

February 04, 2024

St. Francis of Assisi Parish

1031 Chenango Street, Binghamton, New York 13901



St. Francis of Assisi Parish is a Eucharistic faith community committed to living and sharing the Gospel life.

Staff

Rev. Timothy Taugher, Pastor
Deacon Stephen Blabac
Delores A. Farwell
Parish Administrative Assistant
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Director of Faith Formation
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Suzanne Ekstrom
Parish Media Manager
Edmund Savo
Organist
Fred Hazlett
Maintenance/Groundskeeper
Tina Silvestri
Housekeeper
Brendan Kliment
Sarah & Mary Bush
Sacristans

Office Hours:

Monday — Thursday:
7:30 am to 4:30 pm
Friday: Closed

Confession:

2nd & 4th Saturday of every
month at 3:00 pm in the Church

Parish Office Phone: 722-4388

Faith Formation Office Phone:

722-4177

E-mail:

stfrancisbing@syrdio.org

Website:

www.stfrancisbing.org

Please go online to
stfrancisbing.org to view
our latest Children's Liturgy.
We post new videos by
4:00PM on Saturdays.

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Saturday, February 3, Vigil of Sunday
4:00 p.m. Frances Hazen by Mike & Jan Pandich

Sunday, February 4, Fifth Sunday in Ordinary Time

10:30 a.m. Debbie Wheeler by Aunt Sally & Uncle Dick

Monday, February 5

12:00 p.m. Michael Hurley by St. Francis Special Sunshine Committee

Tuesday, February 6

8:00 a.m. Liturgy for the People

Wednesday, February 7

NO MASS

Thursday, February 8

NO MASS

Friday, February 9

NO MASS

Saturday, February 10, Vigil of Sunday

4:00 p.m. Dick Talbut by St. Francis Special Sunshine Committee

Sunday, February 11, Sixth Sunday in Ordinary Time

10:30 a.m. Roberta Cushing by Michael Boa

Catherine's Cupboard

CATHERINE'S CUPBOARD has been serving our community for the past 20+ years, it's **open the 1st & 3rd Tuesday each month from 5 till 7 (or until all are served)**. We serve anyone who comes, asking only for ID, if they have any. As members of SOUTHERN TIER FOOD BANK, we purchase at wholesale (or less), providing **basic dry or canned goods, fresh fruit and vegetables, dairy, and frozen meats**. We try to provide **5 days of meals** and include **personal care items** also. We operate on **100% donations or grants**. Our location at the parish center means we have most overhead costs covered. However, we serve over 1200 people, requiring a budget of close to \$50,000 a year. PLEASE tell anyone you know who is feeling food insecure to stop in. **If you would like to donate food items, they can be left at parish center or food barrel in church foyer. Monetary donations can be mailed to our parish office or via the online giving tab at stfrancisbing.org**

Weekend's Offering (01-21-24)

Regular Envelopes.....	\$4,100.00
Loose Collection.....	\$320.00
Electronic Collection.....	\$1,905.00
Total Collection.....	\$6,335.00

FAITH FORMATION

**Faith Formation for Grades K-9 today 9--10:15 AM,
Confirmation 2024 meets 11:30-2PM**

Looking Ahead:

† Confirmation Service Retreat, Friday, February 16th, begins at the Parish Center at 9:00AM. Candidates return to 1031 Chenango St. around Noon.

† 5th and 6th Grade Mini Retreat Sunday, February 11th at St. Vincent DePaul Parish in Vestal from 1 PM--3PM. This event will replace Faith Formation for Grade 5 & 6. Please be sure to register with the QR code or link on the flyer below.

FISHING FOR DISCIPLES

"AND THEN HE SAID TO THEM,
FOLLOW ME AND I WILL MAKE YOU
FISHERS OF MEN." MATTHEW 4:19

Sunday, February 11, 2024
1:00 - 3:00
5th & 6th Grade Mini Retreat

St. Vincent de Paul Blessed Sacrament Church Hall
465 Clubhouse Road, Vestal NY

Cost is Free

Register: <https://forms.gle/rzGfampjThgavJ4BA> or by using the QR code

If you have any questions contact your parish catechetical leader.

Sunday, February 11th at St. Vincent DePaul Parish in Vestal from 1 PM--3PM. The purpose is for middle school aged children to get together, learn about discipleship and have fun. Although it is Super Bowl Sunday, I hope you have your child participate in this event. It does not include Mass so please be sure they have attended Mass beforehand. There will be light snacks, but it will not include lunch. We have put together a fun afternoon, including games, a Gospel reflection, and an art project based on the gospel. They are also welcome to bring a friend. Use the QR code to pre-register even if you are not sure about attending. This event is designed to help your child experience Christ in a relaxed environment, and to help them begin to understand what it means to be a disciple of Christ.

Prayers . . .

Please remember all of our parishioners who are in hospitals and nursing homes and our home-bound. Also, please pray for our deceased parishioners and loved ones especially.



Working Together: Justice can prevail.

Peace is possible.

Our hearts grieve because of the conflict in the Middle East and for the pain and grief that has unfolded there the last four months. We lament for those who have died, those wounded, and those displaced.

“O that you would tear open the heavens and come down!” cried Isaiah. Isaiah’s prayer is bold, honest, and raw, an anguished wail calling on God to intervene with righteousness and justice. In our lament we give voice to our sorrow at all that is wrong in the world and we plead with God to act. Rather than turn away from a world that is hurting, we move toward it. In lament we allow our hearts to ache and we join God in God’s heartache for a world gone wrong.

Yet lament is finally not an expression of despair but of faith. It is a bold act, calling on God to be true to God’s promises. We dare to bring our complaint before God because we trust that God hears and that God will act. In the midst of our sorrow we dare to give voice to our heartfelt longing: “O that you would tear open the heavens and come down!” because somewhere deep within us we trust that God hears that prayer. We remember that in the birth of a child long ago in Bethlehem God did come down. That at a baptism in the Jordan River God did tear open the heavens. That he did walk among us, suffer with us, die for us—and that on the first day of the week, set aside the grave clothes and defeated the powers of death.

Let us pray:

O God of life and love and peace, we witness the violence and injustice in your world and our hearts ache. Our hearts ache for the people of Israel—for the victims of violent attacks by Hamas, for those held hostage, for those who live with fear and insecurity, for families separated or bereaved. O God of life and love and peace, our hearts ache for the people of Gaza—for the victims of the Israeli military assault, for those grieving the death of children and loved ones, for those being denied water, food and medical care, for those who have been driven from their homes. O God of life and love and peace, we pray—that weapons of war be laid down, that walls of separation be dismantled, that prisoners be released, that enmity and hatred give way to understanding, that calls for revenge and violence will grow silent, and that those in authority might find ways to work together for the good of all people. O God, you have promised to speak peace to your people, to those who turn to you in their hearts. Kindle in our hearts a true love of peace. Make us instruments of your peace that the barriers of fear, suspicion and hatred may crumble and fall, and the people of the world be united in justice and peace.



Lent 2024

We are just a few weeks away from the start of the Lenten Season. To start on **Ash Wednesday**, there will be **TWO LITURGIES** with the distribution of ashes at **8:00AM and 12 Noon**. There will be a joint prayer service at **7:00PM** with our neighbors, Ogden Hillcrest Methodist Church, and we will be hosting the service.

Lent is a season for personal and social conversion to live our lives with greater authenticity, depth, and meaning. A time to change from old ways of living to New Life in and with the Risen Christ. The 40 day Lenten Season is a period of grace and a time for sacrifice and spiritual reflection preparing us for the joyful celebration of Christ’s Resurrection on Easter Sunday.

Prayer in the Lenten Season can be taking time more regularly for personal prayer. An aid in this attempt can be using the **Journey Together Through Lent**. This reflection book for Lent weaved in the Eucharistic Revival and the Synod on Synodality. Ann Naffziger’s reflections for Lent remind us that faith is not something we do alone. We worship together, learn from each other, and serve those in need. Together we are the Body of Christ. Together, we are the church. Books will be available in the church on the weekend of **February 10/11th**.

One simple way to enhance your Lenten experience is to participate in the CRS Rice Bowl Program. During Lent, families across the United States use a Rice Bowl—a small cardboard box—to collect alms/donations. Each Rice Bowl also comes with a calendar that guides you through the 40 days with activities, reflections, recipes, and stories from people around the world.

As Catholics, the spiritual pillars of prayer, fasting, and almsgiving guide us in daily reflection on our own lives as we strive to deepen our relationship with God and neighbor—no matter where in the world our neighbor may live. Lent is a time of personal and spiritual growth, a time to look outward and inward.

Our parish focus this Lent will be on the Eucharist. Our Lenten Book Club selection will be a **Pastoral Guide to Pope Francis's Desiderio Desideravi** written by Rita Ferrone. The text will be divided into 6 sections to read, reflect, and discuss each week. Books are available at the Parish Center for \$10 each. Book Club will meet on Tuesdays at 2:00PM and 7:00PM in the church hall beginning on February 20th. This book focuses on Pope Francis’ Eucharist reflection. So, please join us!

Lent 2024: Stations of the Cross

Stations of the Cross will take place **every Friday of Lent beginning on February 16th**. Stations will **start at 12:00 NOON** in the church and will be **followed by a Communion Service**. All are welcome! Join us!

CRS Rice Bowl: Lent is Coming

Join our faith community in a transformative Lenten journey through CRS Rice Bowl to meet people in Uganda, El Salvador, and Indonesia who are working to overcome the challenges of hunger and the impact of climate change. We will reflect on our connectedness as one family in Christ. Visit **crsricebowl.org** for more.

Catherine's Cupboard Distribution Volunteer Schedule

February 6th: M. & P. Peters, C. Danoski, and A. Smilnak

Presentation/Discussion on Global Warming by Diane Stefani

**Sunday, February 25th
after 10:30AM Mass**

St. Francis of Assisi Church Hall

Join us for a personal discussion about how global warming is changing our environment. Consider the changes we see right here in the Southern Tier. Engage in conversation about what we can do to create a better future for ourselves, our families and our friends. Facilitator, Diane Stefani, is an active community volunteer. She is a trained Climate Reality Project leader and co-chair of the Finger Lakes Greater Region chapter. She serves on the executive committee of Tier Energy Network, a regional network of industry, community and higher education representatives supporting the development of energy strategy for New York State. She is a former chair and ongoing member of the Broome County Environmental Management Council.

All are welcome. Please join us!

Ladies of Charity Scholarships

The Ladies of Charity will award three \$1,000 scholarships to high school seniors who plan to pursue a service-oriented career which specifically makes a difference in someone's life. The scholarship is based on academic achievement, financial need, and service to school, Church, and community. Please see your school guidance counselor for an application. **Deadline is April 17, 2024.**

URGENT

*Eucharistic Ministers
needed for all
10:30AM Sunday
Masses*

*Please call the parish
center at 607-722-4388
to sign up!*

URGENT

5th Sunday in Ordinary: Creation Care Tip

Many people find it easier to pray when surrounded by nature. Can you go to a quiet place in nature to pray this week? Do you live in the desert? Is there a forest nearby where you can take a walk? Or is there a body of water you can sit by? What about praying while working on your farm or in your garden? Even if you live in a busy city, see if you can find a sliver of nature to pray in this week.

5th Sunday in Ordinary: Justice Challenge

The Gospel reading for Sunday describes Jesus healing people all day, and then getting up the next morning to be deeply absorbed in prayer. Jesus cared for the poor and the sick and those marginalized by society. But he never forgot the source of the healing which he did—his heavenly Father, whom he called “Abba”, or “Dad”. He kept in close contact with the Father throughout his life. Your challenge this week is to reflect on the relationship between prayer and action in your own lives—as individuals and as a family or household. Do you have a healthy and holy pattern of prayer which is part of your daily routine? Do you let that prayer lead you to the actions which God wants you to take to help heal a hurting world? Remember that part of a vibrant prayer life is letting God speak once you are done. Listen to what God wants you to do just as Jesus did when he lived on earth.

Ash Wednesday: Simple Soup Supper

Ladies Ancient Order of Hibernian's Division I will hold a Simple Soup Supper on Ash Wednesday, February 14th from 4:00PM—6:00PM at AOH Hall (148 Main St., Binghamton). Pre-order/Takeout ONLY. Broccoli Cheddar or Minestrone Soup served with Artisan Bread and a “Sweet Surprise” for \$8.00. Order your pints of soup by February 7th.

Call in or text orders to:

Kathy (607)760-4297 or Maureen (607)206-2963

Your support is appreciated!

Chenango Bridge Community Blood Drive

**Tuesday, February 20th
1:00PM—6:00PM**

**Proudly Sponsored by St. Francis of Assisi Church
Held in the Church Hall
1049 Chenango St.
Binghamton, NY 13901**



**St. Francis of Assisi Lectors,
Eucharistic Ministers & Altar Servers**

February 10th & 11th, 2024

4:00 Mass	Altar Server	Thalia Brennan
4:00 Mass	Altar Server	Calliope Brennan
4:00 Mass	Altar Server	TBD
4:00 Mass	Lector	Kelly Robertson
4:00 Mass	EM Host	Maria Kirk
4:00 Mass	EM Host	Mary Russik
4:00 Mass	EM Host	Carol Danoski
4:00 Mass	EM Cup	Kelly Mohnney
4:00 Mass	EM Cup	Kurt Mohnney

10:30 Mass	Altar Server	Jonah Rice
10:30 Mass	Altar Server	Julianna Rice
10:30 Mass	Altar Server	TBD
10:30 Mass	Lector	Shirley McCray
10:30 Mass	EM Host	David Hanzes
10:30 Mass	EM Host	
10:30 Mass	EM Host	
10:30 Mass	EM Cup	Donna Igler
10:30 Mass	EM Cup	Scott Igler

Children's Liturgy of the Word Schedule

February 4—Ede and Sarah Blabac

February 11—Amy Drake and Maria Kirk

February 18— ONLINE ONLY

February 25— Patti Klepfer and Toni Robinson

ALTAR SERVERS NEEDED!

Do you have a child or grandchild who has already received their First Eucharist? If so, they can be altar servers! **We are in desperate need of more altar servers** as we barely have enough to cover the masses alone week to week.

Why altar serve?

1.) It is a good way to get actively involved in the mechanics of mass. Some kids who find it hard to sit still may benefit from the activity that it provides.
2.) It allows for kids to be a closer part of the church community and make connections.

3.) Direct religious education learning opportunity

4.) Gives kids a sense of purpose and pride Church

Call the parish center (607)722-4388 or fill out a liturgical signup form (on table in the back of the church) and drop it in a collection basket.

Question of the Week

Question for Children: What can you do to help your friends and classmates know more about Jesus?

Question for Youth: Jesus knew that his mission was for everyone, not just one village or group of people. How can you reach out to others (outside of friends and family) and offer them hope and Good News?

Question for Adults: If you were going to pray for healing for any reason, what would it be? What needs to be healed in our world and society?

END OF BULLETIN

CHURCH NAME: St. Francis of Assisi
CITY, STATE: Binghamton, NY
FILE NAME: 06-168
PHONE: **607-722-4388**
Contact: Delores A. Farwell or Sue Ekstrom

Comments:
Bulletin copy for **February 4th, 2024**

Deliver 300 copies to St. Francis of Assisi.

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

February 2024

St. Francis of Assisi Church
Rev. Timothy J. Taugher, Pastor

One Minute Meditations

St. Josephine Bakhita

Born in Darfur, Sudan around 1869, she was kidnapped and sold into slavery. Her captors gave her the name Bakhita, meaning "fortunate." After several years of serving under cruel masters, she was bought by Augusto Michieli. The Michielis sent Bakhita with their daughter to Italy, where Bakhita encountered Catholicism. Overjoyed, she was baptized and took the name Josephine. In 1893, instead of returning to Africa with the Michielis, she entered the Institute of St. Magdalene of Canossa.



The moment of truth

Conversion begins when we accept responsibility for our failures. Lent is an opportunity to stop and take a good look at our lives. Identify all the ways that sin keeps you from living the way Jesus taught us to live. Know that it may take courage to face your shortfalls.

"Apart from the cross, there is no other ladder by which we may get to heaven." St. Rose of Lima

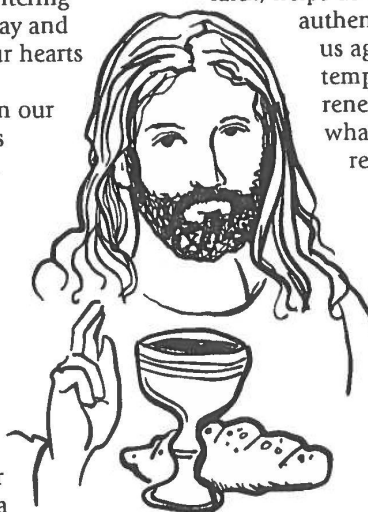


Deepen the connection to Christ during Lent

The key to a fruitful Lent is not to perform miserable penances. A good Lent hinges on encountering Christ in a personal way and letting Him change our hearts and minds. In fact, an effective way to deepen our encounter with Him is through the Eucharist. Consider these suggestions:

"Here I am, Lord. Love me!" Mother Teresa told her sisters to start their chapel time with this bold prayer, "Here I am, Lord. Love me!" No matter whether you are in His Presence for Mass, a holy hour, or a quick visit in front of the Blessed Sacrament, begin with, "Here I am, Lord. Love me!" It's a prayer of faith God delights to answer.

Live for the next Communion.



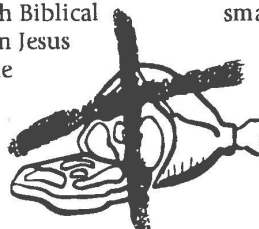
Every Communion deepens our union with God, strengthens our faith, helps us love more authentically, and immunizes us against future temptations. Each week, renew your resolve to do whatever is needed to receive Jesus well. For example, avoid activity or entertainment that tempts you away from God, and if you sin seriously, immediately go to Confession and start anew.

Invite others to the feast. Invite a friend, neighbor or colleague to Mass or Adoration with you. Pray for priests to stay close to the Eucharist. Most importantly, pray that more people come to faithfully encounter Jesus in the tabernacle.

Why Do Catholics Do That?

Why do Catholics have to fast on Ash Wednesday?

Fasting is a practice with Biblical roots, most notably, when Jesus fasted for forty days in the desert. Those in good health, aged 18-59, are required to fast on Ash Wednesday and Good Friday. We're permitted one full meal and two



smaller meals that together don't equal the full meal. This includes abstaining from meat. Fasting expresses our recognition that we've sinned and desire to make amends. It purifies our hearts and frees them to love God and others well.

Pope Francis's three-point approach to Confession

Instead of dreading seeking the Sacrament of Penance and Reconciliation (Confession), Pope Francis suggested we look at it as "the Sacrament of the tenderness of God, His way of embracing us." Follow the pope's three-point approach to the Sacrament:

What's my intention? Rather than an obligation, consider the Sacrament a fresh start. Firmly resolve, from this moment forward, to give up the activities or behaviors that separate you from God. The firm resolution to change is key to receiving absolution effectively.

Are there loose ends? Unconfessed sin creates



distance between us and God. Make sure you have not withheld mortal sins in prior Confessions, either intentionally or accidentally. If you become aware that you have, confess them and leave the confessional a new man or woman.

Have I completed the assigned penance?

The Sacrament is meant to change us.

Purposefully make amends and continue your resolutions to realign your life to the Gospel.

Seeking Reconciliation often and staying in a state of grace helps us become holier people of God.

from Scripture

Mark 9:2-10, Heavenly glory, not worldly power

In Jesus' time, Israel was occupied by the Romans. The Israelites already had a long history of being attacked and conquered by other nations. The Jews dreamed of the day when the Messiah would set them free and make them the victors.

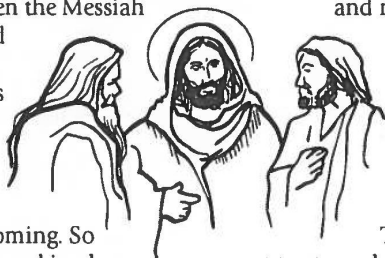
God had set up Moses as liberator and lawgiver, and sent them Elijah, the first of the great prophets who foretold Christ's coming. So when Jesus was transfigured in glory with Moses and Elijah, the Apostles assumed that God was revealing Jesus as the Messiah.

Moses and Elijah spoke with Jesus about His death and Resurrection.

Jesus warned His disciples that He would suffer and die (Mark 8:31). While many Jews were expecting the Messiah to overthrow the Romans and make Himself king,

God revealed that the Messiah would save His people by His own death and Resurrection. The

Transfiguration was meant to strengthen the faith of the Apostles and prepare them for the Passion. The Transfiguration reminds us that however difficult this life may be there is unimaginable glory that awaits us in Heaven.



Q & A Why should we "offer it up"?

When tempted to complain about suffering, we may be encouraged to "offer it up" instead. This act of surrender carries incredible spiritual power.

A share in Christ's Cross. Because Jesus is God, His suffering and sacrifice have infinite value. When we unite even our

small sufferings to Jesus' suffering, it takes on an infinite value in helping Him to save souls.

Spiritual "strength training." When we offer

our sufferings to God, He is able to work on our hearts. Suffering for others helps us to become less selfish and more compassionate, less hard-hearted and more patient, less self-indulgent and more generous. Our hearts emerge more Christ-like, and better able to love.

Prudence is needed. Under most circumstances, encouragement to "offer it up" works as a spiritual discipline for inconveniences or mild suffering. Sometimes, however, remediation or professional help may be needed. God sees the sincerity of our love so we can still offer our suffering to Him and yet take constructive action to remediate whatever is causing the suffering. Be prudent.

Our Mission

To provide practical ideas that promote faithful Catholic living.

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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)

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Feasts & Celebrations

February 3 – St. Blaise (316). A bishop in fourth-century Turkey, St. Blaise was arrested for being a Christian. On his way to jail, he healed a young boy choking on a fish bone. Refusing to deny his faith, the bishop was martyred.

February 11 – Our Lady of Lourdes (1858). A heavenly lady appeared to St. Bernadette Soubirous, a poor girl from a French village, and a spring with miraculous, healing waters emerged from a nearby cave. The lady revealed herself as the "Immaculate


Conception," the Blessed Virgin Mary.


February 14 – Ash Wednesday. The first day of Lent. Ashes of old palms are placed on the forehead as a sign of penance. It's also a day of abstinence from meat and fasting – one regular meal and two small meals that together don't equal a full meal.









February 22 – The Chair of St. Peter. Marking St. Peter's establishment of the Holy See, on this festival we thank God for His Church and pray for its holy preservation.



LENT 2024

 = a day of fasting and abstinence from meat

 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February "Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>).			14 Ash Wednesday Attend Mass and receive ashes. Prayerfully choose Lenten offerings of prayer, fasting, and almsgiving. 	15 Set aside an empty jar for loose change. When it's full, donate it to the poor box at church.	16 Offer up every time you're tempted to have meat for those who can't afford to have meat regularly. 	17 Adopt a seminarian or consecrated religious to pray for this Lent. Check your diocesan website to see who is in discernment.
18 Scroll through your phone contacts and offer your Communion for whichever person you land on.	19 Keep custody of the thoughts: give up complaining, rash judgement, and negative self-talk. See holiness -- and productivity! -- increase.	20 Pick a saint to accompany you during Lent. Learn more about them and ask them to pray for you.	21 Find a pro-life pregnancy center near you and ask how you can help them support the women and their babies.	22 Put out an empty box. Throughout Lent, fill it with gently used items in good condition that you no longer use.	23 Observe a screen fast (from recreational use) from noon to 3, recalling the 3 hours Jesus hung on the Cross. 	24 Make up bags of socks, oranges, and bottled water to offer people who are homeless.
25 Stay after Mass and pray for the intentions of the pope.	26 Ask God to remind you of His love for you today -- it's a prayer He loves to answer. Thank Him tonight before bed.	27 Make a small sacrifice today for souls, e.g., no cream in your coffee, no snacks before dinner.	28 Give up worry. Write down what worries you and leave it before an image of Jesus, surrendering it to His care.	29 Stop by the parish office and ask what upcoming events you can volunteer with (e.g. setting up St. Joseph's Table).	1 March Attend Daily Mass and/or spend some time before the Blessed Sacrament in honor of Jesus' Sacred Heart. 	2 Our Lady urged praying the Rosary to bring peace. Pray a Rosary in honor of Mary's Immaculate Heart.
3 Meditate on today's Gospel (John 2:13-25). Where can you "clean the temple" of your heart to make more room for God?	4 Learn something new about your Faith: skim the glossary of the Catechism for an unfamiliar term and learn more about it.	5 Check out Catholic Relief Services at www.crs.org to see how you can help support any of their projects.	6 Meditate on Scripture on-the-go. Copy down a favorite Bible verse and carry it with you all day. Pray with it whenever you have to wait.	7 Catch up with a friend you haven't heard from in a while.	8 Attend a Stations of the Cross service or pray them on your own. Find them here: www.usccb.org . 	9 Give others the gift of your presence: ask about their work, interests, or family, and listen attentively while they speak.
10 Laetare Sunday Rejoice! Have some holy fun after Mass today.	11 This whole week, give up recreational screen time after 9PM and give that time to God.	12 Renew your commitment to your Lenten promises.	13 Do a thorough Examination of Conscience, then go to Confession to be freed of your sins and experience God's mercy.	14 Today, choose kindness. Resolve to smile at everyone you meet.	15 Make an additional, small sacrifice of your choosing and pray for the unborn children and their mothers. 	16 Volunteer at a retirement community. Call ahead and ask how you can serve (e.g., reading to the residents, donating needed items).
17 Consider offering your Communion at Mass for missionaries, teachers, and catechists -- anyone who passes on the Faith.	18 Until the end of Lent, only buy essentials, like food, medicine, etc.	19 St. Joseph's Day Happy Solemnity! Enjoy pastries today to celebrate. Prayerfully entrust husbands and fathers to St. Joseph's protection.	20 Drop off the box of clothes at its destination.	21 Find time today to visit the Blessed Sacrament, even if briefly. Pray that everyone has a safe and spiritually fruitful Holy Week.	22 The King is coming! Clean the house in preparation for Palm Sunday. 	23 Praying for the dead is a work of mercy. Visit a cemetery and pray for the souls there.
24 Palm Sunday During the Gospel readings at Mass, imagine you're in the scene. How would you respond?	25 Offer extra prayers today for those coming into the Church at Easter.	26 Evaluate your Lent. Where did you see spiritual growth? What would you do differently next year?	27 Today recalls Judas' betrayal of Christ. Ask forgiveness from those you have hurt. Forgive those who have hurt you.	28 Holy Thursday Today, Christ instituted the Holy Eucharist and the Priesthood. Send a priest a thank-you card for all the ways he's served you.	29 Good Friday Read Mark 15 and reflect on Jesus' love for you. Name one way you'll return His love. 	30 Holy Saturday Light a candle and renew your baptismal vows to remain faithful to God this coming year.