in the peace of our Lord.

Coffee Hours

Coffee hours will be held at St. Peter and St. John this Sunday the 22nd. Stop in for a warm cup of coffee, a snack, and fellowship to break this winter's 'cabin fever'!

Anointing Masses Tuesday

8 am at St. Peter ~ 9:30 am & 7 pm at St. John

Rice Bowls

Rice Bowls are available this Lent, a season when we dedicate ourselves to almsgiving, service, fasting, and prayer. At the end of Lent count your Bowl, make a check out to your Church, put in envelope marked 'Rice Bowl,' and place in offertory basket (no cash please).

Fast and Abstinence

Ash Wednesday and Good Friday are days of fast and abstinence. As a sign of our penance, we preserve for the Diocese of Albany the custom of abstinence from meat on the Fridays of Lent. Abstinence binds all Catholics who are 14 years of age and older. Fasting binds all Catholics who are 18 years of age but not yet 59. Fasting refers to the quantity of food eaten. Traditionally, fasting calls for only one full meal per day.

By retaining these traditions for our Diocese, we do not intend that they be interpreted as laws binding under pain of sin, but as customs from which we will not hold ourselves lightly excused. They are expressions of our desire to be converted in our hearts, to be reconciled with each other, and to love our neighbor.

⌖ OFFERINGS ⌖

St. John:	$1,409
Holy Family:	104
St. Peter:	866

'The Big Three'

We are not just spiritual beings. We are also physical entities, and the way to the soul is through the body. That is why Lenten discipline has historically centered on the "Big Three" of Fasting, Almsgiving, and Prayer:

Fasting is not just a spiritual diet. By denying our bodies, our physical hunger reminds us of the hunger of our souls for God, our longing for a deeper relationship with Our Lord.

Almsgiving teaches us to separate ourselves from material possessions. By freely giving of our money and possession, we learn to trust the Lord more deeply for our daily needs.

Prayer is a way to stir up our love and ardor by having a deepening conversation with our God.

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 in Walton. Come and offer prayer as a community ~ all are welcome!

Family Perspective by Bud Ozar

Jesus went into the desert to put His life in perspective. This Lent take a fresh look at a difficult relationship in your life. Concentrate on the positive things that person does, not the negatives. Try to understand why their behaviors 'bug' you. Can you share your feelings with them without attacking them? Make **Lent** a time to **MEND** and **FORGIVE**!