



# ST. JOSEPH PARISH

THE JESUIT PARISH IN SEATTLE

Sunday, February 7, 2021 \* The Fifth Sunday in Ordinary Time \* [www.stjosephparish.org](http://www.stjosephparish.org)



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

When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him. - Mk 1:32-34

**THE FIFTH SUNDAY IN ORDINARY TIME**  
**FEBRUARY 7, 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 14, 2021**  
**FIRST READING: LEVITICUS 13:1-2, 44-46**  
**SECOND READING: 1 CORINTHIANS 10:31-11:1**  
**GOSPEL: MARK 1:40-45**

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## Stewardship Corner

### Mary Wiseman, Pastoral Assistant for Stewardship



Dear friends,

It's hard to believe that it is already February! Soon it will be Lent, which means that Spring is just around the corner. In these times of hope and new life, I'm writing to you, our faithful and dedicated parishioners, with two big ideas on my mind.

First, I must once again express my sincerest appreciation and gratitude to you, most importantly, for your continued prayers and for your support for the wellbeing of this community with your ongoing financial assistance. I have been overwhelmed by your generosity – not simply the generosity of finances, but your generosity of spirit. You give freely. You are truly an inspiration to me as St. Joe's weathers what is surely one of the most difficult periods in her 114 years of existence! I feel truly blessed to serve in this faith community as your Pastoral Assistant for Stewardship.

I would also like to keep you fully informed about our parish's financial status, as we finish the first half of our fiscal year. While this column won't get "into the weeds" of our financial picture, we always strive towards total transparency, and you are always welcome to contact me with questions about specifics! As of the start of 2021, the parish is currently down about \$145,000 in ordinary income, compared to what we had budgeted at the beginning of the fiscal year. This is to be expected, as the economy as a whole has shrunk in a similar respect, so we are not panicked. However, it does mean that we must continue to strive to keep the parish in a healthy financial state.

We are extremely fortunate to have Marti McGaughey, Pastoral Assistant for Administration, on staff. She has examined every aspect of our budget to determine where we can cut expenses, and as of now, she expects to be able to cut the budget expenses by \$75,000 by the end of the fiscal year (none of this comes at the expense of jobs or outreach to the poor – most of these savings are the result of wise operational changes). This, in combination with Paycheck Protection Program money received in August (which, while originally a loan, should be fully forgiven), will help us maintain a positive cashflow.

Although we do have some savings for emergencies and other unforeseen needs, it is only prudent to maintain a balance of reserves to ensure our financial solvency and stability. While we are in a good place, considering the scale of the pandemic, we cannot let our guard down when it comes to stewarding our financial resources.

If you are able to [give](#), please do. Your gifts to St. Joe's not only keep the lights on and the heat working, but also allow staff like Deacon Steve, Theresa, Claire, and others to continue to serve the spiritual and material needs of our community. There is a direct causal effect between what you give today and the programs we are able to sponsor through the coming year.

Finally, let us continue to pray for each other. I pray that God's peace be upon you and your families as we move closer to worshipping together as a parish family.

In Christ our Hope,

*Mary Wiseman*



# THE FIFTH SUNDAY IN ORDINARY TIME

## Entrance Song

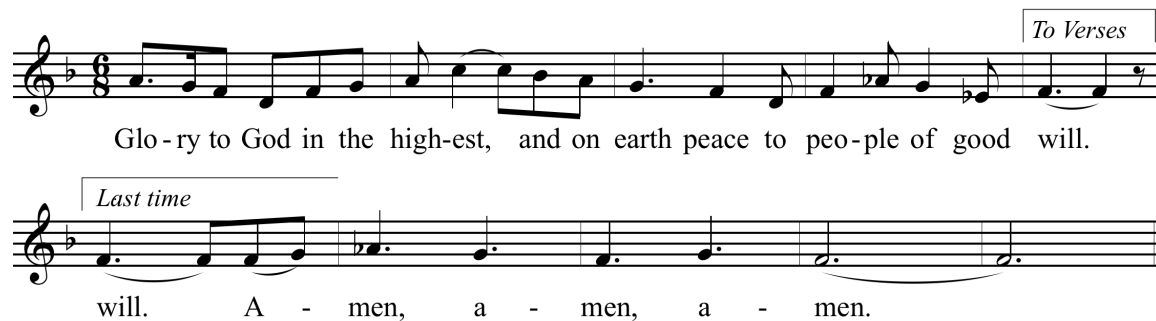
*Lord, You Give the Great Commission*

*BEACH SPRING/Rowthorn*



1. Lord, you give the great com - mis - sion: "Heal the  
2. Lord, you call us to your serv - ice: "In my  
sick and preach the word." Lest the Church ne - glect its  
name bap - tize and teach." That the world may trust your  
mis - sion, And the Gos - pel go un - heard, Help us  
prom - ise, Life a - bun - dant meant for each, Give us  
wit - ness to your pur - pose With re - newed in - teg - ri - ty;  
all new fer - vor, draw us Clos - er in com - mun - i - ty;  
With the Spir - it's gifts em - power us For the work of min - is - try.

## Gloria



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

Job 7:1-4, 6-7

Job spoke, saying:

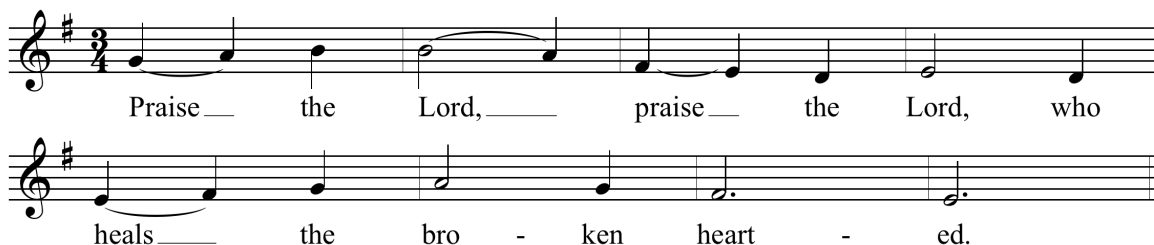
Is not man's life on earth a drudgery?  
Are not his days those of hirelings?  
He is a slave who longs for the shade,  
a hireling who waits for his wages.  
So I have been assigned months of misery,  
and troubled nights have been allotted to me.

If in bed I say, "When shall I arise?"  
then the night drags on;  
I am filled with restlessness until the dawn.  
My days are swifter than a weaver's shuttle;  
they come to an end without hope.  
Remember that my life is like the wind;  
I shall not see happiness again.

## Psalm

*Psalm 147*

*Guimont*



How good to sing psalms to our God; how pleasant to chant fitting praise!  
The LORD builds up Jerusalem and brings back Israel's exiles;

He heals the brokenhearted; he binds up all their wounds.  
He counts out the number of the stars; he calls each one by its name.

Our Lord is great and almighty; his wisdom can never be measured.  
The LORD lifts up the lowly; he casts down the wicked to the ground.

## Second Reading

1 Corinthians 9:16-19, 22-23

Brothers and sisters: If I preach the gospel, this is no reason for me to boast, for an obligation has been imposed on me, and woe to me if I do not preach it! If I do so willingly, I have a recompense, but if unwillingly, then I have been entrusted with a stewardship. What then is my recompense? That, when I preach, I offer the gospel free of charge so as not to make full use of my right in the gospel.

Although I am free in regard to all, I have made myself a slave to all so as to win over as many as possible. To the weak I became weak, to win over the weak. I have become all things to all, to save at least some. All this I do for the sake of the gospel, so that I too may have a share in it.

## Gospel Acclamation

*Taize*



*Christ took away our infirmities, and bore our diseases.*

## Gospel

On leaving the synagogue Jesus entered the house of Simon and Andrew with James and John. Simon's mother-in-law lay sick with a fever. They immediately told him about her. He approached, grasped her hand, and helped her up. Then the fever left her and she waited on them.

When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many

demons, not permitting them to speak because they knew him.

Rising very early before dawn, he left and went off to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said, "Everyone is looking for you." He told them, "Let us go on to the nearby villages that I may preach there also. For this purpose have I come." So he went into their synagogues, preaching and driving out demons throughout the whole 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

## Your Hands, O Lord

Mozart/Plumtre

1. Your hands, O Lord, in days of old Were  
2. And then your touch brought life and health, Gave  
3. O be our might - y heal - er still, Great

strong to heal and save; They tri - umphed o'er dis -  
hear - ing, speech, and sight; And those you healed, their  
Lord of life and death; Re - store and strength - en,

ease and death, O'er dark - ness and the grave. To  
strength re - stored, Ac - claimed you Lord of light. And  
soothe and bless, With your al - might - y breath. On

you so, they came, the blind, the mute, The  
hands that work and eyes that see, Al -

pal - sied, and the lame, The lep - er set a -  
might - y now as then, In ev - 'ry street, in  
heal - ing wis - dom pour, That whole and sick, and

part ev - and shunned, The sick, and those in shame.  
ev - 'ry home, In ev - 'ry trou - bled friend.  
weak and strong, May praise you ev - er - more.

# 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.

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The first staff has a treble clef and a key signature of one sharp (F#). The melody is written on a single line. The lyrics are written below the notes. The second staff continues the melody and lyrics.

## Great Amen

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

The musical notation is in G major (one sharp) and 4/4 time. It consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is written on a single line. The lyrics are written below the notes.

## Lamb of God

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

The musical notation is in G major (one sharp) and 4/4 time. It consists of two staves. The first staff has a treble clef and a key signature of one sharp (F#). The melody is written on a single line. The lyrics are written below the notes. The second staff continues the melody and lyrics. There are markings for '1, 2' and 'Final' above the staff.

## Communion

*Blessed Are Those*

*Angrisano, Hart, Stephan*

Bless-ed are those who mourn, for they shall be con -  
soled. Bless-ed are those who hun-ger and thirst for right -  
eous - ness, for they shall have their fill.

The musical notation is in G major (one sharp) and 3/4 time. It consists of three staves. The first staff has a treble clef and a key signature of one sharp (F#). The melody is written on a single line. The lyrics are written below the notes. The second staff continues the melody and lyrics. The third staff continues the melody and lyrics. There is a marking for '2' above the staff.

## Recessional

## God, Whose Almighty Word

ITALIAN HYMN/Marriot/Giardini

God, whose al - migh - ty word cha - os and  
Sa - vior, you came to give those who in  
Spi - rit of truth and love, life - giv - ing,  
dark - ness heard, and took their flight:  
dark - ness live heal - ing and sight,  
ho - ly dove, speed on your flight!  
hear us, we hum - bly pray, and where the gos - pel day  
health to the sick in mind, sight to the in - ward blind:  
Move on the wa - ter's face bear - ing the lamp of grace.  
sheds not its glor - rious ray, Let there be light!  
now to all hum - man - kind, Let there be light!  
And, in earth's dark - est place, Let there be light!

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## Ash Wednesday

In addition to the usual morning daily Mass, this year on Ash Wednesday (February 17th) the church will be open from noon-6pm. Staff will be present during that entire time to distribute ashes in a no-contact, COVID-safe manner. At 7pm, you are invited to join us for an Ash Wednesday Liturgy of the Word. [See our website for more details.](#)



# PARISH LIFE

## St. Joseph Men's Ministry Finding God in All Things: Life within the Pandemic and Beyond

**SATURDAY FEBRUARY 13TH**

**9:00am – 11:15am on Zoom**

**Guest Speaker: Pete Holmes,  
Parishioner & City Attorney**

Finding God in all things is at the core of Ignatian Spirituality, and is rooted in our growing awareness that God can be found in everyone, in every place, and in every thing. We find God in our own stories and what we see and hear from each other. Come and be inspired to explore finding God in your life through a time of prayer, reflection, and small group faith-sharing. For more information, including the Zoom meeting link, contact Deacon Steve at 206-965-1646 or [steve@stjosephparish.org](mailto:steve@stjosephparish.org).



Guest Speaker Pete Holmes

## 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.

## Sister Parish Update – We Did It!

Thanks to your generosity, we have reached our goal of \$13,000 for scholarships that go directly to help students in the community of our Sister Parish in El Salvador. The funds are currently being transferred to the DHP scholarship program. [DHP](#) (desarollo humano popular, loosely meaning "Popular Human Development",) raises funds to send local students to college and vocational schools.

Thank you for your generous donations! You can still donate to DHP [here](#), and any additional funds will be rolled over into next year's scholarships. Want to learn more? [Check out this video about the program.](#)



## 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/>



# FAITH JUSTICE



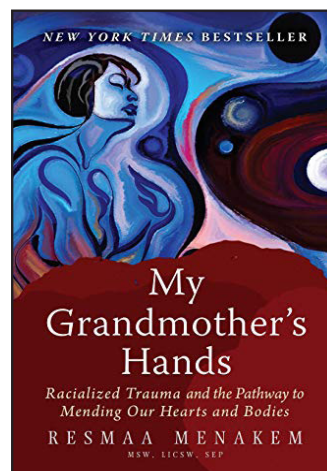
During Fall 2020, St. Joseph's Faith Justice Commission embarked on a listening and discernment process to gain a better understanding of the status of our current efforts as a Commission and the concerns of the broader parish community. [Click here for a report about what they found, and next steps!](#)

## Get Involved!

Interested in Faith Justice and want to get involved in one of the four subcommittees (racial justice & equity, homelessness, immigration, and environmental justice)? It's easy! Simply fill out [this short interest form](#) and someone from the Commission will be in touch with you – it's easy to plug in here at St. Joe's!

## 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 are working with an artist 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.*



# FAITH JUSTICE

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## Exciting Updates from [Nurturing Roots](#)

The greenhouse has arrived! A brand-new polycarbonate greenhouse is on its way to the urban farm. On-site volunteers are filling starter pots with soil, ready to plant and tuck into the newly constructed and repaired greenhouses.

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.



Boxes full of topsoil, ready for seedlings, at Nurturing Roots farm



A group of St. Joe's parishioners volunteering at the farm

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## Special Taskforce for Catholic School Survey

Parishioners are invited to participate in this archdiocesan survey that will collect information from Catholics in the Archdiocese of Seattle about their perceptions and assessment of Catholic schools and their understanding of the current Ministerial Covenant.

[Take the Survey](#)

[mycatholicsschool.org/taskforce-updates](https://mycatholicsschool.org/taskforce-updates)



## 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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## 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>



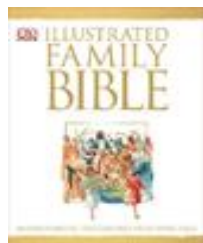
### TAKE A VIRTUAL TRIP FOR WINTER BREAK!

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](#)

