

Lent...

A time of Sacrifice
A time of Discipline
But also a time
of Deep Reflection.

We Stir up our faith.
We Focus our attention.
We Listen to the voice of God.
So that on Easter we are
Restored, Refreshed, Filled with Joy

Seek His Ways, His Truth, His Life



FEBRUARY 2013



To create and maintain a Christ-centered Catholic Community where our personal call to holiness, service and spiritual growth leads to continued authentic wit-

MICROSOFT

St. Mary Parish
Newsletter

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A Note From Fr. Jim

As I write this to all of you, in the midst of the snowstorm of January 30, verses 9-10 from Psalm 51 comes to mind:

**"Cleanse me with hyssop,
that I may be pure;
wash me, and I will be
whiter than snow."**



(Hyssop is a small bush whose many woody twigs make a natural sprinkler).

We are about to enter into a time of great spiritual renewal called "LENT." As in the early Church, this is the time when those preparing for the Easter sacraments of Baptism, Confirmation and Eucharist delve more deeply into their personal spiritual renewal. We join them in prayer to help them discern their call from God to deeper conversion. They look to all of us who are faithful members of the Church to give witness to the presence of Jesus in our lives.

The Church offers us the three traditional disciplines of Lent to help us all examine our lives in light of the gospel. They come from the Gospel of Matthew (Mt 6: 1-6, 16-18) that we will hear on Ash Wednesday:



**Prayer,
Fasting
and Almsgiving.**

As you plan your Lenten renewal, concentrate on all three practices. They support one another.

Praying will strengthen you for fasting and deepen your charity. Fasting will soften your heart for charity and quiet your spirit for prayer. Performing works of charity will give your fasting purpose and concentrate your prayer. These are very practical ways of asking God for the grace to "wash us to be whiter than snow."

As you prepare for this great annual retreat of the Church, here are some thoughts by which you can personalize each of these Lenten disciplines:

PRAYER: "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers." (Acts 2:42)

Sunday Eucharist is the source and summit of the entire spiritual life. It support everything else. If your commitment to participating in the Sunday Eucharist is at all weak, a resolution to strengthen it belongs at the top of your list.

Daily Prayer. The more we knock, the more the door of our awareness opens. How will you commit to daily prayer? Consider celebrating Mass during the week. Adoration of the Blessed Sacrament follows the Friday Mass. Quiet time with Jesus is always beneficial. Create a special place in your home for prayer. Use *The Word Among Us* to help you connect with week-day Mass readings and meditations. Consider praying with others: your family, a group of friends.

Way of the Cross will be celebrated every Wednesday beginning February 20 at 5:45pm. Yes, standing and kneeling 14 times is a little difficult. A good reminder of what Jesus endured as he was led to the cross for our salvation.

Sunday Evening Prayer (February 24) David Krob and Mitch Holte will lead us in prayer before the Blessed Sacrament beginning at 5:00 pm.

Sacrament of Reconciliation is offered every Saturday at 4pm. Our communal celebration is Sunday, March 10, at 2pm. How long has it been since you celebrated the sacrament of God's mercy and forgiveness?

FASTING: "Anna never left the temple but worshiped there with fasting and prayer night and day" (Luke 2:37).

Fasting means consuming less quantity. Abstinence means avoiding a certain kind of thing – such as meat or television. Fasting and abstinence are hallmarks of Lent, and they may be undertaken in a wide variety of ways. They discipline the body to rely less on the things of this world. They create within us a clear-headed dependence on God, whose love fulfills our every need. They deepen our prayer and open our hearts for charity.

Fast: We eat only one full meal; the other two should not equal a second meal. We eat nothing between meals. For Catholics ages 18-59.

Abstinence: We do not eat meat. For Catholics ages 14 and above.

Ash Wednesday and Good Friday are days of fast and abstinence. All Fridays of Lent are days of abstinence.

Other ways of "fasting and abstaining"

How about locking up the liquor cabinet, clip shut the bags of chips, tape closed the chocolates, and purge the freezer of treats. Do you really need to be texting so much? Constantly calling people on your cellphone? Do you block out the world with headphones and earbuds? Do you text during family meals or recreation? Try putting those things aside during Lent. Those could be ways to identify more with the poor of the world. You may also come to a new appreciation for silence!

Other behaviors. Is this the time to fast from nicotine, alcohol, gambling, or pornography? Are you behaving in some ways that do not conform to the moral standards of our faith? Are you neglecting something or someone in the crush of busyness? Besides food, how else should you fast and abstain this Lent to grow closer to Jesus and the ones you love?



If today you hear my voice, harden not your heart

"Create
in me a
clean heart,
O **God,**
and put a
new and right
spirit
within me."
Psalms 51:10

ALMSGIVING: "And now faith, hope, and love abide, these three; and the greatest of these is love" (1 Corinthians 13:13)

Almsgiving is the practice of giving money or goods to the poor. It is one of many ways to practice charity during Lent.

Rice Bowl is a great way to offer up the cost of food you are not spending because of your fast and abstinence. They help connect your family with families in the world who hunger for food, shelter, clothing every day. Bring your contributions to Mass on Holy Thursday. Half will be given to Catholic Relief Services. The other half will be used during Vacation Bible School to support their service project, "Kids Against Hunger."



Jesus came to Galilee proclaiming the gospel of God:

**"This is the time of fulfillment.
The kingdom of God is at hand.
Repent, and believe in the gospel."**

REPENT... Turn back to God. The time is now to stop living like we are God. To stop serving our wills. The time is now to start seeking and living the life God has willed for us. The Kingdom is here. Leave behind that small space you live in. Believe in his truth, believe in his ways and live in his kingdom.

The Kingdom Come, Thy Will Be Done

Trip to Washington D.C. for National March for Life

By Gwen Prentice

I am so blessed to have had the opportunity to accompany seven Solon teenagers, and two other chaperones from our parish for the 2013 March for Life that marked the 40th anniversary of the landmark Supreme Court case that legalized abortions in the United States. I was not too thrilled with the idea of a 17 hour bus ride but once we arrived to Washington DC and the March, I was so amazed by the atmosphere and the excitement of the march. Despite the cold weather and snow, the largest crowd in the history of the march, an estimated 650,000 of like-minded pro-life supporters gathered on the National Mall in Washington DC to support the vulnerable babies in the womb and their mothers. It was obvious that a majority of the crowd were under the age of 25, and they brought a lot of exuberant energy to the event. We were welcomed by a series of speakers from legislative and religious leaders; the crowd roared when Boston Cardinal Sean O'Malley read a tweet from Pope Benedict XVI:

"I join all those marching for life from afar, and pray that political leaders will protect the unborn and promote a cultural of life."

We heard a couple of moving speeches from a woman who had an abortion and found support and healing through the pro-life movement and also from Ryan Bomberger, who was conceived in rape but was saved from abortion through adoption.

After the rally, the Walk for Life participants marched up the streets of Capitol Hill to the steps of the Supreme Court. Among the crowds were many high school and college groups, who carried signs that said read, 'we are the Pro-life Generation', 'Defend Life', 'courageously abolishing abortion', and many more hand-made signs that represented and various high schools and colleges. The youth chanted, danced, sang and prayed throughout the march which added to the atmosphere.

Lauren Benzing was interview by a reporter from USA Today and quoted in their online publication... **Lauren Benzing, 18, of**

Solon, Iowa, who came with 350 others on 13 buses from the Catholic Diocese of Dubuque, was too young to vote last November but, she vows, "as soon as I can (vote), I will support pro-life. But with the march, I feel like I can still make a difference."

The event deepened our faith in God and strengthened our commitment to protect the unborn, promote a culture of life and educate people of the evils of abortion. Our dedication to end abortion does not end now that we are back home and in to our regular daily routine. Abortions are not just happening in places like Detroit; they are taking place right here in Johnson county with two clinics in Iowa City, one of which is in the middle of the University of Iowa campus, the Emma Goldman Clinic.

For several years I have been participating in the biannual "40 Days for Life" campaign which locally takes place in front of this the Emma Goldman Clinic. I first learned about the event after reading the book 'Unplanned' written by a former Planned Parenthood employee who left her job and became a pro-life advocate. The '40 Days for Life' campaign is a nationwide campaign whose volunteers pray peacefully and continually in front of abortions clinics for 40 days in the spring and fall of each year. Since the nationwide campaign began 550,000 participants have prayed, 6,749 baby's lives have been saved, 75 clinic workers have quit their jobs and 25 clinics have closed, two that were in Iowa. This year's spring event kicks

off on Ash Wednesday, February 13. The Solon youth group has also been praying in front of the Emma Goldman Clinic for the past couple years and plan to continue and have already organized to pray with the Xavier teenagers from Cedar Rapids. If anyone is interested in participating in the campaign I urge you to go the '40 Days for Life' website or ask me for more information. We can make a difference.

As for that long uncomfortable bus ride, I have completely forgotten about it. The one thing that I learned from this group of kids are that they are passionate, smart, caring and they value life. And let me tell you...this generation is **not** going to give up

Attending the March for Life from St. Mary's Solon:

Jessica Brimeyer, Carissa & Diane Siddel, Noelle Martin, Jill and Gwen Prentice, Raiden Takeuchi, Karly, Lauren and Patty Benzing.



Thanks to the many people who generously donated towards the trip or came to the Lady of Guadalupe Mexican Fundraising



Rite of Christian Initiation of Adults

By David Krob

We are pleased to acknowledge three Catechumens (those who are unbaptized or are baptized in a tradition not recognized by the Catholic Church) and nine Candidates (those who are baptized) who are attending weekly classes in our RCIA program.



They are in a period of discernment in order to learn more about the Roman Catholic faith and determine if they feel ready to join the Catholic Church as full participating members. Their journey will continue and intensify throughout the upcoming Lenten Season and then culminate with their joining the Church at Easter Vigil on March 30, 2013 if their discernment leads them to that point. And then their journey will continue, as this is a lifelong journey for each of us as we grow in knowledge and love of Jesus and his Church. Their individual journeys began in varying ways as they felt the pull to learn more about the Roman Catholic Faith. For some the pull of uniting as husband, wife, father and mother was the trigger as witnessed by Joshua Root one of the candidates *"I wish to become a member of the Catholic Church as I believe that it is the best way to bond myself, my wife, and my children together as a family and we will be better servants to the Lord and all of His children...when I finally gave myself back up to the Lord and all that comes with that belief, it was amazing how quickly our united love of Him healed us and helped me."* For Megan Wichmann, another candidate, it was a desire to *"learn more about the faith that my mother was brought up in."* and *"a desire to be connected, to be part of a community."*

The community aspect mentioned by the candidate above is so very important to the Catechumens and Candidates. As part of this process, each individual has been assigned a sponsor to travel side by side with them in their discernment process. This is one way our Church Community helps them. Bill Christensen, one of the sponsors, said *"I desire to invest my time in helping to develop others as I was helped on my RCIA journey...to call others to follow in Jesus' footsteps as servant leaders."* And from Sharon Johnson, another sponsor, *"It brought joy to my heart when asked if I would help Cindy Jo and Natalie, to pray for them in their journey to seek Christ and to be a witness of the wonders and joy that God has given me."*

We are all invited to travel with the Catechumens and Candidates on their discernment journey by keeping them in our prayers and being open and welcoming to all who attend our Church. Our active participation in the Mass is a very powerful witness to them. Seeing our love for Jesus in the Eucharist will help them understand what it truly means to be Catholic.

RCIA
*Who have you invited to
Christian Formation Process
consider the Catholic
Faith? All Baptized are
called bring others to the
Good News of Jesus.*

Parents—What's Your Plan? Deacon Poyo's challenge to parents...

How many of you want to go to heaven?
What is your plan to get to heaven?
Because Satan has a plan to keep you, your spouse, and your children from heaven.

Too often we don't understand the plan. We think the plan is – get your entrance sacraments and be good. Jesus never taught – be good and get your sacraments.

We need to ask ourselves: Could I possibly have missed something? Several generations of Catholics – who were given very little – and had very little to pass on. It is time for parents to reclaim their faith and commitment to Christ.

Your Children Will Only Get—What You Got

If you don't have a viable relationship with Christ, neither will your kids. By virtue of your actions, where are you leading them? Our actions do one of two things: they are either leading our kids closer to Jesus or away from Jesus.

Jesus said we cannot serve two masters – by our actions, we either serve his heavenly Father, the Father of Truth or we serve the Father of Lies. Satan uses fear to keep us from living in the truth. But we need to trust in God. God is in the truth. If you want to encounter God, live in the truth. Seek authentic sources from the church—Christ promised to keep his church in the truth.

PARENTS ARE LOVING THIS RESOURCE!

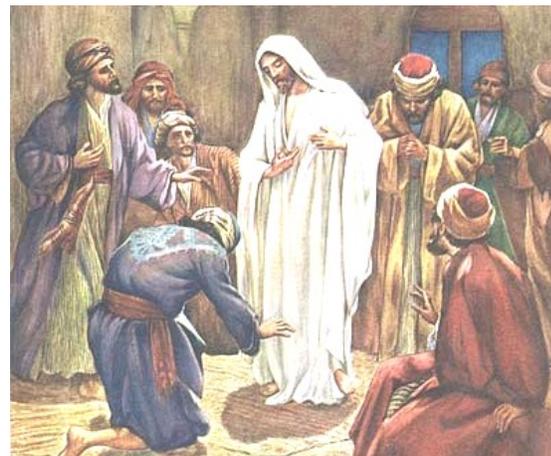
Parents with kids of all ages are recommending the Parenting Program to others: a series of nine video sessions & discussion, with a \$5 study guide. Learn to develop your child's full potential, build relationships that bond, and 7 steps for discipline.

If you want to form a small group of family or friends and we'll order study guides and provide the DVDs.

Come Back to Me, With All Your Heart

Why is it so difficult at times to be good and do what is right? Even though we have good intentions, we often find ourselves doing what we know we should not do or failing to do the good we ought to do. In baptism all sin is wiped away. Yet our experience is that even after baptism our human condition is marred with countless personal sins and failings that challenge even our best intentions.

After baptism, where do we find such forgiveness? In the sacrament of Penance we meet Christ in his Church ready and eager to absolve and restore us to new life. Fully conscious that only God forgives sins, we bring our failings to the Church because Jesus imparted to his apostles his own power to forgive sins. A Catholic who has committed grave sin is obliged to ask forgiveness for it in this sacrament. Once we do this and receive sacramental absolution, we are restored again to holiness - to an innocence before God. Cardinal Donald W. Wuerl



In his greatest hour of need, the apostles fled from Jesus. They abandoned him to his killers and denied knowing him. And yet, three days later:

*“when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, **“Peace be with you.”** When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. [Jesus] said to them again, **“Peace be with you. As the Father has sent me, so I send you.”** And when he had said this, he breathed on them and said to them, **“Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”**”*

That night, when Christ restored his friendship with the apostles; he left a way

The greatest gift for each Christian is to know and accept God’s love.

Only with Christ’s grace do we move toward constant conversion, holiness in life, and ultimately eternal life. It’s an ongoing challenge.

Sin is an offense against God. It hurts our relationship with both God and others. Jesus gives us this sacrament to own up to these moments, by coming to him so he can restore what has been broken. Through this sacrament we truly encounter Christ. Through it he chose to share his forgiveness and strengthen us against evil tendencies. Bring your family on March 1st to be restored to the friendship of God.

Communal Reconciliations: Sunday, March 1– 2:00 St. Mary-Solon

Thursday, March 14, 9:00pm Newman Center IC

Saturday, March 23, 10:00am St. Mary Iowa City

Sunday, March 24, 2:00pm St. Patrick Iowa City

Worth Fighting For

By Diane Wurzer

As I was driving home last night from IMCC at Oakdale, I had this feeling of sadness and at the same time, this feeling of frustration. I felt sadness for the women who told their stories of abuse and addictions. Tears streamed down their cheeks because this was the first time they felt comfortable sharing their stories. They had someone who would actually listen to them and not judge them. I felt frustration because there aren’t more people willing to help them. Granted they have to want to help themselves, but when you are beat down all of your life, you don’t have the will or the hope that someone actually cares.

“We need the churches to lead us to the Lord.”

I read an article a couple of months back titled “Worth Fighting For”. In that article the author said he had a conversation with some young gang members and asked what the churches could do to help. An 18 year old gang member looked him straight in the eyes and said: “We need the churches to lead us to the Lord”. The key to making a difference in someone’s life is reaching out to them. They are not going to come to the church when they have never been taught what faith can do.

I also feel that whether you are liberal or conservative, young or old, rich or poor, you need to live your faith. You need to reach out to the lonely, to the helpless, to the hopeless. Matthew 25:45 “Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.” This is our faith. We must live our faith.

Another way that I have been trying to help the least, is by being a mentor to a woman who had been in and out of jail for 15 years. She was a victim of abuse and turned to drugs and alcohol to cover up her pain. David Krob and Mary Knight have also helped me with this woman and we are pleased to say that she is living on her own, she has a job, she is off parole, she is off drugs, and she is establishing a relationship with her family again. She was one of the “least of these”.

If you are interested in making a difference in someone’s life, become a volunteer mentor. The 6th Judicial District Dept. of Corrections has several programs where you can become involved. You can contact me at 319-624-2719 or you can contact Mitchell Brouse at 319-625-2128. God bless you. I know He has me.

Serving in the Peace Corps



Hello, my name is Ryan Krafka, a Solon native and member of St. Mary's. I am currently serving in the Peace Corps as a teacher of secondary school for, as luck would have it, a Catholic mission in central Mozambique, Africa.



My Catholic faith has been a stabilizing factor

throughout my life, thanks in large part to the tremendous faith of those closest to me. I owe everything I have to my mother, father, brother, relatives, teachers, mentors, friends, and coaches who have guided, and often times pushed, me thus far through life. Committing over two years of my life to volunteering in a third world country definitely tested this faith. Having never really talked about this enduring aspiration of mine, I'm sure it must have come as quite a shock when they suddenly realized I was serious. However, as hard as it is to believe, it was one of the easiest, decisive decisions of my life. Fresh out of college, without consuming investments... come on... how much easier does it get! I would be remiss to say that I didn't have second thoughts. God knows I did, stepping on to that plane out of Iowa and out of the country and family that I love. Did I make the right choice?... Emphatically, Yes! I'm sure as soon as I say this, that all hell will break loose, but never before have so many things come together for me. I am extremely blessed to be here.



My house and neighborhood are amazing! Although, at first I was thrown off by a massive cockroach and annoying kid infestation, after intense eradication (of the cockroaches!) I have really come to relax and enjoy in my new home and community. The neighborhood of professors here is very youthful, lively, and safe (Probably safer than Solon, if that's possible!). Everyone lives outside of their homes, the kids are always playing, and when there's electricity, music and dancing fill the background.

The food has been great, I have no complaints. The market here actually has food... and of good variety too! I can get most staple food items there.

Specialty goods, such as oatmeal, cheese, PB&J,

and cereal can be bought in the faraway provincial capitals. Throughout the work week, my maid (more on this later) cooks simple, traditional Mozambican dishes. Usually some combination of rice, beans, pasta, cornmeal mush, fish, goat stew, etc... Doesn't sound all that great I know, but it's tasty and I love any meal that's prepared for me. On the weekends I usually take over with pizza, chili, cornbread, spaghetti, etc... Really getting the cross cultural experience in!



Maids are a fixture and a must have in Mozambican culture. There is no tangible way that I could physically keep up with my teaching if I always had to fetch water, procure food, cook from scratch, clean the house, wash the dishes, wash my clothes, etc... She is greatly and immensely appreciated.

My job here is at times challenging, but always rewarding. I am a teacher of Math and Physics at the 11th and 12th grade levels. These are two subjects that I have a love and passion for. Subjects that in English, I know backwards and forwards, thanks in no small part to my American education and the dedicated men and women who have instilled that knowledge and passion inside me. The challenge comes in literally, and figuratively, translating my knowledge to my students.

Although I teach a plethora of different classes, I have been very fortunate to have comparatively small class sizes full of knowledgeable and dedicated students. Which is astonishing, seeing as a great majority of my students come from impoverished families and have little to no means of post-secondary education, even if they have the intellectual capacity for it. Teaching here can be tough, and at times both mentally and physically exhausting. Yet it is a most rewarding experience to put my hard earned knowledge and skills to constructive and selfless use.

I am the most healthy I have ever been since I can remember, both physically and mentally. Soccer is culturally ubiquitous here, and I have been playing a great deal of it after classes and on weekends with the students and other professors. As in the states, my favorite thing to do here is biking. I finally purchased a



mountain bike, and in short order put the never ending trails and dirt roads in and around the village to good use. As of now I am having a blast, and can only see my remaining two years here getting better and better as I get more accustomed to the language, the culture, and finally figure out how to carry buckets of water on my head without taking a shower!

Thank you all for this experience and opportunity to represent America and the Catholic faith!

God Bless, Ryan



The students, at least at our school, seem very dedicated. They attend classes and put forth effort, however bleak their future academic career may be. For most of them are poor and have no means of post-secondary education, even if they have the intellectual capacity for it.



There's bread I buy from the bread boys; flour and beans by the cup full from giant sacks at the market's shops; fresh "back-market" eggs I get out the back of some gentleman's home.



I get fruits and vegetables from the women set up on the ground around the market square. The fresh mangos I get from the ladies under the mango tree on my way home.



Having such a small, close-knit market is really a blessing. For one, it insures that I eat plenty of my vegetables! More importantly, it makes for a unique and interactive cultural experience every time I go.

Enlisting the help of the neighbors for cleaning and the cockroach eradication.



Ash Wednesday Masses: February 13, 7:00am & 6:30pm

Ash Wednesday is the first day of Lent, the 40-day period of fasting before Easter. On Ash Wednesday, ashes are placed upon the head with the sign of the cross. When the priest imposes the ashes he says either "remember man you are dust, and to dust you will return" or "turn away from sin and be faithful to the Gospel".



The ashes serve a dual purpose. First, as the above words imply, we are reminded of our mortality and humanity as we begin the Lenten Fast. Second, the ashes are a Biblical symbol of repentance, sorrow, and humility.

COME & Celebrate Mass With Us...
On Sundays and try a daily Mass if it fits your schedule. The unconditional love and mercy that Jesus showed for us on Calvary is given to us at each Mass:

***This is my Body
given up for you.***



If he is truly present in the Bread and Wine—how do we apply this truth to our lives? Meet him, Embrace Him, Welcome Him to be the Lord of your lives. He comes in a literal sense to transform our lives; **we must open our hearts to be transformed:**

1. Make the sign of the cross at the baptism font, saying in your heart: "Lord, I give you everything"
2. Before Mass pray: "Jesus, let me hear your voice in Scripture, let me know your love in the Bread."
3. Have contrition for what didn't go well this past week, asking Jesus to forgive those wrongs so that you can start anew, "Lord, Have Mercy."
4. Listen to the readings, asking, "God, what do you want me to know or to do?"
5. When you profess the beliefs in the creed—ask God to strengthen your desire to live them out.
6. During the offertory—offer to Jesus what is on your heart: struggles, fears, doubts, joys...ask him to take them and transform them.
7. Pray the Lord's Prayer with true sincerity - for God's will to be done and for the desire to forgive those who have hurt you.
8. Ask Jesus for the grace to experience his love and mercy in Holy Communion.

"We cannot accept that salt should become tasteless or the light be kept hidden. Jesus invites us to believe in him. We must rediscover a taste for feeding ourselves on the word of God, faithfully handed down by the Church, and on the bread of life, offered as sustenance for his disciples."
Pope Benedict XVI

Making a LENTEN Plan to PRAY DAILY

Look for the "Little Black Books" and the Lenten edition of "The WORD Among Us" in the Church's Gathering Space. **Make a commitment to set aside time day for your friendship with God.**



the WORD among us has the daily scripture readings for Mass along with meditations for each day. The articles in this issue will help open your "spiritual eyes" to see the glory of the Lord and how is doing great things in your life.



The Little Black Book has a short reflection for each day of Lent to meditate and pray over. It only takes 6 minutes a day! Use it when you get up, on your break at work, as a family meal prayer, before you go to bed, waiting to pick up kids... Spend a "little" time with God this Lent

Stations of the Cross

Beginning February 20, the Stations of the Cross will be Wednesdays at 5:45 in the Church

Throughout our lives there are times we cry out, "My God, why is this happening?" Walking with Jesus through the stations of his cross help us understand that there is no human emotion— fear, abandonment, pain, sorrow, grief, loneliness- that he has not already experienced. e \not only shows us how to face our own struggles and sufferings; he journeys side by side with us in these difficult times. His love and mercy are profoundly revealed to us in this devotion.



Adoration Fridays from 8:30am-noon

The adoration of Jesus Christ present in the Holy Eucharist; displayed in a special holder called a monstrance.



"The visit to the Blessed Sacrament is a great treasure of the Catholic faith. The Eucharist, in the Mass and outside of the Mass, is the Body and Blood of Jesus Christ, and is therefore deserving of the worship that is given to the living God, and to him alone. And so, dear brothers and sisters, every act of reverence, every genuflection that you make before the Blessed Sacrament, is important because it is an act of faith in

Lent is not about adding a little bit of Jesus to the way we are currently living.

Lent is the time, given to us each year by the Church, for us to look at how we live and ask: “Am I giving my life to Christ and his ways, truth, and life? Or am I giving myself to the ways of the world?” Jesus said we can not follow two masters. Either we give ourselves completely to him, allowing him to be Lord of our lives. Or we cling to our individual wills and making us lord of our lives.

During Lent—many practices are offered by the church to help us give our lives to Christ, to deepen our commitment to him. These are the practices Christ calls us to in the Gospel reading used on Ash Wednesday.

So this Lent, don't just add a little Jesus to your life—Make a plan to give him your life.

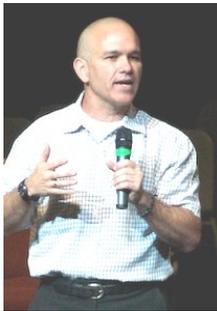
—Information on each of the following can be found throughout this newsletter.—

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|-------------------------------|--------------------------------|----------------------------------|
| † Sunday Eucharist | † Abstinence & Fasting | † Men's Prayer Group (Sun. 9:30) |
| † Weekday Mass | † Charitable Giving | † CEW—Weekend Retreat |
| † Sacrament of Reconciliation | † Purchase a Catholic Bible | † Iowa Catholic Men's Conference |
| † The WORD Among Us | † Sunday Evening Prayer | † Martha & Mary Conference |
| † Little Black Book | † Stations of the Cross (Wed.) | |
| † Purchase a Catholic Book | † Adoration | |
| † Rice Bowl | † Oremus—Parish Lenten Study | |

Deacon Ralph Poyo on Discipleship... The Four Spiritual Disciplines, Needed by Followers of Christ

Deacon Ralph Poyo, from Steubenville, Ohio, came to our parish for three events in January: workshop on evangelization, parent dinner and talk and a retreat for teens.

In his book, Deacon Ralph shares the following:



**What is Christ calling us to?
An intimate relationship with Him**

A believer in Christ must no longer desire to be in control, making all the decisions as if he were God. He must choose to pursue a relationship with Jesus, placing Him above everything else in life and yielding to Christ (who is God) in humility.

A disciple of Jesus becomes increasingly selfless, giving more of oneself to Christ and to others. To do this, a disciple must mature in the spiritual disciplines through which the Holy Spirit enables him to grow deeper in love with God and each person.

At the inception of the Church, the Holy Spirit revealed to the apostles **four spiritual disciplines needed for growth:**

1. The Apostle's Teaching—Scripture Study Every disciple of Christ must become a student of the Word. Our love for him instills a desire to know him, grow closer to him, and spend time in his presence. This is why God gave us the Bible—to give us access to Him and knowledge of Him anytime we want.

2. The Sacramental Life—with Eucharist at the center Every disciple of Jesus Christ must participate in the sacraments regularly. You must make yourself available to Jesus through the sacraments that he himself began. During the Mass—we are taken to the foot of the cross where Christ becomes present and offers himself to us to strengthen our lives for discipleship. Through Reconciliation, Jesus heals us and restores our brokenness from the times we've abandoned his friendship and not lived in his truth.

**Jesus never said,
"Be Good & Get Your Entrance Sacraments."**

When a conversion (a heartfelt love for Jesus and desire to seek and follow his truth) does not occur prior to receiving Baptism, Eucharist, or Confirmation, these sacraments can be seen as just a process to join the church....this was never Jesus' purpose for giving these to us.

3. Community Life—Life in Christ Every disciple of Christ must understand that baptism is the beginning of a lifelong journey. The disciple who comes to love Jesus and live for Him realizes that he is no longer an individual, but is now joined with Jesus as part of his family. As a disciple you need to be involved in activities where you can gather with others to grow in faith, worship God, serve others. A disciple should be prepared to share the gifts God gave him and look for opportunities to connect others to Jesus.

4. A Prayer Life—Communal & Personal Your spiritual growth occurs as a result of being in a relationship with Jesus, a relationship that requires communication. Prayer is conversation with God, giving him a committed time each day. A time to listen to what God wants to say to you. Trust that Jesus wants to spend time with you in prayer. When you set this time aside for him, he will provide the time you need to accomplish all of your day to day activities.



*Pick Up Your
Cross and
Follow Me*
Catholic Discipleship - Becoming
a Disciple of Jesus Christ

Dcn. Ralph Poyo

**Deacon Ralph Poyo's booklet,
"Pick Up Your Cross and Follow Me"
is available in gathering space for
\$5.00.** It helps one understand how each of these four spiritual disciplines are necessary for following Christ. They allow the Holy Spirit to come alive in us to the point that His presence becomes increasingly apparent in all of our actions.

**TWO PARISH
OPPORTUNITIES
THIS LENT
TO HELP YOU PRAY**

*We want God. We want to pray. But life gets busy. Life gets tiring.
Sometimes we're just tired of being tired. We're tired of feeling empty and that there's got to be more to life.
God is tirelessly reaching out to us—reaching out for us to encounter him.
Prayer.... don't miss what God is waiting to do and will do in your heart, in your life.*

Oremus Parish Lenten Study

O-re-mus (*Latin*) Let us pray

Do you want to pray—but don't know what to do?

For most of us, prayer becomes a source of frustration as we struggle to calm our minds and to find even a few minutes to pray. In our busy lives, prayer is seen as a luxury, when in reality it is at the foundation of a healthy spiritual life.

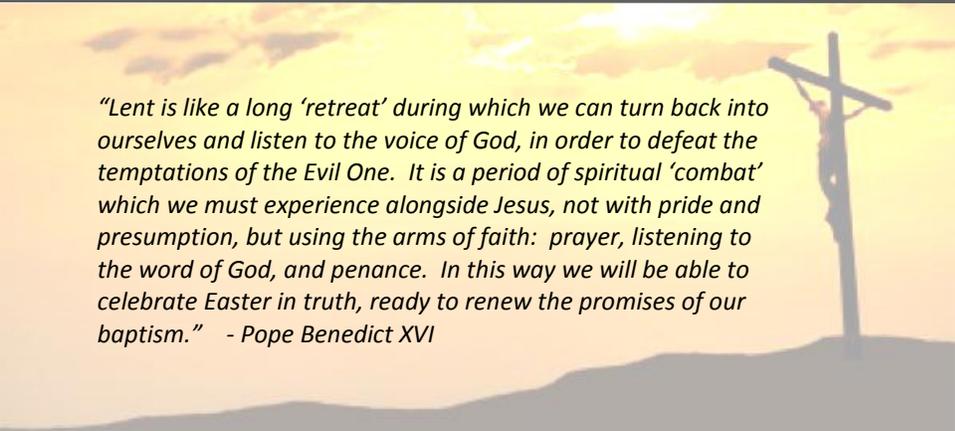
The Oremus study program teaches you the essentials of prayer. It is like an eight week retreat in the middle of your busy life. The group meets once a week for eight consecutive weeks. Between the meetings, participants are asked to read and reflect on a scripture passage each day. Plan to set aside 15-20 minutes daily. Each participant has purchases their own workbook (\$12) to journal in.

SEE MORE INFORMATION IN THIS NEWSLETTER

Men's Prayer Group begins Feb. 17

A group of men from St. Mary's are forming a prayer group which will meet during Lent from 9:30-10:20am on Sundays in the KC/youth room in the lower level of the parish hall. This men's prayer group will begin on February 17 and continue through Palm Sunday on March 24, for a total of six sessions. Deacon Ralph Poyo will be here to lead on March 24th. The following are participating and invite other to join them: Mark Prentice, Jeff Geistkemper, Bruce Koffron, Mark Roskopf, Terry Rasmussen, Kevin Hayes, Dave Ritchie, & Darren Benzing. Deacon Ralph's book will be used as a guide to help focus on these aspects of discipleship: prayer, scripture study, worship, and community service. Contact Darren Benzing (594-5276, d.benzing@mchsi.com or Jeff Geistkemper (624-7078, jgeisy@southslope.net) for more information or to sign-up. Although we encourage participants to attend all six sessions, **men are welcome to attend any of the sessions.**

*Father in Heaven,
Protect us in our struggle
against evil. As we begin the
discipline of Lent, make this
season holy by our self-
denial.
Grant this through our Lord
Jesus Christ who lives and
reigns with you and the Holy
Spirit one God, for ever and*



"Lent is like a long 'retreat' during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God, and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our baptism." - Pope Benedict XVI

—For more information see the kiosk in the church gathering space for flyers or the websites listed below—

Iowa Catholic Men's Conference **Saturday, March 23** Des Moines—Dowling HS

"Let us help you Man-Up as fathers, husbands, and brothers and become holy men of faith. Make plans to attend the first annual Iowa Catholic Men's Conference. You will be strengthened, enlightened, entertained, bolstered, blessed."

First-class speakers including Deacon Ralph Poyo, Hector Molina, Jon Leonetti and Bishop Richard Pates.

www.iowacatholicmensconference.com

Martha & Mary Conference **Saturday, February 16** Dubuque Grand River Center

All women are invited for a day to be pampered, challenged, affirmed, and refreshed as they come together to grow in their love of the Lord and His Church.

Great Catholic speakers including witness from Susan Conroy's friendship and time with Blessed Mother Teresa.

Parish discounts available—contact Patty Benzing on registering & carpooling to the event: 319-541-4253

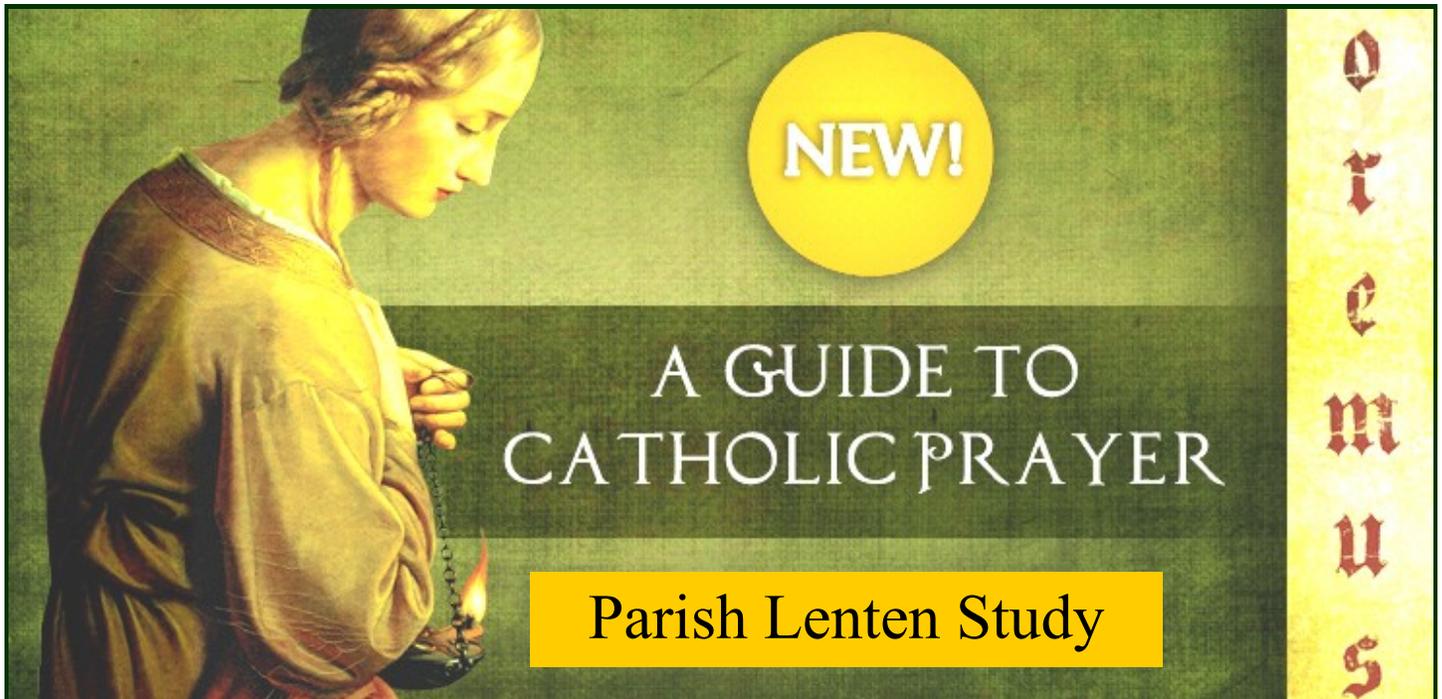
www.springtimeofhope.org

Christian Experience Weekend **Women's Weekend, Feb 22-24** **Men's Weekend, March 1-3** St. Mary's—Riverside

What is CEW? A Christian Experience Weekend offers a chance to retreat from everyday life and take a look at who you are and where you are going. Throughout the weekend you will be given the time and the tools to rediscover yourself, your faith and your God.

Jane Doucette: 319-530-9326
John Conway: 641-660-4255

Lent offers us all a very special opportunity to grow in our relationship with God and His love. In our busy world, Lent provides us with an opportunity to reflect upon our past, what we have done and failed to do, and to be generous to those in need. We offer resources here to help you begin Lent to our preparing to celebrate the holy three days following Lent.



Oremus – Let Us Pray

The Oremus study program teaches you the essentials of an effective and fruitful prayer life. Learn how to pray with scripture. Discover how God speaks to you.

“Say Your Prayers”

Do you find it easy to pray? Is prayer an integral part of your day? Do you hear God’s voice in your daily life, and know how to respond accordingly? For many of us, the answer to these questions is, “no.” We all desire an intimate relationship with God. But, since learning to “say our prayers” as children, we never moved beyond rote recitation to an authentic conversation with God.

For most of us prayer becomes a source of frustration as we struggle to calm our minds and find a few minutes to set aside to pray. In our busy lives prayer is seen as a luxury, when in reality it is at the foundation of a healthy spiritual life. The good news is you can overcome your difficulties with prayer, and it is easier than you might think.

In Oremus You Will:

- † Become aware of God’s presence in your life
- † Discover the simple yet profound steps of Catholic prayer
- † Learn how to respond to God and express yourself in prayer
- † Discover how to hear God’s voice in Scripture, your heart, and ordinary moments.
- † Learn how to overcome frustrations, distractions, and dryness in prayer.
- † Grow in your relationship with God and those around you.

From Deacon Ralph Poyo’s book, *“Pick Up Your Cross and Follow Me”*:

“The first-century Church included fellowship as one the four pillars of faith. (the others being Sacraments, Prayer, and Scripture study) Being a committed disciple of Christ requires much more than joining a church and becoming a faithful members. Participation in a small group provides a gathering where you can commit to study, sharing, and growth with other believers.

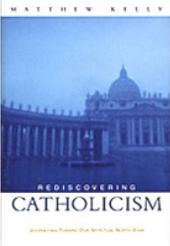
Becoming a part of a small group should be a priority as possible after your conversion (when you come to love him and desire to seek and follow his ways). And remember, every disciple has been where you are now. Warning! Well over fifty percent of new believers who don’t follow up their conversion by joining a group

- 1) Call or email the parish to join a parish group (see below) or form your own group of family and friends. (we will provide DVD set and information to get you started)
- 2) Purchase the study guide (\$12) after Mass or anytime at church
- 3) Meet for one hour each week in Lent with your group to: watch & discuss a video on prayer
- 4) At Home—do the daily scripture reading and prayer assignment

Call 624-2228 or email solonstmarydre@diodav.org to join a group:
(Childcare provided on Wednesday at 6:30)

Monday 7:00pm (begins February 18)
Tuesday 11:00am (begins February 19)
Wednesday 6:30pm (begins February 20)
Wednesday 8:00pm (begins February 20)
Sunday 9:30am (begins February 24)

Beware of the ism's *the philosophies which are destroying lives and killing souls*



In his book, Rediscover Catholicism, Matthew Kelly proposes our modern culture has been constructed upon three philosophies which are affecting marriages, families, communities, schools, our nation: 1) **Individualism** -What's in it for me? 2) **Hedonism** – If it feels good do it 3) **Minimalism** – “What is the least I can do...?”

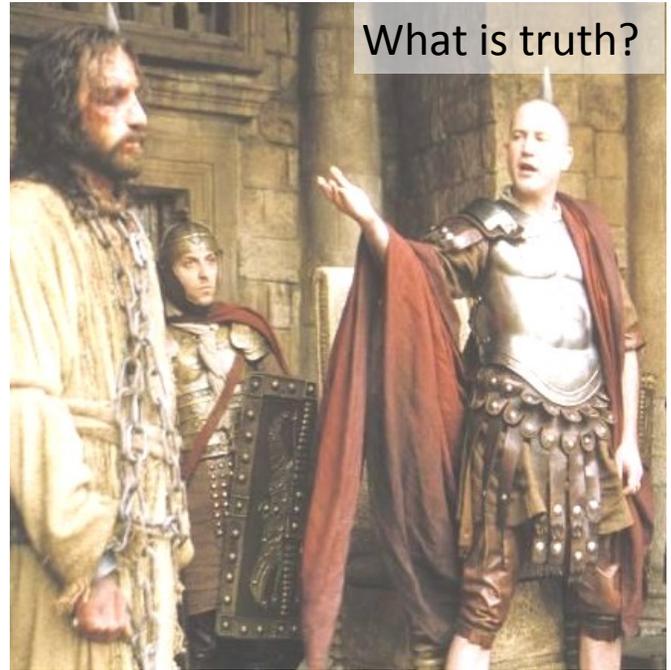
“Every culture is the fruit of the ideas and attitudes of its people. These ideas and attitudes come together in both people and cultures to form philosophies. Our own age is of great philosophical poverty. And as a result, we live in an age of tremendous moral and ethical confusion.

Although there are many philosophies influencing the modern schema, I would like to propose that there are three major philosophies upon which we have constructed our modern culture.

These philosophies will destroy every individual and community that practices them. They are ultimately self-destructive philosophies. (Their fruits are: greed, lust, laziness, gluttony, selfishness, exploitation, and deception)”

In his talks, Deacon Poyo shared about **secular humanism**: a predominate philosophy in our culture that rejects God and absolute truths. **Relativism** is a philosophy that proclaims we determine our own truth—everything is relative. And **Hedonism**, which is the backbone of “New Age” is to seek pleasure and the avoidance of pain and suffering.

He shared, *“people are buying into the culture’s “isms” philosophies; the cultural norm is to now live a life without God. **We can choose the father of lies and deception who says “there is no God.” Or we can choose the Father of truth and integrity.***



What is truth?

“For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.” John 18:37

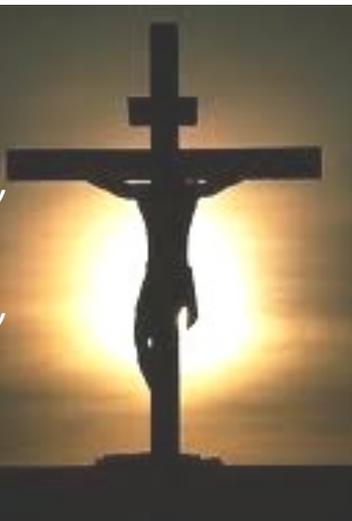
“What is truth?” Pilate responded to the battered Christ. Each of us is responsible for seeking the ways of Christ who proclaimed he was God, the truth, the only way to heaven. Each of us is responsible for seeking the truth which comes from God. The truth needed for our salvation. Through his son, God has revealed himself to us—we can know God and His ways. For this Christ came into the world.

“It should come as no surprise to us that, in this modern environment, the relevance of Jesus is being seriously questioned. The reason is simple. The philosophy of Christ is very different from the prevailing philosophies of our modern culture. In fact, they are complexly opposed to each other. And yet, the teachings of Christ and these modern philosophies both claim to be the key to the fulfillment of a yearning for happiness that is common to us all.” Matthew Kelly

This Lent, go to Christ. Ask him to show you his love for you.

Ask him to show you his will for you.

Ask him to show you his way & truth that leads to eternal life.



Fathers Must Lead in raising Christian Heroes

Vad Yashem, Israel's “Department of the Righteous”, is charged with identifying and honoring those Gentiles (non-Jews) who actively worked to save Jewish lives during the Holocaust. This group did a compelling study to determine what led certain people identified as “rescuers” to risk everything to save Jewish lives during the Holocaust...those who were true heroes, verses those who watched and did nothing (bystanders), or worse, those who participated in the atrocities (collaborators).

They studied the upbringing of these heroes. **A significantly greater number of rescuers learned lessons of faith and morality at their father's knee. By contrast, the fathers of bystanders and collaborators left religious training to the mothers, if it occurred at all in the home.**

The Word Needs Christian Heroes and dads are needed to raise, strengthen and inspire by them practice of their faith.

“People are buying the philosophies of “isms” and living as if they do not need a Savior” -Poyo



By Julie Agne

When I was a young girl, I loved to read the stories of Mary’s apparitions: among them, to Bernadette in Lourdes, to Juan Diego in Guadalupe, but I was especially drawn to Mary’s appearances in 1917 to three young children in Fatima Portugal. I had multiple books on this particular apparition. The one thing that always intrigued me most, and I thought quite emphatically never in America, was Mary’s warning to Francesca, Jacinta, and Lucia. Our Lady warned that “Russia will spread its errors (communism) throughout the world, raising up wars and persecutions against the Church. The good will be martyred,

the Holy Father will have much to suffer, and various nations will be annihilated.” So much has come to pass—over 100,000 million Christians were killed under communist rule throughout Russia, Poland, Hungary, Romania, Mexico, North Korea, Cuba, China, Bulgaria, Africa.... Including tens of thousands priests and nuns. More Christians were killed in the 20th century—then the first 19 combined. How clever is Lucifer, the father of lies—he can’t persecute the faith with physical force, in the United States, as he did in the above countries—rather he attacks the culture by weaving his lies into the fabric of it culture -through false philosophies, the “isms”.

Heaven & Hell are not places we go upon dying; they are realities we live in now
We are eternal beings from the moment of our conception
To live in Heaven, means to exist with God for eternity
To live in Hell, means to exist without God for eternity
If we find no value in having him in our lives —why do we think we will when we die?
What is the desire of your Heart? God will honor the desire of your heart now and for eternity

On Spiritual Warfare by Peter Kreeft:

To win any war, the three most necessary things to know are: (1) that you *are* at war, (2) who your enemy is, and (3) what weapons or strategies can defeat him.

1. We Are at War ...what’s at stake in this war: not whether America will become a banana republic or whether some nuclear terrorist will incinerate half of humanity, but whether our children and our children’s children will see God forever. What’s at stake in “Hollywood versus America.” We must wake up and smell the rotting souls.

2. Our Enemy Our enemies are demons. Fallen angels. Evil spirits. So says Jesus Christ: **“Do not fear those who can kill the body and then has no more power over you. I will tell you whom to fear. Fear him who has power to destroy both body and soul in Hell.”** So says St. Peter, the first pope: **“The Devil, like a roaring lion, is going through the world seeking the ruin of souls. Resist him, steadfast in the faith.”** The second is more terrifying than the first: becoming a devil. What is the horror inside your soul? Sin. Sin means inviting the Devil in. He can do his awful work, because God won’t let him do it without our free consent.

3. The Weapon All it takes is saints. Can you imagine what twelve more Mother Teresas would do for the world? “If you will look into your own heart in complete honesty, you must admit that there is one and only one reason why you are not a saint: you do not wholly want to be.” Each of us can become a saint. We really can. What holds us back? Fear of paying the price. The price is everything: 100%. The martyrdom of dying daily, dying to all your desires and plans, including your plans about how to become a saint. A blank check to God. Complete submission. Look what that simple Mary-thing did 2000 years ago: It brought God down and saved the world.



Pope John Paul II, with Sr. Santa Maria Lucia, one of the three children Mary ap-

From Pope John Paul II prayer in 1981, Consecrating the world to the Immaculate Heart of Mary.

From famine and war, *deliver us.*
From every kind of war, *deliver us.*
From sins against the life of man from its very beginning, *deliver us.*
From demeaning of the dignity of God’s children, *deliver us.*
From every kind of injustice in society, both national and international, *deliver us.*
From readiness to trample on the commandments of God, *deliver us.*
From attempts to stifle in human hearts the very truth of God, *deliver us.*
From the loss of awareness of good and evil, *deliver us.*
From sins against the Holy Spirit, *deliver us, deliver us.*
Accept, O Mother of Christ, this cry *laden with the sufferings* individual human beings, *laden with the sufferings* of whole societies. Help us with the power of the Holy Spirit to conquer all sin: individual sin and the ‘sin of the world’, sin in all its manifestations. Let there be revealed, once more, in the history of the world the infinite saving power of the Redemption: the power of *merciful Love!* May it put a stop to evil! May it transform consciences! May your Immaculate Heart reveal for all the *light of Hope*

Relying On & Living Your Faith at College

By Andrew Barenz

The first couple months of college went relatively smoothly. I was adjusting well, loving life, and savoring the whole “college experience”. It was a time of major change: a new city, a new school, and a completely new group of friends. It was exciting, awkward, and extremely difficult all at once. However, once I began to settle in and classes really took off, I began to realize how far I had drifted from Christ. I don’t mean that I had abandoned ship and was embracing our modern culture, but Jesus had definitely taken a back seat in my life. I was so absorbed in meeting people, doing homework, and trying to find time to sleep that my relationship with God was suffering. The point I am trying to make is that college is hectic, and your faith will deteriorate if you do not actively pursue a relationship with Jesus. After I had settled in, I was much more able to focus on my faith life. I began to attend daily Mass; associate with quality, faithful friends; and engage in activities through campus minis-

try. The secular, hedonistic culture hits hard in college, and you need to hit hard back. First, establish your values and habits now. Don’t wait until college. Develop a regular prayer life, and learn to take advantage of the sacraments before college. Second, carefully choose your school. If I had not chosen a Catholic university, things would have been much harder. Third, choose your friends carefully. You might think you are set in your values, but you will be challenged with every step. Good friends will help you grow in your faith, while the wrong ones will only encourage frivolous partying, casual sex, and a destructive lifestyle. Choose carefully. Finally, don’t try to do it yourself. We are pathetically weak and we will fail. Give it up to God and trust Him to get you through.



On the steps of St. Aloysius Church in Washington DC—Andrew with others from Saint Louis University before the annual March for Life and at the Students For Life of America (SFLA) conference in DC

By Sammy Eckrich

I knew college would be a time of growth and maturing but never expected the kind of spiritual development I've been graced with at Loras so far. I'm coming to rely more and more on God for everything from giving a speech to dealing with a death in the family. Looking back on the past semester, I can see how every event, good and bad, was blessed by the Holy Spirit to change me for the better. These days I maintain daily prayer, go to daily mass and adoration as often as I can, and have become involved in campus ministry activities like mass liturgy, retreats, FOCUS, helping at confirmation retreats, the Daughters of Isabella, and volunteering. I also have a solid friend base with fellow Catholics that I can trust to support me in my faith. I know that my college experience would not be nearly as positive if it were not for the groundwork that was in place before I left.

When thrown into an entirely new environment like college, it doesn't take long for insecurities in one's faith to become very obvious. Previously we looked to parents for guidance, but now we're on our own and placed in situations that we never had to deal with before. I'm lucky to say that I have enough conviction in my faith to turn to God for all this decision-making, but I'm seeing many of my non-catholic and catholic friends alike fall into pitfalls they never would have imagined themselves being in a year ago. More and more, I'm seeing how my family has helped me become the person I'm glad to say I have become. I feel blessed to be a part of a family that isn't afraid to discuss the deep, important, sometimes almost scandalous topics of life but all in a way that reflects the wisdom and love of God. I feel blessed to be

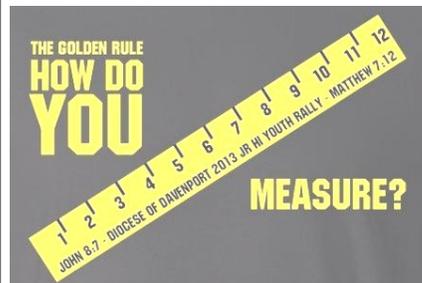
a part of a family that makes God a priority, where my love for Jesus is praised and appreciated by my parents, and where I feel like I can pour out all my triumphs and failures and know that I will be loved and accepted regardless. Finally, I feel blessed to be a part of a family where my parents make themselves vulnerable to me, admit their own failures, share what God has done in their lives, and put each other's and my salvation above all other aspirations in life.



Sammy weatherizing a house during the Make a Difference Day in Dubuque and at the national FOCUS conference in Orlando. (Fellowship of Catholic University Students)



Junior High Youth Rally



The diocesan Jr. high youth for all 7th & 8th graders will be held on Sunday March 17th from 11am-4 pm at Regina High School in Iowa City. This year's rally theme is "The Golden Rule: How Do You Measure?" This year's keynote presenters are 5thousand. With new speakers and new breakout activities this promises to be an event that you won't want to miss. The cost is only \$25 if you register on or before March 1st. Please call or e-mail Sean for more information or to sign up.

High School Mission Trip Options... We need your input:

Option 1-We would go to Springfield, IL and be a part of the **Catholic Heart Work Camp** (CHWC) from June 30th-July 6th. This six day mission trip would focus primarily on home rehabilitation and repairs for families and organizations in need.

Option 2-We would head out to Cincinnati, OH to work with **Franciscans for the Poor** from Aug. 11th to August 16th. This trip would differ slightly in that the work would vary day to day-anything from serving the poor at a soup kitchen to volunteering at low income daycare. Please note that I am not able to adjust the dates as they are already set by the respective organizations. The cost for either option will vary slightly based on which option we chose as well as how many people sign up to go. However a cost of \$150-\$200 is a pretty safe bet. It could be slightly lower or higher depending on fund raisers and donations. If you plan on going on the mission trip please e-mail your choice to Sean at solonstmaryym@diodav.org no later than Wed. Feb. 20th.

SAVE THE DATE



Vacation Bible School
2013
July 15-19

Enter the epic adventure that empowers kids to stand strong. Here, kids learn that God's love gives us strength and courage.



**SIGN-UPS BEGIN
IN MARCH**

**For those going
into K-6th
grades in the
fall of 2013**



DATE NIGHT!!

Free Childcare Provided

*Take your sweetheart out
for Valentine's Day
and we'll watch your kids!*

What: Free childcare and supper for your kids.

When: **Saturday, Feb. 9**
4:30pm-8:30pm

Where: **St. Mary's Solon—
Parish Hall** and nursery.

Why: We believe marriage is the foundation of a strong family; we want to give you time for yourselves!

**RSVP to reserve your spot!
Contact Patty at 466-0082 or
pattybenzing@mchsi.com**



*Moms
Offering
Moms
Support*

MOMs Club of Iowa City Area
*Ever Feel Like You're the
Only Mother Who Stays Home?*

You are not alone! Come meet other at-home and part-time mothers.

**FIRST GATHERING:
Thursday, Feb. 7 at 3:00**
lower level of St. Mary's Hall

The MOMS Club (MOMS offering Moms Support) is an International nonprofit organization specifically for at-home and part time mothers everywhere! Those participating will determine an ongoing day and time to meet along with the types of activities moms would like to do with other moms and their children.

**For more information call:
Lindsey Carey at 319-400-2484**

St. Mary's



Little Lamb Nursery

**We have a nursery, during the
10:30 Mass,** for children ages birth to 4 years old. It is staffed by trained adult and teen volunteers and is open from 10:15am-11:40am on Sundays.

The first time you check in your child, come a few minutes early to fill out a brief registration form. It is located in the south-east corner of the parish hall.

St. Mary Church
1749 Racine Ave NE
Solon, IA 52333
319-624-2228

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SOLON, IA 52333

This Lent, make a
commitment to deepen your
friendship with the one
who gave his life for you.

Ash 
Wednesday
Return to the Lord Your God

Ash Wednesday Masses

February 13

7:00am & 6:30pm

ADDRESS SERVICE REQUESTED

God loves us and has never held anything back from us.



*He has given us
the best He has,
His only Son.*

*This Lent, come
back to him with
all your heart.
Give Him your
best; Give Him
everything*