



# ST. JOSEPH PARISH

THE JESUIT PARISH IN SEATTLE

Sunday, January 31, 2021 \* The Fourth Sunday in Ordinary Time \* [www.stjosephparish.org](http://www.stjosephparish.org)



## 4<sup>TH</sup> SUNDAY IN ORDINARY TIME

In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" - Mk 1:23-25

THE FOURTH SUNDAY IN ORDINARY TIME  
JANUARY 31, 2021

**Livestream Mass: 5pm Saturday  
on our YouTube channel  
(Available for viewing throughout the week)**  
9:30 AM Sunday  
5:30 PM Sunday

**Weekday Mass Schedule**  
**Tuesday - Friday, 7 am, YouTube**

**Readings for February 7, 2021**  
FIRST READING: JOB 7:1-4, 6-7  
SECOND READING: 1 CORINTHIANS 9:16-19, 22-23  
GOSPEL: MARK 1:29-39

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Mary Helen Bever, Primary School Dir x215  
Vince McGovern, Middle School Dir x219

## Exciting News from Nurturing Roots

Even though it's winter, Nurturing Roots is gearing up for the growing season! They need greenhouse protection for new veggie starts, and the St. Joe's community has stepped up to help.

A new 8' x 20', virtually unbreakable, polycarbonate greenhouse has been ordered for the urban farm, and the two smaller damaged greenhouses have been evaluated to begin repairs. On-site volunteers from all over the Seattle community are filling starter pots with soil, ready to plant and tuck into the newly constructed and repaired greenhouses.

Produce grown in these greenhouses will supply their give-away program in the Rainier Valley. Starts and seeds will fill the 150+ grow boxes they plan to distribute this spring/summer.

St. Joe's has dedicated outreach funds set aside ("restricted funds") to support this project. Your contributions to the parish general fund allow us to use these restricted funds, and support parish staff who are working on creating these community connections.

As always, Nurturing Roots appreciates volunteer hours – [stop by on Sundays between 11am and 3pm.](#)

**Join us on Zoom on Wed. Feb. 16th at 7pm to learn about the Nurturing Roots greenhouse** and the many ways we can be "Building community through farming, healing community through relationships." For the Zoom link, or any questions, contact Deacon Steve at [steve@stjosephparish.org](mailto:steve@stjosephparish.org).

Nurturing Roots is a community farming program located on South Beacon Hill, focusing on environmental justice, access to education, and re-engaging people, especially young people of color, with the environment.



Parishioner Cathy Murray Volunteers at the Farm

## In-Person Mass Update

Go to to **page 8** of the bulletin for an important letter from Fr. Glen regarding in-person Mass re-opening and staying safe during the pandemic.

# THE FOURTH SUNDAY IN ORDINARY TIME

## Entrance Song

*Praise to You, O Christ Our Savior*

*Farrell*

Refrain

Praise to you, O Christ, our Sav-ior, Word of the Fa-ther, call-ing us to life;  
Son of God who leads us to free-dom: glo-ry to you, Lord Je-sus Christ!

1. You are the Word who calls us out of dark-ness;  
2. You are the one whom proph-ets hoped and longed for;

You are the Word who leads us in-to light; You are the Word who  
You are the one who speaks to us to-day; You are the one who

D.C.  
brings us through the des-ert: Glo-ry to you, Lord Je-sus Christ!  
leads us to our fu-ture: Glo-ry to you, Lord Je-sus Christ!

## Gloria

Glo-ry to God in the high-est, and on earth peace to peo-ple of good will.

will. A - men, a - men, a - men.

1. We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

2. Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

3. For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.



## First Reading

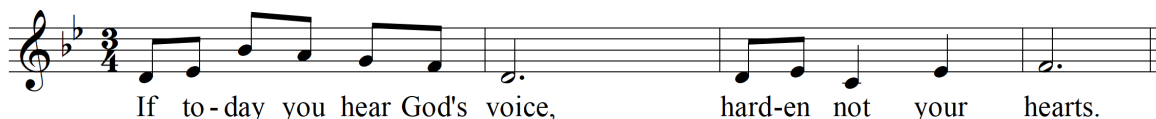
Deuteronomy 18:15-20

Moses spoke to all the people, saying: "A prophet like me will the LORD, your God, raise up for you from among your own kin; to him you shall listen. This is exactly what you requested of the LORD, your God, at Horeb on the day of the assembly, when you said, 'Let us not again hear the voice of the LORD, our God, nor see this great fire any more, lest we die.' And the LORD said to me, 'This was well said. I will raise up for them a prophet like you from among their kin, and will put my words into his mouth; he shall tell them all that I command him. Whoever will not listen to my words which he speaks in my name, I myself will make him answer for it. But if a prophet presumes to speak in my name an oracle that I have not commanded him to speak, or speaks in the name of other gods, he shall die.'"

## Psalm

*Psalm 95: If Today You Hear God's Voice*

*Mayernik*



Come, let us ring out our joy to the LORD; hail the rock who saves us.  
Let us come into his presence, giving thanks; let us hail him with a song of praise.

O come; let us bow and bend low.

Let us kneel before the God who made us, for he is our God and we  
the people who belong to his pasture, the flock that is led by his hand.

O that today you would listen to his voice!

"Harden not your hearts as at Meribah, as on that day at Massah in the desert  
when your forebears put me to the test; when they tried me, though they saw my work."

## Second Reading

1 Corinthians 7:32-35

Brothers and sisters: I should like you to be free of anxieties. An unmarried man is anxious about the things of the Lord, how he may please the Lord. But a married man is anxious about the things of the world, how he may please his wife, and he is divided. An unmarried woman or a virgin is anxious about the things of the Lord, so that she may be holy in both body and spirit. A married woman, on the other hand, is anxious about the things of the world, how she may please her husband. I am telling you this for your own benefit, not to impose a restraint upon you, but for the sake of propriety and adherence to the Lord without distraction.

## Gospel Acclamation

*Alleluia*

*Berthier*



*The people who sit in darkness have seen a great light;  
on those dwelling in a land overshadowed by death, light has arisen.*

## Gospel

Mark 1:21-28

Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.

## Profession of Faith

I believe in one God, the Father almighty,  
maker of heaven and earth, of all things visible and invisible.  
I believe in one Lord Jesus Christ, the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us (men) and for our salvation he came down from heaven,  
*All bow.*  
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.  
*All stand upright.*

For our sake he was crucified under Pontius Pilate, he suffered death and was buried,  
and rose again on the third day in accordance with the Scriptures.  
He ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

## Offertory Song

*Instrumental*

**Holy, Holy, Holy**

*Mass of Christ the Savior*

*Schutte*

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and earth are  
full, are full of your glo - ry. Ho - san - na! Ho-san - na! Ho-  
san-na in the high-est. Bless-ed is he who comes, who comes in the name of the  
Lord. Ho - san - na! Ho-san - na! Ho-san-na in the high - est.

## Mystery of Faith



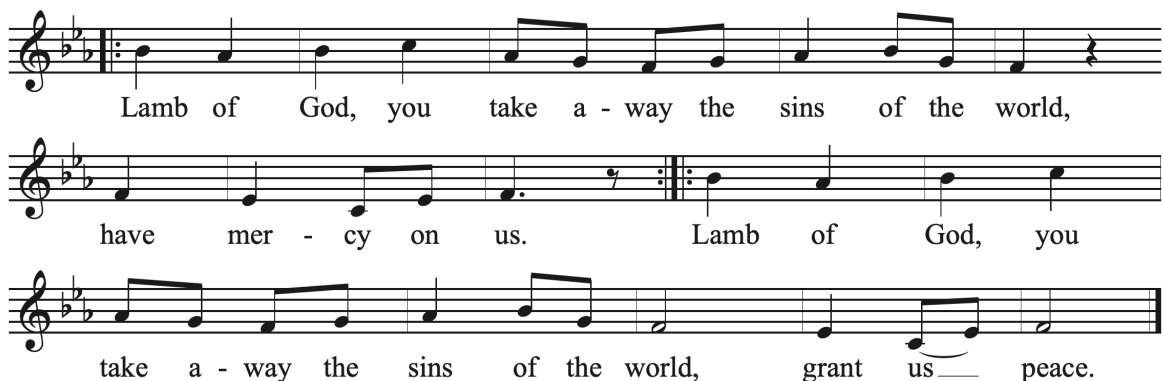
When we eat this bread, and drink this cup, we pro-  
claim your death O Lord, un - til you come a gain.

## Great Amen



A - men. A - men. A - - - men.

## Lamb of God



Lamb of God, you take a - way the sins of the world,  
have mer - cy on us. Lamb of God, you  
take a - way the sins of the world, grant us peace.

## Communion

*Let Your Face Shine*

*Angrisano, Hart, Stephan*



Let your face shine on your ser - vant.  
Save me in your mer - ci - ful love. O Lord, let me  
nev - er be put to shame, for I call on you.

## Recessional

*Christ Be Near At Either Hand* GREYSTONES/Fennelly

Christ be near at ei - ther hand, Christ be - hind, be -  
Christ be in my heart and mind, Christ with - in my  
Christ my life and on - ly way, Christ my lan - tern  
fore me stand, Christ with me where - 'er I go,  
soul en - shrined, Christ con - trol my way - ward heart;  
night and day; Christ be my un - chang - ing friend,  
Christ a - round, a - - - bove, be - low.  
Christ a - bide and ne'er de - part.  
Guide and shep - herd to the end.

## PARISH LIFE

### Young Adult Community Virtual Faith Sharing

Every Wednesday evening from 7pm-8:30pm  
Virtual via Zoom (email us for the link!)

Want to continue to connect with other young adults during this challenging time? Would you like a space for both quiet reflection and connection? The St. Joseph Young Adult Community will offer a virtual meeting for young adults to reflect on scripture, pray together and support one another. Join us, Wednesdays from 7:00pm-8:30pm. Please send your email address to [youngadultcommunity@stjosephparish.org](mailto:youngadultcommunity@stjosephparish.org) to receive an email invite to the meeting.

### Young Adult Planning Meeting

Monday February 1st, 7:00pm - 8:15pm  
Virtual (email us for the link!)

Join us to help plan our springtime events! Everyone is welcome and encouraged to attend - our community is better because of you. Contact [youngadultcommunity@stjosephparish.org](mailto:youngadultcommunity@stjosephparish.org) to join!

### Ignatian Media Lab

Are you a fan of the Jesuits, Ignatian spirituality and a faith that does justice? Do you have a great digital media idea to help promote the Jesuit mission? Interested in access to all kinds of expert support — from graphic design to video editing to content development to marketing — to make your idea a reality? (Plus, a mini-grant!)

If you answered “yes” to those three questions, then what are you waiting for? Apply to the Ignatian Media Lab today. Find out more here: <https://www.jesuits.org/ignatianmedialab/>



For the past twenty years, St. Joe's has supported college students from our sister parish in San Bartolomé, El Salvador, through the [DHP scholarship program](#). DHP (*desarrollo humano popular*, loosely meaning "Popular Human Development",) raises funds to send local students to college and vocational schools.

Thank you for your generous donations! We are nearly at our yearly contribution goal of \$13,000! You can still donate to [DHP here](#). (Any additional funds will be rolled over into next year's fund.)



of August. The festivities include Masses, dancing, and music.

Isabel quickly stands out from a lot of the younger generation in El Salvador with her decision to pursue art as her career. It is rare for children to get an opportunity to go to high school in El Salvador and

even less likely an opportunity to go to college. If the opportunity does come parents and students alike are always considering the 'safer' career paths of: law, accounting, medical school, engineering, etc. as the way to go as these paths tend to have a better outlook in terms of job opportunities and pay. However, Isabel stayed true to her passion and even had the support of her parents to have art become her career. In fact, Isabel is now close to completing her bachelor's degree at the University of El Salvador in San Salvador, with a specialty in painting.

Isabel's art is focused on the environment, taking care of the Earth and the resources it provides to all of us. She is inspired by artists like Nils Udo, Konstantin Razumov, Claudia Monet, and Iliana Perinat; all representing different art techniques including contemporary art, painting, and impressionism. Isabel hopes one day she will be able to exhibit her art at national and international galleries. In the meantime, she is focused on finishing her studies at the University and works with an Italian organization in El Salvador called "Soletterre" to provide local art workshops to kids in rural areas.

Isabel is so appreciative and thankful for the opportunity she has had as a result of the DHP program to be able to study art and the support she has received from San Bartolomé and St. Joseph's communities. The experiences she has had as a result have made a mark in her life that will never be forgotten.



This week, we bring you a profile of the artist who created the Sister Parish logo, translated by Andrea Cerna.



## The Life of an Artist in Arcatao

As a young girl, Isabel Orellana remembers spending long nights in the Salvadorean heat giggling and

drawing alongside her younger sister. The lush green forestry and tall jagged mountainsides offered an escape of frolicking adventures spilling onto the page of cartoons and caricatures. Tall tales from her sister offered additional inspiration and a different perspective on a passion which continued to build into a career for Isabel Orellana in the town of Arcatao, El Salvador.

Isabel is a member of the San Bartolomé community and is part of the DHP scholarship program in El Salvador. We had the opportunity to have a conversation with her recently and learn a bit more about her background, career, and her involvement in the San Bartolomé community.

Isabel was born and grew up in Nueva Trinidad, a neighboring community to Arcatao in Chalatenango. She comes from a large family with eleven siblings and her mom and dad. She is the youngest one and is now an aunt to six boys and girls. When asked about Arcatao and the local community, Isabel describes it as "hospitable, welcoming, especially with visitors...we are always looking out for each other and always willing to help each other out."

Isabel started to be involved with the church community at a young age, following her father's footsteps as he held and continues to be a "Delegado de la Palabra" (delegate of the Word). Isabel always looks forward to local festivities such as the annual celebrations of the "Virgen de Candelaria" (Saint Candelaria), which happens in February as well as celebrations of San Bartolomé, at the end



# FAITH JUSTICE

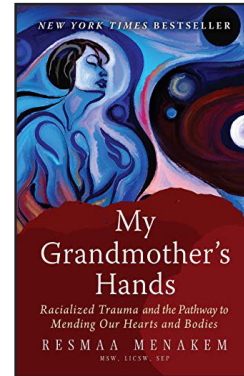
## St. Francis House Update & Donation Opportunity

St. Francis House is currently operating at a reduced capacity in an interim location while our long-term home is redeveloped in partnership with Plymouth Housing Group. We look forward to taking clothing donations again very soon, but in the meantime, we could greatly benefit from the donation of grocery gift cards to distribute to our struggling clients. Please send to P.O. Box 22444 Seattle, WA 98122. Please email any questions to [info@stfrancishouseseattle.org](mailto:info@stfrancishouseseattle.org).



## Racial Justice Book Group

Please join us Wednesday, Feb 10 at 7PM on Zoom for a discussion of Part Two of Resmaa Menakem's, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. We will be exploring only Part Two. As you read, please notice what is happening in your body as you try the recommended Exercises. To receive the Zoom link please contact [racialjusticebookgroup@stjosephparish.org](mailto:racialjusticebookgroup@stjosephparish.org).



## LITURGY & WORSHIP

### The Year of St. Joseph

Liturgy Notes by Katy Houston, MAPS

On December 8th, 2020, Pope Francis released the apostolic letter *Patris Corde*, "With a Father's Heart," on the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. The Pope then proclaimed a "Year of Saint Joseph" to run until December 8th, 2021.

This is a special year, then, for our Parish of St. Joseph. And, the proclamation of the "Year of St. Joseph" is particularly relevant for our time of COVID. One portion of the letter than really struck me was this: Joseph's spiritual path "is not one that explains, but accepts" — which does not mean that he is "resigned." Instead, he is "courageously and firmly proactive," because with "Holy Spirit's gift of fortitude," and full of hope, he is able "to accept life as it is, with all its contradictions, frustrations and disappointments." I think that resonates with many of us!

The Arts and Environment team have arranged for Julie Olsen to create an icon of St. Joseph, with the Child Jesus to display from March 19, the feast of St. Joseph to the end of the proclaimed year.

### Pope Francis' Prayer for the Year of St. Joseph

*Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.*

*Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy, and courage, and defend us from every evil. Amen.*

## Online Healing Prayer Service

Friday, February 5, 2021

You're invited to our monthly online healing prayer service this Friday, February 5th, at 11:30 AM. This month's readings, music, and reflection will be on the theme of Black History Month, with poetry by Gwendolyn Brooks and a video of Sister Thea Bowman. Deacon Steve, Victoria Kill, and Bob McCaffery-Lent will lead the service.

Contact Deacon Steve [stevev@stjosephparish.org](mailto:stevev@stjosephparish.org) for the Zoom invitation.

# STEWARDSHIP CORNER

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## 2021 Stewardship Pledges

A reminder that this year, we introduced the Rollover Method. This approach provided the opportunity for you to simply "rollover" your pledge from last year to next year without having to submit a pledge card, unless you wanted to increase or decrease your pledge. If you have not yet submitted a pledge card or have other changes, we will enter your pledge the same as 2020. Thank you for your ongoing support of St. Joseph Parish.

## End of Year Tax Statements

Thank you to all who have supported St. Joseph Parish during the past year. Your continued generosity, even in these most trying times, has helped us to sustain our parish financially and to serve the ministries of St. Joseph and the wider community.

As we do each year, we will be mailing a Tax Statement to all those on record as having made a donation to St. Joseph between 1/1/2020-12/31/2020. Look for them in your mailbox in the next week or so.

Please don't hesitate to reach out to Mary Wiseman, Pastoral Assistant for Stewardship at 206-965-1654 or [maryw@stjosephparish.org](mailto:maryw@stjosephparish.org) with any questions you may have.

# ST. JOSEPH SCHOOL

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Apply today!  
New student application deadline  
January 31st!

Located in the heart of Capitol Hill, St. Joseph School has, from our beginning in 1907, been known for the excellence of our academic programs, the generosity and liveliness of our parent community, and the commitment and care of our students.





## ST. JOSEPH PARISH

THE JESUIT PARISH IN SEATTLE

Dear Friends,

Thank you! All good things start with gratitude and we are so grateful to be part of a reasonable, conscientious, loving community. St. Joe's has done the right thing during this long crisis of pandemic – valuing health and well-being as we extend the love of Christ.

Part of slowly reopening Masses to in-person attendance requires us to remind everyone that our doing so does not signal that the danger is past. Far from it. With some new strains of the virus out appearing in our state, and the scientific community only now being given full authority to manage this crisis, we need to remain vigilant.

Gathering for the Eucharist provides for very real pastoral need of many, who rightly rely on the Sacrament and the visible Body of Christ gathered to sustain us and continually reorient our lives on Christ. But each and every one of us must continue to engage our own personal responsibility, not only to keep our fellow parishioners safe, but also to keep the larger community safe as well.

Following all the guidelines is no guarantee that you will avoid getting infected, but doing so will help mitigate the risk to you and others. Stay home and stay safe as much as possible, avoid any gatherings if you have underlying health conditions, and *get the vaccine as soon as possible*. However, even if you have been fully vaccinated, you still need to follow all the Covid guidelines for now. The Covid vaccines protect people from becoming seriously ill, but so far there is not enough information to know if it is possible to become an asymptomatic carrier following vaccination. (See this website for an FAQ on the vaccine rollout: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>) Therefore, even if you have been vaccinated, you will still be required to mask, use hand sanitizer, and maintain social distancing while at St. Joe's.

Thank you! All good things end in gratitude and we at St. Joe's are so grateful for how our community has remained steadfast throughout the pandemic. Members continue to actively support one another and parish operations. We will get through this, together (and hopefully soon!).

Again, please do not come to in-person Masses if you have any risk of having been exposed, have any underlying health conditions, or if wearing a mask and being vigilant about physical distancing is difficult for you.

God Bless!

~ Fr. Glen

"IGNITED BY THE EUCHARIST TO LOVE & SERVE"

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[www.stjosephparish.org](http://www.stjosephparish.org)



## THE MAGIS FAMILY FORMATION PROJECT

**Love In Action (Fast, Pray and Give)**  
**February 2021**

Welcome to the month of love! Many people celebrate St. Valentine's Day on the 14th by showing love to others with cards and small gifts. An even greater opportunity to show love comes soon after with Ash Wednesday marking the beginning of Lent on February 17th. During Lent we show our love for Jesus through special acts of fasting, prayer and almsgiving.

### LENTEN SCAVENGER HUNT

- ☐ **Purple cloth or purple plant** representing the color of Lent.
- ☐ **Rosary** representing our call to spend more time in prayer during Lent
- ☐ **Coins**, representing our call to give generously during Lent
- ☐ **sandals**, representing the journey Jesus will make to Jerusalem and the cross
- ☐ **Thorns** representing Jesus' crown of thorns
- ☐ **Dropped branch**, a symbol of the palms of Palm Sunday

### GET CRAFTY

Print suggestions for ways your family can pray, fast, and give this Lenten season. Cut them into strips and place in three envelopes or pockets. Pick a strip every day to help guide you on your journey to grow closer to God throughout Lent.

<https://www.looktohimandberadiant.com/2017/02/lent-pray-fast-give-printable.html>



Recreate how a [Caterpillar turns to a Butterfly](#) using an empty toilet paper roll, popsicle stick, and some paper. This metamorphosis can remind us that we too should undergo a transformation during Lent as we strive to become more like Jesus.

<https://catholicblogger1.blogspot.com/2012/02/crafty-crafters-lent.html>



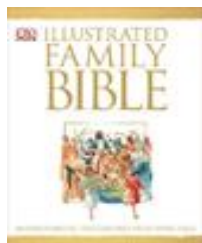
### TAKE A VIRTUAL TRIP FOR WINTER BREAK!

We may not be able to travel right now, but through the wonder of the internet we can visit beautiful places that are important to our Catholic faith.

- [Pilgrimage to the Holy Land](#)
  - (<http://faith.nd.edu/s/1210/faith/interior.aspx?sid=1210&gid=609&pgid=32742>)
- [Tour of St. Peter's](#)
  - ([https://www.vatican.va/various/basiliche/san\\_pietro/vr\\_tour/index-en.html](https://www.vatican.va/various/basiliche/san_pietro/vr_tour/index-en.html))
- [Tour of Stations of the Cross \(Via Delorosa\)](#)
  - ([https://www.google.com/maps/d/viewer?mid=1l13E9c8wFi\\_eflo8MZ\\_PmI3XiF4&ll=31.779756514232627%2C35.23343450000002&z=16](https://www.google.com/maps/d/viewer?mid=1l13E9c8wFi_eflo8MZ_PmI3XiF4&ll=31.779756514232627%2C35.23343450000002&z=16))
- [Tour of the National Shrine of the Immaculate Conception](#)
  - (<https://www.nationalshrine.org/virtual-tour/>)

Have you been to one of these places? Would you share your impressions with us? Contact

[MarkP@Stjosephparish.org](mailto:MarkP@Stjosephparish.org) to share your memories and a photo! You could be featured on our Facebook page!



### REFLECTING ON FEBRUARY'S READINGS AND HOLIDAYS

There are wonderful stories this month from the Gospels and Old Testament that can help us prepare for our Lenten practice of Praying, Fasting and Giving. You might like to use a children's Bible to read the stories together. The illustrations and background information will help children understand and visualize the text.



**Feb 7: *Jesus cures the sick.* Mark 1:29-39.** Do you know someone who is sick? Say a prayer for them. Send them a card or a picture to cheer them up.

**Feb. 14: *Jesus cures a leper and tells him to tell no one.* Mark 1:40-45.** Talk about why Jesus would heal a man quietly and not want praise or a reward for healing him. As we get ready for Lent, pray for or help someone quietly without needing a thank you or reward.

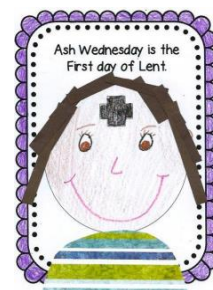
**Feb. 14: Feast of St. Valentine** This kind, third century physician was known for healing a blind girl and marrying young lovers. He is the patron saint of epilepsy, beekeeping and lovers. You might like to read more about him in the book [Saint Valentine by Robert Sabuda](#), available at the Seattle Public Library.



**Feb. 15 is Presidents' Day** where we honor important leaders in our nation's history. Did you know that President Biden is Catholic? The last (and first) Catholic President was John F. Kennedy!

*"My Catholic faith drilled into me a core truth – that every person on earth is equal in rights and dignity, because we are all beloved children of God... It is the same creed that is at the core of our American experiment and written into our founding documents – that we are all created equal and endowed by our creator with inalienable rights." - Joseph R. Biden, Jr.*

**Ash Wednesday, Feb. 17, marks the beginning of Lent**, 40 special days before Easter that Christians use to "Fast, Pray and Give." Jesus spent 40 days in the desert and during that time he fasted and prayed as he prepared for his ultimate act of giving. He gave himself to the suffering of the cross for our sakes. We want to be followers of Jesus and so, like him, we "Fast, Pray and Give" during Lent. On Ash Wednesday, the priest places ashes in the shape of a cross on our foreheads and reminds us to "Repent and Believe in the Gospel." The ashes come from the palms from last year's Palm Sunday. We may not all be able to receive ashes in person this year, but we can still "examine" or think about how we can be closer to Jesus. Draw a picture of yourself and include ashes on your forehead.



Search for: [Make Room: A Child's Guide to Lent and Easter by Laura Alary](#)



**Feb. 21: *Noah and the Promise of the Rainbow.* Genesis 9:8.** God has promised that he will always love us. What promises do you make? ***Jesus' 40 days of temptation in the desert.* Mark 1:12-15.** What is a temptation? Can you share a way that you fight temptation? Lent is a good time to practice fighting temptation.

**Feb. 28: *"If God is for us who can be against us."* Romans 8.** Have you ever felt picked on or that someone is against you? When you feel this way can you tell God about it? Can you share a way that God has shown you that He loves you?

## BOOK CORNER

[I am Love by Susan Verde](#)

[A Child's Introduction to African American History by Jabari Asim](#)

[Wish Tree by Katherine Applegate](#)

[Stations of the Cross for Children by Jerry J Windley-Daoust and Vicki Shuck](#)

