

March 2, 2014: Eighth Sunday in Ordinary Time



“So do not worry and say, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear?’ Your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness.” — Mt 6:31, 32b-33a

LITURGY

MASS INTENTIONS & READINGS

Sunday, Mar. 2 (Is 49:14-15/1 Cor 4:1-5/Mt 6:24-34)

8:00 am- Elaine Rogers
10:30 am- For our Parish Family

Monday, March 3, St. Katharine Drexel, Virgin (1 Pt 1:3-9/Mk 10:17-27)

7:00 am- Willie & Rosie Migl, Reinhold & Mary Koenig
10:00 am- Joseph, Hermina & Eva Gerlich (H'ville Rehab)

Tuesday, March 4, St. Casimir (1 Pt 1:10-16/Mk 10:28-31)

7:00 am- Gene Schindler

Ash Wednesday, March 5 (Jl 2:12-18/2

Cor 5:20--6:2/Mt 6:1-6, 16-18)

6:45 am- Living & deceased members of KJT No. 5
8:05 am- Daniel Wick, Edwin & Liz Cernosek, Steve & Mary Cernosek
12:05 pm- Billy & Earline Chovanetz
6:15 pm- For Rain (CCD Mass)



Thursday, March 6 (Dt 30:15-20/Lk 9:22-25)

7:00 am- Joseph Jansky
10:00 am- Jerome Mikulenka, Benefactor (Stevens)

Friday, March 7, Sts. Perpetua & Felicity, Martyrs (Is 58:1-9a/Mt 9:14-15)

7:00 am- Ronald Brown
8:05 am- Living & deceased members of Guntram & Annie Janak Family
12:05 pm- Edward & Louise Kubena Family
6:00 pm- Stations of the Cross (after Benediction)

Saturday, March 8, St. John of God, Religious (Is 58:9b-14/Lk 5:27-32) Day of Abstinence from meat

5:30 pm- Joe & Stella Smolik

Sunday, March 9 (Gn 2:7-9; 3:1-7/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11)

8:00 am- For our Parish Family
10:30 am- Living & deceased members of Catholic Life

Church Bulletin Sponsor: James & Lisa Baker, II

Radio Broadcast Sponsor: Hoffer's Drive-In Grocery.

Vigil Light: Special Intention.

Our Gift to God: Envelopes-\$5,750.50; Manna-\$1,318; Loose-\$925; Children-\$95.

Please pray for the blessing of beneficial rainfall!

CALENDAR OF EVENTS

SUNDAY, MARCH 2

-KJZT #2 Meeting, 3:00 p.m., Mary's House.

MONDAY, MARCH 3

-Evening Praise, 5:30 p.m., Church.
-Choir Practice, 6:15 p.m., Church.

TUESDAY, MARCH 4

-Quilting Circle, 9:00 a.m., K.C. Hall of Fame Room.
-K.C. General Meeting, 7:30 p.m., K.C. Hall.

WEDNESDAY, MARCH 5

-CCD: K-12th Grades, 6:00-7:30 p.m.
-Divine Mercy Study/Prayers, 7:30 p.m., Cry Room.

THURSDAY, MARCH 6

-First Friday Adoration of the Blessed Sacrament begins 6:00 p.m., Church. Intention for the month: *For families, especially broken families, and for all the sick, especially those who are seriously ill.*
-Holy Hour for priestly vocations, 7:00 p.m., Church.
-RCIA, 7:00-8:30 p.m., Youth House.

FRIDAY, MARCH 7

-First Friday Adoration of the Blessed Sacrament ends with Benediction at 6:00 p.m., Church.
-Stations of the Cross after Benediction.

Among our sick: Donna Avant, Lorene Christ, Matt Pohler, Wilbert Kalinec, Mary Bonorden, Josephine Muniz, Vivian Janak, Bobbie Lee Drozd, Donna Steffek, Glenn Rabel, Lisa Grissom, Richard Grahmann, Colin Grahmann, Emil Hermes, Georgia Schaefer, Pat Hanslik, Leroy Loth, Barbara Kubena, Kathy Davis, Yvonne Muska, Russell Janak, Elrose Ehler, Marilyn Palmquist, Doug Blumberg, Terry Mitchon Bludau, Amanda Gutierrez, Melissa Pilat, Becky Pekar, Kyle Stellige, Victor Vasek, Kassia Kubena, Barbara Gummelt, Louise Tesch, Robert Butschek, Karen Kahanek, Harvey Drozd, Monte Staha, Marie Hermes, nursing home residents, & the homebound.

Ash Wednesday Mass Schedule at Mission Churches:
St. Mary's – 6:00 p.m. **Moravia** – 7:30 p.m.

Flowers at the Altar of Sacrifice are in memory of Alton & Bea Heinzl by Gary & Glenda.

Please pray for the repose of the soul of *Patrick Kutac* of our parish family. *May he rest in the peace of Christ.*

Anniversaries:

Ronald & Gloria Kostelnik	40 years	Mar. 2
Ricky & Diane Stiewert	35 years	Mar. 3

Promise of Marriage: Lindsay Hahn & Travis Jahn on March 15.

Welcome to the Parish: Hilmer & Margaret Appelt; Jason & Katie Pesek, children Cecilie, Andrea, & Jaylan; and, Geraldine Gerlich Taylor.

Please Note: Spanish Mass will be held on Sunday, March 23 and not on March 30.

From the Desk of Msgr. John

This Wednesday is Ash Wednesday, the beginning of Lent.

Lent is the penitential season of the Church's year. It begins on Ash Wednesday and ends with the Mass of the Lord's Supper on Holy Thursday. Lent has six Sundays. The sixth is called Passion or Palm Sunday and marks the beginning of Holy Week.

The Easter Triduum begins with the evening Mass of the Lord's Supper on Holy Thursday. It commemorates the Lord's passion and death on Good Friday, reaches its high point at the Easter vigil and ends with evening prayer on Easter Sunday. Then the joyful Easter Season of 50 days begins.

Traditionally, the Lenten season is a time of penance throughout the Catholic Church. Lent is a season in which prayer, the reception of the sacraments, charity and almsgiving are emphasized. Fast and abstinence are to be observed on Ash Wednesday and Good Friday. All the Fridays of Lent are days of abstinence from meat.

During the weekdays of Lent there is no obligation to fast. However, voluntary acts of self-denial are recommended.

Ash Wednesday and Good Friday are days of fast and abstinence from meat. There is a limit of one full meal on these days for all between the ages of 18 and 59 inclusive.

All Fridays in Lent are days of abstinence. All who have reached their 14th year are bound to abstain totally from meat. After they have received their First Holy Communion, Catholics are bound by the obligation of receiving Holy Communion at least once a year. This precept should be fulfilled during the Easter Season. Catholics are also bound to confess serious (mortal) sins at least once a year, but this is not limited to the Lenten-Easter Season.

CCD News ~~

March 2: 7th Grade participates at 8:00 a.m. Mass.

March 5: Ash Wednesday Mass, 10th Gr. participates.

March 12: Spring Break – no CCD class.

March 26: Penance for 3rd-5th Grades.

Sacred Heart Catholic School News ~~

Help Wanted: Worker/Cook in the Cafeteria. Call 798-2122 for information or to apply.

Registration for the 2014-2015 School Year for PreK3 and PreK4, and Kindergarten through High School is underway. **PreK 3 is under consideration. It will need to be financially feasible before we can actually**

commit. Registration forms have been mailed to current students, and must be returned by Tuesday, March 11. New and current students may register at the school office from 8:00 am–4:00 pm. Extended care is available

until 5:30 p.m. for students in PreK–5th Grades. New students, including PreK, must provide birth and/or Baptism certificates, Social Security Number and immunization records.

For more information, please call the school office at 798-4251 or visit our website at www.shschool.org.

Youth Night!! Sunday, March 9 at Sacred Heart Church beginning with Eucharistic adoration at 5 p.m., followed by a great meal and fellowship at the Youth House!

Interest has been growing for our summer trip to **Steubenville on the Bayou, June 26-29**; however, we need solid commitments as soon as possible. Space is limited and may fill up quickly. If you are interested, email Troy Spring at troy@splashwaywaterpark.com with your name, phone number and child's name. Commitments may be withdrawn up to May 5. Cost for the conference is \$300 with an early deposit of \$40 due upon registration. Fundraising and scholarships will be made available to those in need. Thanks and God bless!

February Baptisms: Tannyn Reid, son of Randall & Kimberly Barcak; Ford Patrick, son of Brandon & Jennifer Noska; Canon James & Cason Vance, twin sons of Steven & Amanda Franta.

KJT District III Meeting & Meal, Sunday, March 9 at St. Mary's Parish Hall after 9:15 a.m. Mass. Members are to bring a dessert.

PARISH DIRECTORY: *Don't forget!* Pictures will be taken **March 1-8** in the Family Center. Please come **no more than 5 minutes before** your scheduled time. For information, please call Linda Pavliska 798-3253.

Our Troops: We will have a page in the directory saluting our military who are members of Sacred Heart Parish. Please bring to the Rectory a picture of your loved one who is serving our country so we can include them on our page honoring our troops.

Knights of Columbus Fish Fry, Friday, March 7. Drive-thru 5:00-6:30 p.m. Dine-in 5:00-7:00 p.m. Tickets \$8.

Knights of Columbus Council #2433 will again sponsor the 40 Cans for Lent. Last year 1,940 lbs. of food along with \$1,724 was donated to Manna Food Pantry. With your generosity we hope to exceed these numbers this Lent! KC Council #2433, Thomas Wick

Looking for former students of St. John-Assumption Seminary: The Committee for the Celebration of the Centennial Anniversary of St. John-Assumption Seminary would like to send former students a formal invitation to the celebration of 100 years of Ministry and Service. If you are a former student or know a former student, please contact Mike Davis at Assumption Seminary: mike.davis@archsa.org or 210-734-5137 with your contact information. Thanks.

8th Sunday in Ordinary Time

Is not life more than food and the body more than clothing? The anti-anxiety message Jesus gives us today is not just ancient pop psychology. The point of this passage isn't to give us a strategy for coping with our fears. Jesus is proposing something much more profound. He is teaching us how to eliminate our fears altogether. To put it simply, He tells us to get our priorities straight. This whole reflection on worrying culminates in the instruction to seek first the Kingdom of God and His righteousness. That's where our freedom lies. When we concern ourselves with being in right relationship with God, our other concerns melt away.

Deep down, we know that this life isn't about bodily health or comfort. Those things don't last anyway. But freedom from fretting is more than simply thinking about how it'll all work out eventually in heaven. No. Jesus offers us more. He insists that our heavenly Father will provide for us, here and now. We only need to take Him at His word. That means sticking to our part of the bargain by putting God first.



What does this look like, this seeking God and not worrying about the rest? It looks like Mother Teresa giving up every material possession, living amongst the poor without any dependable income, and watching truckloads of food appear at her doorstep unannounced. It looks like a check showing up in the mailbox of two struggling parents to cover the medical bills for their sick baby. It looks like the couple that tithes to its parish month after month, and still finds it has plenty to cover its expenses. In a word, it looks like trust. Trust in the divine providence of a Father who loves His children.

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SACRED HEART SCHOOL ENDOWMENT FUND

In memory of Rosie Bludau: Gene & Trudy Janak-\$20; Glen Bludau-\$20; Annabeth & Charlie Neumeyer-\$25; Winfred & Ida Bludau-\$20; Alton J. Grahmann-\$20; Ron & Becky Pekar-\$20; Scott Bludau-\$50. **In memory of Viola Grahmann:** Gene & Trudy Janak-\$20; Evelyn & Phillip J. Bujnoch-\$10; Matthew, Martha & John Bludau-\$10. **In memory of Theresa Jalufka:** Evelyn Konvicka-\$10; David & Carol Zak Family-\$15. **In memory of Frances Jurena:** Evelyn & Phillip Bujnoch-\$10.

SACRED HEART CHURCH ENDOWMENT FUND

In memory of Theresa Jalufka: Tena & Douglas Steffek-\$10; Forrest & Carol Sevcik-\$15; Jimmy & Tammy Garner-\$20; Mark & Elaine Klekar-\$10; Ludwig & Diane Janak-\$20; Henrietta Jansky-\$10. **In memory of Rosie Bludau:** Francis Bludau-\$20; Paul & Ann Marie Bludau Family-\$20; Henry & Elrose Muenster-\$20; Ed & Judy Aulick-\$10; Glenna Brown-

\$25; Leroy & Donna Leopold-\$25; Carolyn Strauss-\$20; Scott & Connie Janak-\$10; Bernard & Mary Grahmann-\$10; Alvin Paul & Barbara Grahmann-\$10; Christian Mothers Society-\$25. **In memory of Lucille Werner:** Kay & Everett Renger-\$100; Mike & Darlene Appelt-\$20. **In memory of Viola Grahmann & Susan Janak:** Henrietta Jansky-\$20. **In memory of Frances Meneley:** James & Mary Lee Honish-\$10; Norman & Helen Manning-\$20; Mary Pustka-\$10; Robert & Louise Pesek-\$10.

SACRED HEART CHURCH CCD FUND

In memory of Theresa Jalufka: Henry & Ann Kostelnik-\$10. **In memory of Rosie Bludau:** Fred & Dorothy Kubesch-\$25; Steven & Cheryl Leopold-\$10.

SACRED HEART CHURCH MUSIC FUND

In memory of Annie Etzler, Charles E. Bucek & Rosie Bludau: Bob Kubena-\$60. **In memory of Lucille Werner:** Bob Kubena-\$20; Kelly & Bruce Schimcek-\$10.

SACRED HEART SCHOOL OPERATING FUND

In memory of Annie Etzler: Arthur Etzler, Jr.-\$25; Leroy & Alice Janak-\$10. **In memory of Theresa Jalufka:** William & Charlene Bradbury-\$20; Glen Bludau-\$20; Ella Mae Bludau-\$20; Leroy & Alice Janak-\$10. **In memory of Rosie Bludau:** Jerry & Velma Greer-\$50; Bobby & Debbie Bartel-\$25; Roger & Farris Overby-\$20; Michael & Rebecca Till-\$20; Virginia & Karen Pustka-\$35; Ladies Auxiliary VFW #6382-\$25; Blackie & Karen Bludau-\$10; Macklin & Dolly Johnson-\$20; Nancy & Russell Ross & Kathryn-\$100; Raymond Henke-\$20; Bruce & Debbie Schneider-\$30; Edward & Patty Grahmann-\$20; Roman & Miranda Henke-\$20; Dennis & Veronica Muhlstein-\$50; Matthew, Martha & John Bludau-\$20; Doye & Charlotte Bethke-\$10; Freeman & Jackie Pettus Family-\$20; Mark & Dianne Grahmann-\$20; Charles & Dorothy Jansky-\$20; Edna Bludau-\$10; Ella Mae Bludau-\$10; Kenedy Elementary School Staff-\$160; Bob & Sally Janak-\$25; Robert & Louise Pesek-\$20; Deborah Janak-\$10; Rosemary Hermes-\$10; John & Frances Bock-\$20; Marvin & Imelda Orsak-\$25; Bob & Bea Welfl-\$20; Frank & Elrose Migl-\$40; Bob & Maggie Pustka-\$15; William & Charlene Bradbury-\$10; Tommy & Joan Macha-\$15; Margaret & Sharon Bludau-\$20; Arthur Spies-\$20; Lois & Mike Nelson-\$50; Patricia Hessler-\$20; Mike & Helen Technik-\$20; Dexter Svetlik-\$20; B.J. Janak-\$15; Arthur Etzler, Jr.-\$25; Claude & Monica Barnes-\$20; Jan & A. J. Cerny-\$20; Dorothy Bujnoch-\$20; Pat & Barbara Pesek-\$50; Gene & Maureen Schott-\$25; Daniel & Shirley Steffek-\$15; Henry & Carolyn Janak-\$15; Jeff & Lisa Noser-\$25; Margaret & Henry Winkler-\$25; B2 Management & Consulting-\$50; DeTar Hospital-\$100. **In memory of Frances Meneley:** Mrs. Joe N. Steffek-\$10.

Growing in FAITH™

Discovering **hope** and **joy** in the Catholic faith.

March 2014

Sacred Heart, St. Mary, St. John and Ascension Churches

Fr. John C. Peters, Pastor

One Minute Meditations

St. Patrick

Born in Scotland, St.

Patrick was kidnapped as a teenager and brought to 5th century Ireland as a slave to a warlord. He worked as a shepherd for six years before he escaped. Back home, he became a priest and returned to the land of his captivity as a missionary. While many legends are told about him, it is enough to say that St. Patrick eventually became bishop of Ireland and is credited for having established the Church there.



A hearty welcome

Welcome is part of our Christian life. We are asked to extend a warm welcome to anyone who may be new or unfamiliar to our parish church. Jesus said, "whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me" (Matthew 10:40).

Our choice

"I would rather be a doorkeeper in the house of my God, than to dwell in the tents of the wicked" (Psalm 84:11).



Plunge into the desert during Lent

Humans are doers. When faced with a problem, we want to make a list, clean it up, or put on a fresh coat of paint. But during Lent, it's not enough to give up a favorite food or drink and call it a season. That's little more than a thin coat of paint. Lent is when we can do battle with sin in our lives, eliminate it, and greet Easter as creatures born anew.

Do battle daily. Determination to avoid sin and embrace virtue is a war that requires daily battle. Start in Lent by committing to new prayer habits for morning, afternoon, and evening prayer. Stay faithful and you will be

rewarded by God's grace to begin to live differently.

Escape distractions. God often sent his best prophets into the desert to prepare for important tasks he chose for them. Consider Lent your trip to the desert. There are minimal distractions in the desert – no electronics, no fancy food, no daily concerns. Just you and God. Create a Lenten desert by removing as many distractions as are

practical during the season.

Take the long view. Life can be difficult and painful but it won't last forever. Life in Heaven will. Eliminate whatever you may have chosen to make this life bearable if it distracts from your goal of Heaven.



Why Do Catholics Do That?

The Catechism of the Catholic Church teaches that our neighbor is someone whose origins we know and who deserves particular attention. This includes our relatives since they share our origins. Fellow citizens

How do we define "neighbor"?

share residence in our country. Anyone who is baptized is a fellow child of our mother the Church and shares our spiritual origin. And every person is another child of God.

By all these definitions, we are responsible for looking after anyone who needs our help or care.



The Eucharistic Dance

The celebration of Mass is not confined to our minds, hearts, and voices, but is meant to involve our bodies as well. Like a joyful dance, each posture is significant and has meaning.

Standing. Standing is a sign of respect, so we stand when the celebrant – representing Christ – enters and leaves. We also stand for the Gospel, and the bishops of our country decided to have us stand when receiving the Eucharist.



Kneeling. From the early days of the Church, kneeling has been a gesture of penance but more recently has come to show adoration. Thus we kneel for the Eucharistic prayer.

Sitting. We sit for the pre-Gospel readings and the homily in a posture of listening and meditation.

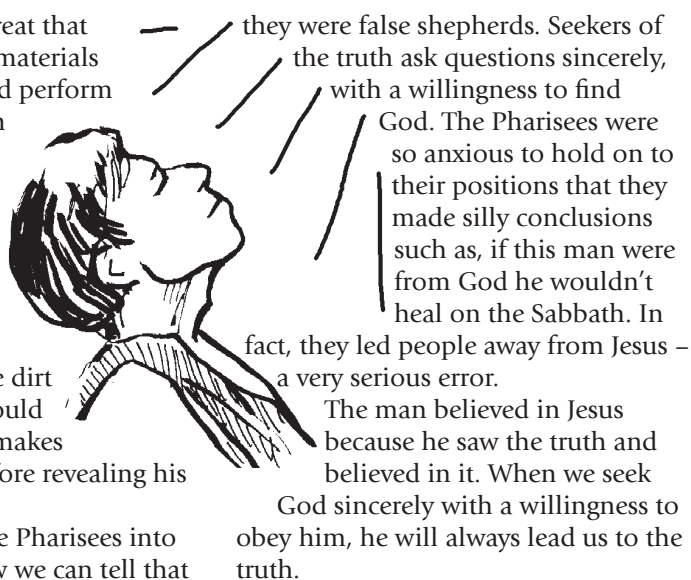
Bowing. In our culture a bow usually expresses reverence and honor, and the bishops have decided that we are to bow before we receive Communion.

Note: for more information ask your parish priest or refer to Postures and Gestures at Mass, available from the U.S. Conference of Catholic Bishops, (202)542-3000, www.usccb.org.

from Scripture

John 9:1-41, A blind man sees the truth

God's power is so great that he can take ordinary materials like dirt and water and perform miracles. A blind man came to Jesus for healing and Jesus made a paste out of clay and saliva and spread it on the man's eyes. Then he encouraged the man to wash to cleanse the dirt from his eyes so he could see. Sometimes God makes us uncomfortable before revealing his truth to us.



This miracle sent the Pharisees into a tizzy and this is how we can tell that

Q Who goes to & Purgatory after death?

Sincere repentance includes a desire to repair the damage done by our sins. That may or may not be complete before we die. The Catechism of the Catholic Church teaches that, "All who die in God's grace and friendship, but still imperfectly purified, are indeed assured of their eternal salvation; but after death they undergo purification, so as to achieve the holiness necessary to enter the joy of heaven" (1030). The Church calls this final purification, "Purgatory," since this is our last chance to be purged of our sins.

There is suffering during this purification because the souls in Purgatory long to be with God, but there is also joy. Purgatory is a sure stepping stone to Heaven.

What is important is that we recognize Jesus' power over our eternity. When the world ends at the Final Judgment, there will be only two possibilities: Heaven or Hell. We who celebrate Jesus' Resurrection look forward to sharing in that victory, and we pray that our loved ones may do the same.

Feasts & Celebrations

March 3 - St. Katharine Drexel (1955). A Philadelphia heiress, St. Katharine Drexel gave up her fortune to become a nun. She established 50 missions for Native Americans in 16 states and founded Xavier University in New Orleans, the first university for African-Americans in the U.S.

March 4 - St. Casimir (1483). Born a prince of Poland, St. Casimir was endowed with a very strong conscience by a great teacher, John Dlugosz. When his father sent him to take over

Hungary, fifteen-year-old Casimir assessed the odds against winning the war and turned back out of concern for his troops. He resolved never to be involved in war again.

March 5 - Ash Wednesday. To mark the first day of Lent, ashes from the burnt palms of the previous Passion Sunday are blessed and placed on foreheads as a sign of penance.

March 19 - St. Joseph (first century). Husband to the Blessed Mother, St. Joseph is a model of fatherhood and a protector of families.



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LENT 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>).</p>		March	<p>5 Ash Wednesday <small>(a day of fast and abstinence)</small> Wear ashes today as a sign that you are seeking both forgiveness and eternal life from Christ.</p>	<p>6 Start a prayer book and record those for whom you pray or for what you pray. Also keep track of how God answers your prayers.</p>	<p>7 It is our Christian responsibility to abstain from meat on Fridays during Lent as a form of penance.</p>	<p>8 Choose for your Lenten sacrifice something that will truly challenge you.</p>
<p>9 After Mass today, go to breakfast with other parishioners from church.</p>	<p>10 Read the seven penitential psalms in the Old Testament book of Psalms that express remorse for sins: 6, 32, 38, 51, 102, 130 and 143.</p>	<p>11 Pope Benedict once said, "We are not owners but rather administrators of the goods we possess." Find a way to share what you have.</p>	<p>12 The Bible teaches us to deny ourselves and give instead to those in need. Read Matthew 6:1-4 to learn more about sacrificial almsgiving.</p>	<p>13 Grow in faith by believing that God is there for you. Pray about what worries you and know that God will take care of it.</p>	<p>14 Support your parish's special Lent collections, whether it is the Bishop's Lenten campaign, Operation Rice Bowl or a mission collection.</p>	<p>15 The season of Lent is solemn. Read Matthew 26 and 27 to gain a true understanding of the magnitude of Jesus' sacrifice.</p>
<p>16 Go to Mass early so you can take a drive to visit a friend you haven't seen in a long time.</p>	<p>17 Jesus was killed despite his innocence. Pray a Rosary for all unborn children so they don't suffer the same fate through abortion.</p>	<p>18 Look for someone who has fallen on hard times and send an anonymous card with a cheering message and a grocery store gift card.</p>	<p>19 Root out anger from your heart and bring in kindness. Do one small thing for someone today to show God reigns in your heart.</p>	<p>20 When older people become less active, they can also become forgotten. Visit a senior you know, take one to lunch, and just listen.</p>	<p>21 Attend a "Stations of the Cross" service if your parish offers one. If not read through them here: http://www.usccb.org/prayer-and-worship/devotionals/stations-of-the-cross/index.cfm.</p>	<p>22 To avoid sin, one must understand what God expects. Refresh yourself on the 10 Commandments in Genesis:20.</p>
<p>23 Make Sunday special. Invite friends and neighbors over for a potluck brunch after Mass.</p>	<p>24 Consider making today a day of fasting. When you feel hungry, remind yourself of those for whom hunger isn't a choice.</p>	<p>25 Mother Teresa once said, there is a terrible hunger for love. "The poor you may have right in your own family. Find them. Love them."</p>	<p>26 Jesus taught us to serve others. Do one nice thing for someone today without the expectation of thanks or appreciation.</p>	<p>27 Pray the Chaplet of Divine Mercy, given to the world through St. Faustina to help repair the hurt caused by sin. Find it at www.usccb.org.</p>	<p>28 Lent is a demanding time for parish priests. Call your parish office to offer extra support or help.</p>	<p>29 Becoming more aware of sin helps to avoid it. Make a list of all you do today putting what would please God in one column and what wouldn't in another.</p>
<p>30 Go to a later Mass so you can wake up slowly, have a leisurely breakfast and enjoy a good book.</p>	<p>31 Spend time before the Eucharist in prayer and adoration. If there is no adoration chapel close by, find time when the church is open to be with Jesus.</p>	<p>1 April God made Eve so that Adam would not be alone. What can you do today to be a good friend to someone?</p>	<p>2 Perform Corporal Works of Mercy during Lent: feed the hungry, shelter homeless, clothe the naked, visit the sick, visit the imprisoned, give drink to the thirsty, bury the dead.</p>	<p>3 Consider giving more time to God by volunteering in your parish. Take action to join the choir or become a lector, usher or Eucharistic Minister.</p>	<p>4 Show Jesus you are willing to carry your cross by tackling something difficult you've been putting off.</p>	<p>5 Perform an examination of conscience and seek healing in the Sacrament of Reconciliation today.</p>
<p>6 Enjoy beauty. After Mass, stop by a store and pick up some flowers to cheer up your home.</p>	<p>7 Ask St. Thérèse of Lisieux to inspire you to show "little ways of love" to those around you today.</p>	<p>8 Deny yourself something you would like to buy. Then, give the money you saved to the poor.</p>	<p>9 Evaluate your day. Did you add to someone's sense of peace today? Did you do anything to take peace away?</p>	<p>10 Turn off the TV, computer, or other electronics for 30 minutes today. Offer this time to God in prayer or reading the Bible.</p>	<p>11 Children are the future of the Church. Explore ways to support your parish religious education program or youth group.</p>	<p>12 Light a candle to represent the light Jesus brought to the world. Let the light dwell in you by spreading the good news of salvation to others.</p>
<p>13 Use your Palm Sunday palms to make a cross to place in a prominent area in your home or car.</p>	<p>14 Add prayer to your day by praying the Rosary or Chaplet of Divine Mercy during your commute today, while waiting in line, or during your lunch hour.</p>	<p>15 Pray today and each day this week for the catechumens coming into the Church at the Easter Vigil.</p>	<p>16 Pray for someone you know who is facing a challenge.</p>	<p>17 Early Christians visited seven basilicas in Rome on Holy Thursday as a pilgrimage. Make a pilgrimage to churches in your area today.</p>	<p>18 Today is Good Friday, a day of fasting and abstinence. Read and compare all four Gospel accounts of the passion and death of Jesus.</p>	<p>19 Jesus suffered and died so that we would have hope. Today, make a list of everything for which you have hope in this life and the next.</p>