



**St. Catherine Church**  
 203 W Market Street  
 MOUNT UNION, PA 17066  
 (814) 542-4582  
[stcatherine@comcast.net](mailto:stcatherine@comcast.net)  
 website:www.scosmu.org

Most Rev. Mark L. Bartchak, JCD  
 Bishop

Fr. George D. Koharchik, Pastor  
[georgek@csrlink.net](mailto:georgek@csrlink.net)  
 cell: 814 423 1162

Marriage: Please contact Rectory at least  
 nine months prior to wedding

Confession: 4:30 PM Sat; 8:30 AM Sun

Baptism: By appointment

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**FEBRUARY 26, 2012 – FIRST SUNDAY OF LENT**  
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**Mass intentions for the week February 25, 2012 – March 3, 2012**

<b>Sat Feb 25</b>	<b>4:30 pm</b>	<b>Reconciliation</b>	
	<b>5:00 pm</b>	<b>Toni Hancock</b>	By Family
<b>Sun Feb 26</b>	<b>8:30-8:50 am</b>	<b>Reconciliation</b>	
<i>1<sup>st</sup> Sunday Of Lent</i>	<b>9:00 am</b>	<b>Living and Deceased Members of St Catherine Parish</b>	
<b>Mon Feb 27</b>	<b>1:30 pm WRC</b>	<b>Special Intention</b>	
	<b>3:00 pm MMPC</b>	<b>Special Intention</b>	
<b>Tue Feb 28</b>	<b>8:00 am</b>	<b>Betty Arnold</b>	By Elizabeth Gerlock
<b>Wed Feb 29</b>	<b>6:00 pm</b>	<b>Stanley &amp; Margaret Pisula</b>	By Family
<b>Thu Mar 1</b>	<b>8:00 am</b>	<b>Paul Remek</b>	By Mercy Miller & John Remek
<b>Fri Mar 2</b>	<b>8:00 am</b>	<b>Deceased Magliere &amp; Danish Families</b>	By Joe & Maria
	<b>7:00 pm</b>	<b>Stations of the Cross</b>	
<b>Sat Mar 3</b>	<b>4:30 pm</b>	<b>Reconciliation</b>	
	<b>5:00 pm</b>	<b>Tony Madilia</b>	By Jerry & Ann Norris
<b>Sun Mar 4</b>	<b>8:30-8:50 am</b>	<b>Reconciliation</b>	
<i>2<sup>nd</sup> Sunday Of Lent</i>	<b>9:00 am</b>	<b>Living and Deceased Members of St. Catherine Parish</b>	



**SANCTUARY CANDLE**

*Poor Souls*

**SERVER SCHEDULE**

Weekend of	Mar. 3 & Mar. 4
Sat. 5:00 p.m.	Mary Secest
Sun. 9:00 a.m.	Alex Ashman Kennedy Miller McKynley Miller

**READERS**

Weekend of	Mar. 3 & Mar. 4
Sat. 5:00 p.m.	Louise Ketner
Sun. 9:00 a.m.	Beth Lear Frank Miller

**EXTRAORDINARY**

**EUCCHARISTIC MINISTERS**

Weekend of	Mar. 3 & Mar. 4
Sat. 5:00 p.m.	Louise Ketner Maria Danish Ann Gilliland
Sun 9:00 a.m.	Beth Lear Eric Giacobello Tina Kassebohm

**GIFT BEARERS**

Weekend of	Mar. 3 & Mar. 4
Sat. 5:00 p.m.	Volunteer
Sun. 9:00 a.m.	Steve Renninger

**GREETERS**

Weekend of	Mar. 3 & Mar. 4
Sat. 5:00 p.m.	Janet Daschbach
Sun. 9:00 a.m.	Alison Roddy

**KNIGHTS OF COLUMBUS**

March 18, 2012  
 6:30 p.m. Regular Council  
 School Hall

**CATHOLIC DAUGHTERS**

Meeting March 14, 2012  
 7:00 p.m.

**BIRTHDAYS**

**Feb. 26 – Mar. 3, 2012**

Lewis Bellucci, Frank Miller,  
 Julia Madden, Helen Galla



**FINANCIAL REPORT**

<b>Balance Feb. 18, 2012</b>	<b>\$173,272.74</b>
Weekly	1,355.00
Youth	34.00
Loose	294.00
Monthly	40.00
Catholic Register	10.00
Mandeville	10.00
<b>Income for Week</b>	<b>\$1,743.00</b>
<b>Expenses</b>	<b>\$1,450.10</b>

(Ministerium Donation \$50.00; Flowers Bishop's  
 Dinner \$300.00; CCD Expenses \$189.44; Outside light  
 \$37.00; TV \$83.73; Heat Rectory \$244.73; Heat  
 Church \$470.20; Pest Control Rectory \$37.50; Pest  
 Control Church \$37.50)

**Balance Feb. 25, 2012 \$173,565.64**

<b>Loose collection</b>	
1st Sunday of month:	St. Catherine's Cemetery
3rd Sunday of month:	St. Vincent dePaul Society
4th Sunday of month:	Charity

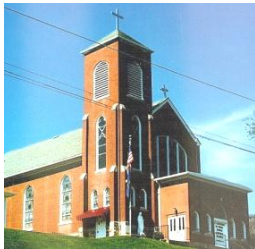
**Please pray for all who are sick, recovering, or homebound:** Leonard Slates; Phyllis Neary; Eva Roddy; Paul Yakymac; Grant Stiffler; Ashleigh Hicks; Valentine Johnson; Kylie Hammon, Lisa McDermott; Andy Kurey; Connie Flaherty, niece of Joan Wenzel; Barb McMath; Darlene McMath; Jennifer Rosenberry Jenkins; Cathy Wilson; Fred Renninger; Arthur Smith; Eric Giacobello; Carmella Ciccaglione; Mae Galla; Brian Baker, son-in-law of Ed McGarvey; James D. Abrashoff, nephew of Julia Madden; John Austin; Dakota Hammon; George Bodnar; Lenny Leonard; John Dell, son-in-law of Jerry & Ann Norris; Marie Christine Giacobello Shiffler; Denny Hanes, brother of Nancy Kumpf; Rose Rocammo; Valerie Thomas; Larry Puchalla; Emily Kerstetter, niece of Mary Secrest; Joanie Jenkins, granddaughter of Mary Leonard; Howard Fleck, father-in-law of Patty Fleck; Marie Sgro, relative of Dorothy Dell; Shawna Todaro; Jerry Brown, father of Dan Brown; Stanley Holesa; John Sweatlock, brother of Maggie Szczerba; Vicki Sample; Brian Doyle; Robert Sossong, nephew of Kenneth Sossong; Bucky Moore; Linda Wagner; Pierre Brenneman; Richard Buffone; Helen Giacobello; Dave Knox, father of Cinda Imperoli; Jordan Dimoff; Cory Dixon; Alivia Thomas Hanes; Adele Whitaker; Diana Rutherford; Barb Rourke; Maxine Barrett; Doug & Katy Widenor; Russ Matthews, son of Mae Galla; Carolyn Ann McMath Harbaugh, niece of Martha Cullen; Jim Myers; Ann Salamon; Sally Ann Cunningham; Adeline Cialone; Harry Cholewinski; Erma Ticconi; Joan Renninger; Betty Renninger; John Benson; John Remek in VA Home; Charles Peck; Matilda Piskura, Joseph Seback, Thomas Koharchik, family of Fr. George; Tom Isenberg; and all the homebound of the parish, particularly those at Westminster Woods: Mary Fink; at Woodland Retirement Center: Paul McGarvey, Dean Valimont, Kathryn Wilson; and those at Meadowview Nursing Home: Gladys Thomas, Stella Los, Joan Wenzel, Mary Bender, Clara Kaniecky, Jack Ratchford. Ann Homolash is at Hearthside, 450 Waupelani Dr, State College, PA 16801. *If you know anyone who would like to have a visit, or Communion, please let me know; also, let us know if there are any additions or deletions to the list. **Also pray for all those called up to military service, as well as the victims of natural disasters throughout the world.***



**PRAYER CHAIN:** If you have someone for whom you would like to request prayer, please get in touch with Connie Singer, 542-8222; Liz Stasenko, 542-4987, or Carmela Ciccaglione, 542-4281; they will contact the people on their list. If you want the person's name to remain anonymous, just ask for a special intention, etc. The Lists include: **CONNIE SINGER:** Suzanne Boyer, Betty Renninger, Maria Danish, Nancy States, Mercy Miller; **LIZ STASENKO:** Bonnie Melnyk, Aric & Tara Miller, Maggie Stiffler, Jeannette Bumbaugh, Ann Cutshall, Cathy Wilson; **CARMELA CICCAGLIONE:** Ann Gilliland, Mary Gaisior, Carmen Rivera,

Valerie Thomas, Melissa Fleming. Those on the list will be called when a request is received, but the prayer chain will not be held up if the contact person is unable to reach you. If anyone else would like to be added to the Prayer Chain, please call the Rectory or one of the contact persons.

### ANNIVERSARY NEWS



*St Catherine of Siena Parish will begin the Anniversary year with a **Mass celebrated by Bishop Mark Bartchak on Sunday, April 29, 2012, (the Feast of St. Catherine), at 3:00 PM.** We hope to have a number of priests and deacons from the Diocese present as well. Bishop Mark will also dedicate the wheelchair lift and porch addition at that time.*

*Following the Anniversary Mass, there will be a **banquet at New Life Fellowship on Croghan Pike, beginning at about 5:00 PM.** It will be catered by Tops. **The price will be \$10 for adults, and \$5 for kids 10 and under. Reservations need to be made by April 1, 2012.***

***Reservation Forms** are included with the bulletin. They can also be obtained in the Vestibule, at the Rectory, and on the parish website.*

### PARISH NEWS

*The Website for St. Catherine Parish is now on line: [www.scosmu.org](http://www.scosmu.org). I will be posting information about the parish, pictures, previous directories, links to other sites, etc. Any suggestions or materials are welcome.*

There will be **Mass on Monday at Woodland at 1:30 p.m. and at Meadowview at 3:00 p.m.**

**Adult Education Class** will meet **Monday, February 27, 2012 at 6:00 p.m.** in The Holy Family Hall. We are studying the history of the Church; all are welcome to participate.

I will take Communion to the homebound on Friday, March 2.

**Stations of the Cross** will be on Fridays at 7:00 PM.

On Sunday, February 26, our two **Catechumens, Mark Mellott and Ricky Wilson**, will participate in the **Rite of Enrollment** at the Cathedral of the Blessed Sacrament in Altoona. Please keep them and their sponsors and families in your prayers as we near the celebration of the **Sacraments of Initiation at the Easter Vigil.**

The next Job Conference will be Tuesday, February 28, at 10 AM. If anyone is interested in the **old pillars or railing sections** from the porch, please let us know.

Anyone who needs a **statement of donations for 2011** is asked to contact the Rectory or put a note in the collection basket.

### ORGANIZATION NEWS

The **Knights of Columbus** will **Nominate Officers** for the 2012-2013 year at the March meeting. The Knights are distributing **Hoss's Cash Cow Cards** for March 11, 2012, as a fundraiser.

### CCD/YOUTH

**CCD Grades 8 & 9** continue collecting food for the Food Bank, as a community service. **The theme for February is: Anything Goes.**

### COMMUNITY NEWS

The Ministerium is sponsoring CTI Music Ministries at the MUAHS Auditorium on Monday, February 27, at 7 PM.

Most Holy Trinity Church in Huntingdon will have a Fish Fry on the Fridays of Lent from 4:00-6:30 PM in Trinity Hall.

## DIOCESAN NEWS

Come join us on Wednesday, April 25, 2012, for the **Bishop's Night for Vocations at Our Lady of Loretto Community Hall in Loretto.** A mixer at 5:30pm will be followed by dinner at 6:30pm. Fr. Joseph Freedy, Vocation Director for the Diocese of Pittsburgh, will be the featured speaker. Tickets are \$25.00 each and can be purchased by calling the Vocations Office at 814-472-5441, Thomas Wolff, Cambria County Serra Club, at 814-539-4186, or Linda Turcovski, Altoona Serra Club, at 814-943-3148.



ALL Catholics are invited to a **Morning Retreat on Saturday, March 10** at DiSepio Institute at St. Francis University in Loretto, 8:30 to 1:00. Bishop Mark will present on "The Church and the Common Good" followed by individual and communal prayer and discussion. An opportunity to renew your spirit while sharing with persons committed to building the kingdom in daily works of respecting life and promoting justice and charity. Those involved in any kind of **respect life or justice ministry** are especially urged to attend. 4 CEUS. \$10 includes lunch. Pre-registration required by March 1. Send check payable to "Commission for Life & Justice" 5379 Portage Street, Lilly, PA 15938; 814-886-5551; lifeandjustice@dioceseaj.org. Full brochure at [www.ajdiocese.org](http://www.ajdiocese.org) (choose Diocesan Offices, Ministries, then Commission for Life & Justice).

The **Diocesan Marriage Preparation Schedule** is available in the vestibule or at the Rectory. Programs include Engaged Encounter Weekends, Sponsor Couple Sessions, and the Marriage Preparation Series. Contact the Rectory at least 8 months before your wedding. The schedule is also available on-line at [www.ajdiocese.org](http://www.ajdiocese.org)

### NATURAL FAMILY PLANNING

*Does your method of family planning ...strengthen your emotional intimacy with your spouse? ...work with the gift of your fertility?...nurture a loving relationship with God and the Church? ...increase your self-respect and growth as a person/couple?* The Billings Method of NFP ([www.boma-usa.org](http://www.boma-usa.org) or [www.familyplanning.net](http://www.familyplanning.net)) is the result of decades of scientific research by medical researchers. NFP honors the Church's respect for the unitive and procreative purpose of married love-making. If you haven't checked out NFP, you haven't made an informed choice. Certified diocesan instructors are located throughout our diocese. Introductory presentations to groups also available. Contact our diocesan Family Life Office, 814-886-5551; [familylife@dioceseaj.org](mailto:familylife@dioceseaj.org).



**Post-abortion healing:** 814-884-8000. Confidential, compassionate. [ProjectRachel@dioceseaj.org](mailto:ProjectRachel@dioceseaj.org) For women, men, relatives, friends hurt by abortion. Many whose child was aborted were uninformed, coerced, pressured, even helpless. The Church wants to walk with you on a path of healing and reconciliation with God, the Church, your child, yourself. Helpful websites: [noparh.org](http://noparh.org); [abortionchangesyou.com](http://abortionchangesyou.com); [menandabortion.info](http://menandabortion.info); [rachelsvinyard.org](http://rachelsvinyard.org).

The office for **Adult Enrichment and Lay Ecclesial Ministry** has the following classes to offer this spring. Adult Religious Education nurtures the lifelong development of the whole person – body, mind, heart, and spirit. Classes are being offered this spring that provide the opportunity for study, exploration, reflection and spiritual development. All are welcome!

#### Christian Prayer and Spirituality

St. Catherine of Siena, Duncansville Wednesdays from 6:30-8:30 PM, beginning March 7th  
St. Patrick Church, Johnstown Tuesdays from 6:30-8:30 PM, beginning March 6th

#### Church History

Sacred Heart Formation Center, Altoona Tuesdays from 6:30-8:30 PM, beginning April 3rd  
St. Michael Parish Hall, St. Michael Tuesdays from 6:30-8:30 PM, beginning March 13th

For more information regarding registration visit [www.ajdiocese.org/lay-ecclesial-ministry](http://www.ajdiocese.org/lay-ecclesial-ministry)  
Questions? Office for Lay Ecclesial Ministry (814) 361-2000 [mheinze@dioceseaj.org](mailto:mheinze@dioceseaj.org).

## LENT

After the ark, the seedpod of creation that floated in the killing waters, comes the arch, the rainbow that bridges God's plan and human hopes. After the baptismal plunge into Jesus' death comes new life in Christ's resurrection. Jesus says, "Now is the time for hope's fulfillment—repent and believe." Springtime Lent opens us to newness and possibility. The Holy Trinity patiently tends our hopes, nourishing us on the Eucharist. Where do we set our hopes? Do we really want Lent's simple gifts to "come down where we ought to be"? Text, Philip J. Sandstrom, STD © 1997, OCP. All rights reserved.



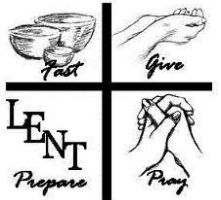
## INQUIRERS



Inquirers are those seeking information about the Catholic faith. They enter the first stage in the Rites of Christian Initiation of Adults (RCIA). This stage is referred to as the period of evangelization, or the pre-catechumenate. These unbaptized are seeking a place to learn more about the church. Each faith community should immediately welcome all inquirers in a friendly manner and gradually introduce them to the faith of the church. The first response should be "Welcome, let me introduce you to....," not "Come back in September when our program starts." A faith-sharing or support group should be available for them to join (RCIA 39). Text, Michael R. Prendergast, MTS, MA © 2006, OCP. All rights reserved.

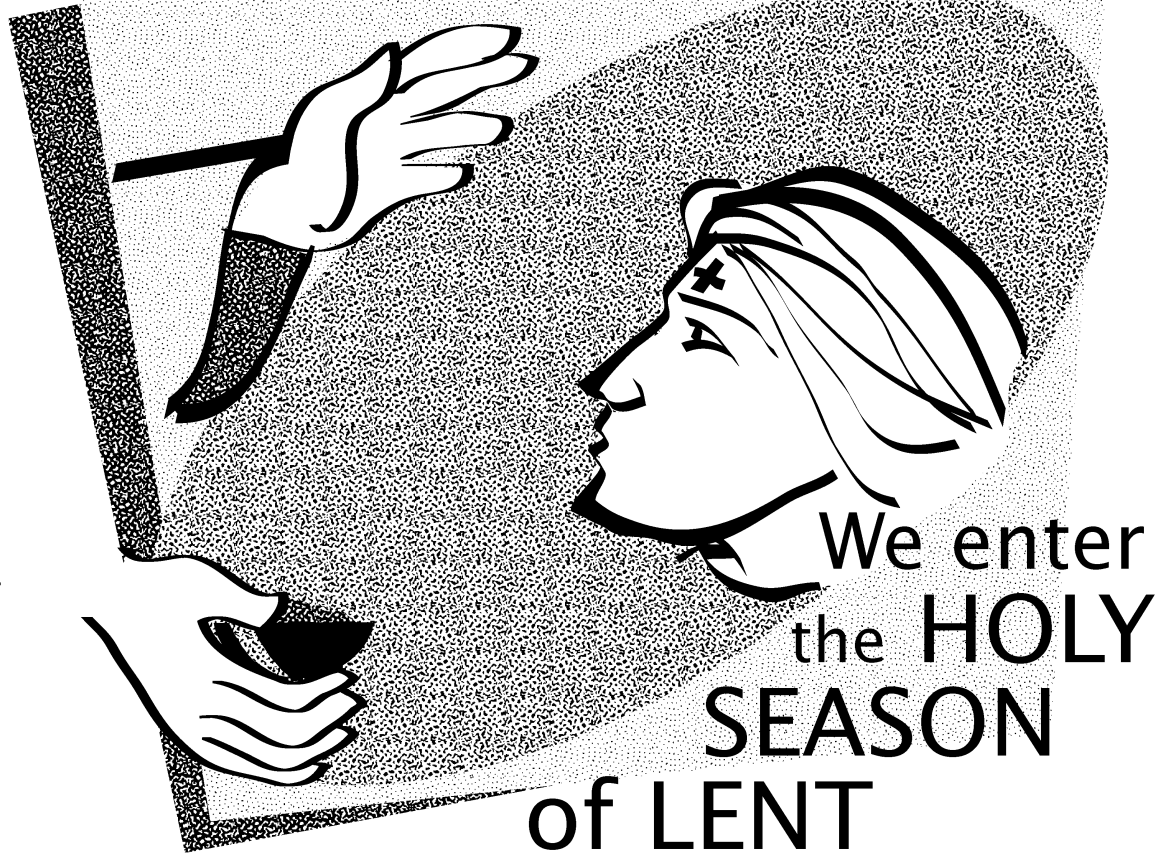
### First Sunday of Lent, cycle B

The image of Christ in the desert from today's Gospel has inspired many a liturgist to haul tons of sand into churches all over the country, to fill fonts with it, and more....but perhaps Noah should be our patron and model for Lent. Living a life of personal holiness in the midst of a world that was falling apart may not seem like the most exciting way to live, but it has a relevance that is more than striking to us today. His forty days of courage in the face of storm and impossible tasks are not unlike our own Lenten pilgrimage. The quiet saint: the letter of Peter speaks of this, Saints Frances of Rome and Dominic Savio knew of it, even the prayers of this day call us to reflection and just such a holy life. So forget the sand, let's look for music that helps bring people to an awareness of their call to holiness, let's pray for a deeper life of prayer and preach for the conversion of our own hearts so that we might live in service to God and neighbor. In short, let Noah be our patron and guide this Lent. How might that impact upon the decoration of the naves (named for their boat-like appearance) of our churches? How can we communicate this notion of quietly working for the kingdom even when everything around us seems so desolate? What support can we give people so that they can hope to complete this voyage of Lent? It seems that the celebration of the sacraments, penitential celebrations, and aids to home prayer should be among these supports. By Glenn CJ Byer, MA SLD © 2003, OCP. All rights reserved.



Do you want more spice in your life? Faster, stronger, leaner...bigger, louder and more powerful. The world is full of temptation and the marketing establishment has perfected its craft to let us have it all. No money...no problem, new furniture with NO PAYMENTS for 1 year. The message of Sunday I of Lent is that you and I cannot put the spiritual life on hold (on credit) forever. And more, even the Christ knows temptation. The good news — God's reign is here and now. Open your eyes, hear the call to conversion, pay your bills, sacrifice and know God's grace in a new way this Easter as you renew the promises made at your baptism. By Dale J. Sieverding © 2003, OCP. All rights reserved.

# Marked with the SIGN of REPENTANCE



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## Liturgical Reflection...

The season of Lent has two characteristics. One, through our prayer, fasting and almsgiving, we review our lives and turn away from sin and towards God. Two, Lent invites believers to reflect on their baptism. What does it mean to be claimed for Christ? On Easter Sunday, all Catholics will stand and renew their baptismal promises after the forty day retreat of Lent. The readings for the first two weeks of Lent invite us to join the Lord in the desert these forty days and to stand with him on the holy mountain of the Transfiguration. The Liturgy encourages us to follow Christ more closely.

2012, Diocese of Altoona-Johnstown, Liturgy Office, 925 S. Logan Blvd., Hollidaysburg, Pennsylvania 16648

**Genesis 9:8-15** By Tom Conry Covenant theology begins by imitating the language of Ancient Near Eastern treaties between rulers and their vassals. Both the Ten Commandments and the Code of Hammurabi are examples of this kind of pattern. It is fundamentally a charter of rights, granted from a great king to those who are his subjects. In the Davidic covenant (see 2 Sam 7:1-17), for example, God establishes an agreement establishing David's throne (that is, his royal heirs) forever. Although the story of the covenant of Noah is set earlier in the biblical narrative, it was actually written considerably later in history. By this time the covenant is extended not only to all of Noah's descendants (that is, all of humanity Gen 9:9) but also to "every living being" (Gen 9:11). The new treaty is between God and all of life, no exceptions; there is a fourfold repetition of this motif to hammer home the point. The identification of the sign of the bow (keshet) as a rainbow comes from its identification with Ezek 1:28. There are many more uses of this word in the Hebrew scriptures as the bow of an archer, and it is impossible to say whether the sign in the clouds was understood as a rainbow or a constellation. Gilgamesh (XI, column IV) also mentions a rainbow given to humankind as a gift of the goddess Eanna but with the opposite significance: "to ever remind us of dimmer, sadder days." © 2003, OCP. All rights reserved.

**Psalms 25:4-5, 6-7, 8-9** By Maribeth Howell, OP It is interesting that the psalm selected to follow today's reading from Genesis is most often identified as an individual lament. Then again, the verses that have been selected for the lectionary do not include those that we most often associate with a psalm of lament or complaint. What we find here are verses that are reminiscent of a psalm of trust/confidence, or even a wisdom psalm. The exception to this might be a portion of verse 1, that verse NOT used in the lectionary, but which both Marty Haugen and Michael Joncas have used in their well known versions of the psalm, *To you, O Lord*. Regardless of the portion of the psalm that is selected for use on this first Sunday of Lent, the text is a lovely prayer that speaks of one's desire to know and follow the ways of God. It is a prayer that acknowledges that God is good and loving. It is a prayer that asks God both for mercy and for help. The psalmist knows that God is good and reliable. Clearly, the psalmist is dependent upon God for sustenance. Verse 10, which appears as the refrain in the New American Bible, would seem to place emphasis on the "ways of God," ways that the psalmist trusts are reliable. Thus, whether the psalm be sung (according to the melody of either Haugen or Joncas), or if it is recited in the manner in which it has been presented in the lectionary, Psalm 25 invites us to reflect upon the mysterious and trustworthy ways of our God. © 2003, OCP. All rights reserved.

**1 Peter 3:18-22** By Tom Conry The first epistle of Peter (probably written after Peter's death in his name rather than by Peter himself) is an exhortation to maintain solidarity in the midst of a hostile environment. The community is described as visiting strangers and resident aliens, marginalized outsiders who needed to stay together in order to survive their social situation. In this respect the letter mirrors the themes of the Epistle to the Hebrews. Thus the metaphor of Noah's ark was especially appealing for the author; the community of faith was the new lifeboat destined to save humanity and vindicate those few who had remained steadfast in the face of adversity. Eight, the number of people saved on the ark, was a symbol of perfection. It was one more than the number of days of creation, signifying completeness and unity. The reference to Christ preaching to the spirits in prison who had once been disobedient seems to be a reference to the patrons of wicked rulers; this is the way the expression is used in 1 Enoch ("a testimony for the kings and the mighty who possess the earth") and it is consistent with the proclamation that now all angels and authorities and powers are subject to the risen Christ. For the author of 1 Peter, all people of faith are to follow Christ's example and preach truth to power, even in circumstances of imprisonment and death. © 2003, OCP. All rights reserved.

**Mark 1:12-15** By John Paul Heil NOW is the time to REPENT and believe in the good news of Jesus Christ. God's protection of Jesus during his testing by Satan for forty days--in reminiscence of the testing of the ancient people of Israel for forty years in the desert--assures us that Jesus is uniquely qualified to assist us in our own struggles with the powers of evil that threaten to control all human lives. We are persuaded to orient our lives toward and place our faith in this Jesus who, equipped with God's Spirit (1:10) and guarded by God's angels against the menace of evil ("wild beasts"), can effectively lead us on the "way" (1:2-3) of God's salvation in our often misdirected and disoriented lives. John the Baptist's arrest subtly yet ominously alerts us to the danger and risk that can result from opposition to preaching the "way of the Lord." But the urgent command of Jesus to "repent and believe in the gospel!" reinforces and intensifies John's prior call for conversion (1:4). Captivated by the thrilling and joyous "good news" of God exclaimed by Jesus, we are further induced to convert our lives during this season of Lent, to turn away from our past and open ourselves anew to God's salvific and sovereign "kingdom" that has now arrived in the person and preaching of Jesus, and to entrust ourselves totally in faith to this gospel of God as powerfully proclaimed by Jesus. © 2003, OCP. All rights reserved.

**February 26** **Mk 1: 12-15**  
 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 just the negatives. Try to understand why their behaviors 'bug' you. Can you honestly share your feelings with them without attacking them? Make Lent a time to MEND & FORGIVE!



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**First Sunday of Lent**

A new age began when Jesus introduced the kingdom some nineteen hundred years ago. We believe this, but somehow the newness has worn off; the present lifestyle has become "good enough." Today's readings recall sweeping changes in the history of Israel and the Church and the radical shifts in living that resulted.

The Genesis passage offers a message of hope to the despairing exiled community. The flood brought chaos (see Genesis 7:11), but God's covenant with Noah ushers in a new age. When the Israelites beheld the rainbow in the sky, they remembered God's promise that the waters of chaos would never return (Genesis 9:11,15).

Writing from Rome some eighty years after Christ's death and resurrection, Peter's first letter seeks to strengthen the faith of believers in the northern part of present-day Turkey. Peter emphasizes that the new age inaugurated by Christ brings baptism, which is not a mere removal of physical stain but an initiation that requires personal transformation.

Mark links the temptation of Jesus with the baptism of John. In his baptism, Jesus accepts the messianic mission from God. In his temptation, Jesus begins to grapple with the way of achieving that mission. Death and resurrection will be required. Jesus challenges his followers to reform their lives in imitation of his own life and death experience.

The beginning of Lent is the traditional time for making Lenten resolutions. Based on today's readings you might examine those areas in your life most in need of change before determining this season's commitments. Changes will result in a new you and a better reflection of the new kingdom of Jesus. -- John Craghan, Th.D., S.S.L. Copyright 1997, Liguori Publications / Liguori, MO 63057-9999



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**Signs of Healthy Lenten Spirituality**  
**Sr. Melannie Svoboda**

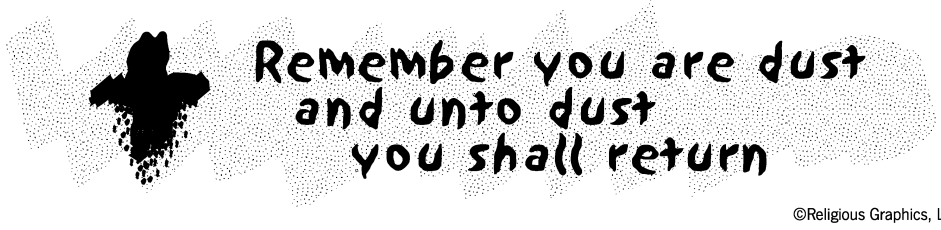
"Our fasting during Lent should be integral to our daily living. Some people choose to do only 'tacked-on penances.' Rather than looking at their daily life to find sacrifices they could embrace, they opt for penances that are extraneous to their lives. A man might be a workaholic, for example, but gives up chocolate for Lent. Wouldn't it be a more fitting penance for him to 'fast' from his work and spend more time with his family? Healthy penance flows from our relationships, responsibilities and religious convictions. Some examples of this type of penance are the following: to drive more compassionately, to be more patient with co-workers, to be kinder to store clerks, to visit an elderly relative or friend, to be honest in all our dealings, to slow down, to extend forgiveness, to do a favor for a neighbor, to volunteer at the parish, to count blessings."

Reprinted with permission from "Apple Seeds"  
 Fr. Brian Cavanaugh, T.O.R.

**Listening to God**

"Prayer without listening, without meditation, is like picking up the telephone, dialing God, and saying, 'Hey God, I have this problem' and then hanging up...without even waiting for an answer," says Susan Dobson, an entertainment producer and business manager. "Now I slow down and sit still and go to my house of prayer within." God speaks to us in many ways. We have to slow down to listen. Trappist monk Father Thomas Keating says, "God's first language is silence and everything else is translation." And so "when one allows oneself to be really still, beyond thinking," he says that allows us to grasp "an intuitive sense of a deeper presence than ourselves." It's possible to listen to God with our heart; to listen in the sights, sounds and beauty of the natural world. In the "Way of Perfection" (xvii), St. Teresa refers to the habit of conversing often with God, something which she says we shouldn't be embarrassed to do. "Be confident that He will suggest to your heart what to say." "Be still, and know that I am God. (Ps. 46:10)

Christopher News Notes 12 East 48th St.  
 New York, NY 10017



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Some people fall into temptation, but a great many make plans for disaster ahead of time. "Son," ordered a father, "Don't swim in that canal." "OK, Dad," he answered. But he came home carrying a wet bathing suit that evening. "Where have you been?" demanded the father. "Swimming in the canal," answered the boy. "Didn't I tell you not to swim there?" asked the father. "Yes, Sir," answered the boy. "Why did you?" he asked. "Well, Dad," he explained, "I had my bathing suit with me, and I couldn't resist the temptation." "Why did you take your bathing suit with you?" he questioned. "So I'd be prepared to swim, in case I was tempted," he replied. Too many of us expect to sin and prepare to do so. The remedy for such dangerous action is found in Romans 13:14, "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof." Whenever we play with temptation, it is easy to drift into great danger. Fr. Anthony Kadavil