

FOURTH SUNDAY OF LENT

March 14, 2010



SUNDAY READINGS

The Christian disciple is a steward who is prayerful, persistent, patient, and strives to joyfully and generously live out the personal vocation to which God calls him or her. These characteristics are most valuable in our own prodigal stories. At times we may stumble and wander away from God. When we do, we find hope in today's Gospel. Through our patience, perseverance, and above all prayer, we can return to the Father, trusting in His forgiveness.

**Joshua 5:9-12; 2 Corinthians 5:17-21;
Luke 15:1-3, 11-32**

Next Week:

Isaiah 43:16-21; Philippians 3:8-14;
John 8:1-11



STATIONS OF THE CROSS

The Stations of the Cross will be prayed on Fridays during Lent at 6 PM in the church.

SCHOLARSHIP OPPORTUNITY FOR HIGH SCHOOL SENIORS

We need your help to support all of the deserving students who will apply for a high school scholarship this year. If you would like to make a donation, please drop off or mail your donations to the parish office. They can be labeled "High School Scholarship Fund". We will be offering scholarships to Queen of Angels' seniors graduating from all local high schools. Applications are in the Parish Office and are due back by **March 24th**. Thank you to those of you who have already donated.

8:30 a.m. Mass Intentions

MON † Donald Heikkila
TUE Fr. Nathe
WED Ron & Yvonne Doughty
6 pm † Aimee Johnson
THU † Mary Wyman & † Theo Nelson
FRI † Helen Halko
SAT † Deacon Chuck Wilson

Please note: We will pray *Liturgy of the Hours Morning Prayer* whenever a priest is not available to offer morning Mass. Father will offer the scheduled Mass intention privately.

WEDNESDAY MASSES 8:30 AM & 6 PM

Knights of Columbus serve breakfast after the 8:30 Mass; Scouts host Coffee Hour after the 11:00 Mass



Next week: 7th & 8th grade Queen of Angels Students and Parents host Coffee Hour



**Fiscal Year
July 1 — June 30**

Sunday & Holy Day Collections

February 2009	\$ 40,026
February 2010	\$ 39,188
<i>Difference in Donations</i>	\$ 38
08/09 Year To Date Collection	\$ 340,712
09/10 Year To Date Collection	\$ 340,608
<i>Difference in Donations</i>	\$ 104
Thank you for your generous support	

Fasting

Greetings in Christ.

We hear often about fasting especially during Lent yet I don't think that most of us understand what the Church teaches about this ancient practice. In short, the Church teaches a lot about this if you know where to look. Here are a few places to look: Pope Paul VI in his 1966 constitution Paenitemini; on-line at New Advent, just click on "Fast"; you can also read this great little paper back by Sister Emmanuel Maillard entitled Freed and Healed Through Fasting. Queenship Publishing Company, 2004.

Quoting from Sr. Emmanuel's book: "Fasting is part of the Jewish tradition and the Christian tradition, as well as several other religious traditions. Our Lady herself, St. Joseph, Jesus and all the pious Jews in the first century fasted two days a week. To unearth the roots of this practice we must turn to Jesus' first disciples who wrote about life and culture during the first century. The 'Didache', an ancient Church document, dating from approximately 90 A.D., was written by the first disciples and instructs the early Christians: 'Let not your fasts be with the hypocrites, for they fast on the second day (Monday) and the fifth day (Thursday), but do you fast on the fourth day (Wednesday) and the sixth day (Friday)'." From the beginning of Christianity, Wednesdays and Fridays have been fast days. In addition Ash Wednesday and Good Friday are universal days of fast and abstinence.

So what specifically is fasting supposed to look like? The current regulations on this are that fast days are to incorporate one normal meal, two light meals, and no snacking. Historically, it has meant something closer to bread and water. Whatever we attempt though, it is supposed to be a penitential act that does not endanger our health. I recommend bread and water, at least for one meal on a fast day; again, without it seriously threatening your health. So now the question is asked: why do we fast? Sr. Emmanuel has a neat little list:

- Fast to be Free
- Fast to be Pure
- Fast to Defeat Satan
- Fast to be Protected
- Fast to Suspend Natural Laws
- Fast to Heal
- Fast to Prepare
- Fast to Fulfill God's Plan

Depending on your bible translation, there's a passage in St. Mark's gospel about the disciples attempting an exorcism on a boy and failing. Then Jesus performs the exorcism and the demon leaves the boy. The disciples then ask Jesus why they couldn't (implying that they could in other cases). Jesus says: "This kind can only be driven out with much prayer and fasting." (MK 9:29). Fasting has a super natural dimension. Anyone who has fasted, coupled with prayer, knows this to be true. I encourage you to try to fast. It's hard, nobody's fooling anyone here, but all things are possible with God.

To Jesus through Mary,



Fr. Thomas Nathe

CATHOLIC RELIEF SERVICES—Today, we take up the Catholic Relief Services Collection. You are invited to **give hope to Jesus in disguise**. Give hope to the community that has lost its livelihood to a crop disease. Give hope to the refugee child, separated from her mother. Give hope to the immigrant, trying to keep faith alive in a foreign land. The Catholic Relief Services Collection helps to fund programs that give hope to refugees, immigrants, and the impoverished, including victims of war, natural disaster, and drought. Through humanitarian, economic, pastoral, and advocacy efforts, The Catholic Relief Services Collection gives hope. Please be generous.

MIX-SUPS SUPPER CLUB Returns for Spring!

These groups of 6-8 folks get together for delectable potluck dinners in parishioners homes. This is a chance to get to know fellow parishioners in a friendly setting conducive to conversation. Couples and singles are welcome. **Please sign-up by March 15.** Contact Barb to sign up or for more information at 452-1283 or abcreation.bam@gmail.com *Everyone welcome!!*



All Gardening Angels are Called to Meet !

Everyone (individuals, couples, families, retired, and weekend warriors alike) is invited to send a representative to a Parish Garden Meeting to help formulate a plan for the multiple garden spots of our parish campus. **Your ideas are welcome at 1:00 PM Wednesday, March 17 in the Mary Room.** Wear GREEN for St. Patrick's Day!

LEGION OF MARY

FAST FROM LETHARGY, FEAST ON ENTHUSIASM!! Join the Great Lenten Adventure with the Legion of Mary. Help bring the Word of God into the heart of Port Angeles! We meet Wednesdays after 8:30 a.m. mass in the Mary Room. Or call our President, Betty Gallauher, at 457-7038 for more information.

More PENANCE SERVICES Prepare for a wonderful Easter. At least three priests will be available to hear confessions at St. Joseph's Parish—Sequim at 3 PM Sunday, March 28 and at St. Mary Star of the Sea—Port Townsend at 3 PM Sunday, March 21.

BAPTISMAL PREP CLASSES

Baptism prep classes are required for parents of children through 1st grade. The next session will be held April 7 & 12, 2010. Contact Jean Marie for more information 928-3395.



SPIRITUAL ADOPTION OF AN UNBORN CHILD ON *March 13/14*

The Respect Life Committee of our Parish invites you to join in the *5th annual Spiritual Adoption of an Unborn Child in the womb* next weekend.

As a participant, you will pledge to pray daily for 9 months for an unborn child, **using the pink pledge form available in the vestibule.**

The simple way to participate is to complete a pink pledge form in the pew pockets today and drop it in the Adoption Boxes at Church Exits.

Then take a prayer card from the box to use for your 9-Month Prayer Pledge.

At the end of the 9 months, our parish will celebrate the birth of our spiritually adopted babies with a baby shower on December 5th. Gifts collected last year went to the St. Vincent de Paul and Clallam County Care Net for new mothers.

Please watch the bulletin each month for progress of your baby.

As you love and pray for your unborn child each day, we ask you to love and pray for the child's mother and father. Pray also for the parents of babies already aborted.

While this child will remain unknown to the "Spiritual Parent", God knows the child. Many people have found that naming "their child" helps to keep them focused on the reality that their prayers are helping to save a particular child from the harm of abortion

"At any moment do what love requires." — St Therese, the Little Flower

Infant Massage Classes for Mother & Child ~ Tuesdays in May

9:30 — 11:00 A.M. in the Mary Room with Licensed Massage Therapist, Annie Tamburro

This free class offers simple techniques to parent or caregiver, empowering them to incorporate infant massage into daily routine to benefit child and adult to promote infant development, relaxation, immune system, circulation and a message of love and caring. Register early for this limited space class. February class filled and enjoyed thoroughly by all! Contact Annie at 452-8729 Many Thanks to Brianna Noach, Acupuncturist/Massage Therapist, for her assistance with the February massage classes.



CHURCH CLEANING

Please come help clean our church in preparation for Easter. The church cleaning will take place on Tuesday, March 30th, after the 8:30 AM Mass. Many hands make light work; please add your helping hands to ours. Thank you!