



## The Three Temptations of Christ

The scene of today's holy Gospel reading.  
detail from a fresco painted (1481-1482) by Sandro Botticelli (1445-1510)

in the Sistine Chapel, the Vatican

## The 1<sup>st</sup> Sunday of Lent

*February 14, 2016*

### Saint Bernadette Parish

1343 Wheeling Road NE  
LANCASTER, OH 43130-8701  
(740) 654 • 1893

### Saint Mary Parish

602 Marietta Street  
BREMEN, OHIO 43107  
(740) 569 • 7929

## Sacramental Life

### BAPTISM

To have a child baptized, you must register and attend a class as a couple (unless attendance just isn't possible, in which case some discussion with Kathy Kehmast will be necessary). Sessions are held quarterly for both parishes. The next session will be Mar 16. Try to take the class before the child is born. If you are expecting, call Kathy to register for the class.

Please don't ask if you "have to go." This is an opportunity to meet with parents of children about the same age as your little one; they are in the same wonderful boat as you are.

At least one parent must be a practicing Catholic. Both godparents need to be practicing Christians, at least one a practicing Catholic. If you don't attend Sunday Mass regularly, there is something you can do about it: Start coming to Sunday Mass.

### PENANCE

The priest is available for Penance

- at St Bernadette Saturdays at 3 PM and Thursdays at 5:30 PM, and
- at St Mary Bremen on Sunday at 8 AM.

In addition to Advent and Lenten Penance Services, every Catholic priest is available whenever there is a need. We are beginning to provide Penance opportunities for parochial school children several more times during the year so that they will learn the beauty of frequent confession. The Church's law requires us to receive the sacrament of Penance at least once a year.

### ANOINTING AND CARE OF THE SICK

The Sick receive the Sacrament of the Anointing of the Sick when dangerously ill, facing major surgery, or suffering from the ravages of old age.

We celebrate the sacrament communally at a Sunday Mass before Advent and during the Easter season so that we can all pray with you for "health of mind and body."

And, we are happy to bring Penance, Anointing, and Holy Communion to the homes or hospitals of the sick or shut in. It is very helpful to call the parish office to let us know before a hospitalization or when it has been too long since the sacraments were last available.

### HOLY MATRIMONY

Couples wishing to marry should contact the parish office six months before they wish to celebrate the sacrament. Why so long? Because this sacrament, not just the ceremony, requires serious preparation. And the Church needs to be involved in that preparation.

The Church wishes to support couples through the years of their married life. For this reason our diocese offers programs to enhance married life. To learn about these programs, watch the weekly bulletin.

## Our Parishes

**FATHER THOMAS KESSLER** pastor  
(614) 634-0499 [wthomaskessler@icloud.com](mailto:wthomaskessler@icloud.com)

### AT ST BERNADETTE PARISH

**MARK SCARPITTI** 438-3970  
deacon [dcn.mark@frontier.com](mailto:dcn.mark@frontier.com)

**JEFF CARPENTER** 681-9918  
deacon [carpenter.277@osu.edu](mailto:carpenter.277@osu.edu)

**ANN ESSMAN** 653-9347  
pastoral minister [aessman001@att.net](mailto:aessman001@att.net)

**STEVE HUBER** 654-3137  
facilities coordinator [shuber57@yahoo.com](mailto:shuber57@yahoo.com)

**LIZ LATORRE** 243-1872  
liturgical music [lizlatorre@gmail.com](mailto:lizlatorre@gmail.com)

*The St Bernadette Parish office* is in the Mary Good Center, across the back parking lot from the school.

Hours are: 9 AM-1 PM, MWThF; 11 AM-1 PM, Tu.  
1343 Wheeling Rd NE, Lancaster, OH 43130 (740) 654-1893

### AT BREMEN ST MARY PARISH

**BEN FACTOR**  
liturgical music [b\\_factor@lancaster.k12.oh.us](mailto:b_factor@lancaster.k12.oh.us)

**JIM SCHMELZER**  
maintenance chair

**TYNA FOX-SCHMELZER** (614) 371-7702  
religious education coordinator [schmelifox@earthlink.net](mailto:schmelifox@earthlink.net)

*The St Mary Parish office* is at the church vestibule.

Hours are 9-11 AM, Tu.  
602 Marietta St, Bremen, OH 43107 (740) 569-7929

### AT BOTH PARISHES

**NIKKI SCHMELZER** 654-1893  
bookkeeper [businessmstbparish@yahoo.com](mailto:businessmstbparish@yahoo.com)

**KATHY KEHNAST** 654-1893  
pastoral coordinator [stbernparish@yahoo.com](mailto:stbernparish@yahoo.com)

**ANGIE & KENT KERNS** 654-2588  
religious education [kwkerns@gmail.com](mailto:kwkerns@gmail.com)

**JULIE & CHASE STALFORD** 808-7294  
youth ministry [maristellaspirit@gmail.com](mailto:maristellaspirit@gmail.com)

### AT ST BERNADETTE SCHOOL

**PAM ELTRINGHAM**  
principal [peltring@cducation.org](mailto:peltring@cducation.org)

**BARB HUBER**  
secretary [bhuber@cducation.org](mailto:bhuber@cducation.org)

*Saint Bernadette School* is located at  
1325 Wheeling Rd, 654-3137  
Lancaster, OH 43130-8701 [www.stbernadetteschool.com](http://www.stbernadetteschool.com)  
[stberlan@cducation.org](mailto:stberlan@cducation.org).

## let us pray

### PRAY WITH THE POPE DURING FEBRUARY

His universal intention concerns the care of creation:

**That we may take good care of creation—a gift freely given—cultivating and protecting it for future generations.**

His prayer for evangelization this month is especially for the mission of the Church in Asia:

**That opportunities may increase for dialogue and encounter between the Christian faith and the peoples of Asia.**

### COLLECT FOR THE 1<sup>ST</sup> SUNDAY OF LENT

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

## the holy season of Lent

### THE WAY OF THE CROSS

On all the Fridays of Lent at 7 PM St Mary and St Bernadette parishes (and many other parishes) will both pray the Way of the Cross, followed by Benediction of the Blessed Sacrament. You could join in! And bring your kids!

### LENTEN FAST AND ABSTINENCE

During Lent, Catholics in the United States

- **abstain from meat** on Ash Wednesday and on all the Fridays of Lent. Catholics 14 and older are bound by the law of abstinence;
- **fast** on Ash Wednesday and Good Friday — which means eating only one full meal on those days. One or two smaller meals may be taken on those days, but may not total one full meal. And no eating between meals. All adults are bound by the law of fast until they are 59.

Pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

#### LUKE IN LENT:

#### GETTING TO KNOW JESUS BETTER

by learning what the Gospel of Luke has to tell us

Father Kessler is teaching a Lenten series on the Gospel of Saint Luke on the Fridays of Lent (not including Good Friday which is not exactly part of Lent). Sessions will be held in the Mary Good Center on Feb 19 and 26, and March 4, 11, and 18. They will begin at 9:15 AM (just after Mass) and will last until 10:45. There will be a few copies available of a(n optional) commentary by Scott Hahn that is both scholarly and attentive to our devotional needs. More can be ordered if needed.

Why St Luke? Because this is the year for reading his Gospel at Sunday Mass. And because it is a surprisingly beautiful way to get to know the Lord Jesus better.

### RICE BOWL

This year's theme for Catholic Relief Services' Operation Rice Bowl is "**For Lent, For Life.**" This Lent, we answer the call to serve the "least of our brothers and sisters" through Rice Bowl. It offers Catholics in the US a way to connect with our brothers and sisters around the world. This Lent, CRS invites us to **pray** with our families; **fast** in solidarity with those who hunger; learn about the challenges of poverty overseas; and **give sacrificial contributions** for those in need. Visit the Rice Bowl website at <http://orb.crs.org>.

### LENTEN HOLY HOURS AT LANCASTER ST MARY

St. Mary of the Assumption will have Sunday Exposition of the Blessed Sacrament on the Sundays of Lent beginning at 4 PM. Vespers will be sung at 4:45 ending with Benediction of the Blessed Sacrament. All are welcome to join in.

### 40 DAYS FOR LIFE

From Feb 10 to Mar 20, communities across the country will participate in the 40 Days for Life campaign. Faithful believers are

*praying that this effort will mark the beginning of the end of abortion in America.* This *peaceful prayer vigil* will take place at an abortion facility. Participants are asked to sign a statement of peace. For details about 40 Days for Life in our area, contact Greater Columbus Right to Life at (614) 445-8508 or visit [www.40daysforlife.com/columbus](http://www.40daysforlife.com/columbus).

### PRAYER IN THE MORNING

All through the year we gather for prayer on the weekday mornings at 8 AM in whichever parish is having 8:20 Mass. This is the Morning Prayer of the Liturgy of Hours to greet the new day. It is called Lauds because a major point of it is to sing the praises of God. Mass will follow a few minutes after Lauds. The heart of the prayer is the recitation of the selected psalms together. If you want to have Lenten renewal in your prayer life, please join us. It is the Church's ancient scriptural way of prayer. Give it a try.

### K OF C FISH FRY

Lancaster *Knights of Columbus* will fry fish on the Fridays of Lent (Feb 19, and 26, and Mar 4, 11, and 18). After the fish, come to St Bernadette or Bremen St Mary for the Stations of the Cross. Cost (for the fish, not the Stations) for adults is \$8 and for children is \$6. The K of C hall is at 343 East Walnut Street.

### LENTEN PENANCE SERVICES IN THE FAIRFIELD / HOCKING / PICKAWAY DEANERY

Logan	St John	Monday,	Feb 22,	7 PM
Lancaster	St Mark	Tuesday,	Mar 1,	7 PM
Circleville	St Joseph	Sunday,	Mar 6,	4 PM
Lancaster	St Mary	Thursday,	Mar 10,	7 PM
<b>Lancaster</b>	<b>St Bernadette</b>	<b>Sunday,</b>	<b>Mar 13,</b>	<b>3 PM</b>
Sugar Grove	St Joseph	Tuesday,	Mar 15,	7 PM
<b>Fisher Catholic High School</b>		<b>Wednesday,</b>	<b>Mar 16,</b>	<b>1:30 PM</b>
<b>Bremen</b>	<b>St Mary</b>	<b>Sunday,</b>	<b>Mar 20,</b>	<b>3 PM</b>

## in our parishes

### THE CATHOLIC TIMES

For a Catholic perspective, the *Catholic Times* weekly newspaper features insightful and in-formative news from around our diocese, our country, and the world. Sign up today (or some-time in February) for, or continue receiving the Catholic Times for another year, by placing **your Catholic Times envelope with a minimum donation of only \$17 (parish rate) into the regular Mass collection.** This donation helps the parish to provide the *Catholic Times* to you and many of our parishioners. Checks should be made payable to St Bernadette or St Mary. If you are on "electronic" donation, you can still receive the *Catholic Times* – simply place your donation in an envelope marked "*Catholic Times*" and your name and drop it into the Sunday collection basket during February. Bishop Campbell encourages every Catholic household to receive the *Catholic Times*. Come enjoy "**A journal of Catholic life in Ohio.**" Sign up today.

### BECOMING CATHOLIC CHRISTIANS

At Mass this morning at St Mary Bremen we are sending off **Richard "Buster" Skinner** to be enrolled in the afternoon at St Paul Church in Westerville, as a catechumen, by Bishop Campbell. This means he, along with many other adults from around our diocese, is being received into the last stage of the Rites of Christian Initiation of Adults (RCIA). At the Easter Vigil he will receive all three initiation sacraments: Baptism, Confirmation, and Holy Eucharist.

**Tisha Gildee** of St Bernadette Parish was baptized in the Catholic Church as a child, but is only now being catechized. She too has been in the RCIA this year and will be confirmed by the Bishop and receive Holy Eucharist for the first time at the cathedral on Feb 26.

Please pray for both of these new members and for their families. Pray intently.

While the beginning of a new school year is the ideal time to begin the process (which ordinarily leads to an Easter reception of the sacraments and an Easter season of orientation to the new reality), there is never a time that is not a good time for coming to the Lord and his Church.

### YDISCIPLE: OUR YOUTH MINISTRY !

**YDisciple**, the youth program *for all our high school students at our two parishes*, directed by Chase and Julie Stalford, will soon meet again. If you are not sure where, contact Julie or Chase Stalford at 808-7294. The program is exciting. The young people are excited. Pray for this new ministry.

### SANCTUARY FLOWERS

To donate *flowers to adorn the sanctuary for a Sunday* during 2016 (excluding the Sundays of Advent and Lent, when we intentionally leave the sanctuary unadorned), contact the parish office. Your donation of \$40 may be placed in the collection basket at Mass.

### SACRISTAN / USHERS

These are the people who make things flow smoothly during our Sunday (including Saturday evening) Masses. They

- get things ready,
- make sure all the other ministers are ready,
- help late arrivals find a seat with a minimum of disruption,
- take up a collection.

We need more of them, to distribute the joy more evenly. Would you like to help? Contact the parish office.

### SUNDAY MORNING ROSARY

Come pray the rosary together at St Bernadette on Sunday at 10:35 (shortly before the 11 AM Mass). Pray for the peace that comes to our society from the conversion of our hearts to the Lord. For questions or if you are interested in *the Women's Faith Sharing Group* sponsoring this, contact Kara . Tencza @ gmail . com.

### SANDWICH SATURDAY

Each month a different grade at St Bernadette School makes meat and cheese sandwiches for Foundation Dinners to distribute to their patrons. St Bernadette students are *learning that serving and helping others can happen at any age*. Donations of zipper sandwich bags, lunch meat, cheese and bread are always welcome. Last week the first graders assembled 176 sandwiches.

### SUPPORTING YOUR PARISH

The collection at Bremen St Mary for Feb 7 netted \$3,295. The St Bernadette offertory collection for Feb 7 came to \$9,463.

### YOU COULD GIVE AT MASS EVERY WEEK (OR EVERY MONTH)

St Bernadette parishioners could use Electronic Funds Transfer as *a way to stabilize the level of your financial support*. This helps the parish's cash flow by preventing unintended seasonal ebb and

flow from your commitment to support the parish. Contact Nikki Schmeltzer in the parish office for details.

### FRIENDS FOREVER

Friends Forever, a seasoned citizens group at St Bernadette, meets on Thursday, Feb 18, for a Lenten lunch. Call Ann Essman for details at 654-1893.

## conferences, etc

Feb 14	World Marriage Day	Immaculate Conception, Columbus
Feb 19-21	Marriage Encounter Weekend	
Feb 20	Women's Conference	Voinovich Center, Columbus
Feb 27	Men's Conference	Voinovich Center, Columbus
Mar 5	Catholic Social Service Gala	Columbus Museum of Art
Mar 5	Respect Life Conference	St Joseph, Plain City

### RESPECT LIFE CONFERENCE

The diocesan Respect Life Conference is Saturday, March 5, at St Joseph Church in Plain City. The theme is *Being Pro-Life in the Year of Mercy*. Keynote speaker is Fr Kevin Lutz. Additional conference topics include: practical parish resources to promote the Church's teaching on respect for human life, an overview of pro-life elements in Pope Francis' encyclical *Laudato Si' (On Care for our Common Home)*, community outreach programs offering hope and healing, and updates on legislation and advocacy efforts. The conference lasts from 10 AM to 3 PM, with lunch included. To register, send a check for \$20 to the Office for Social Concerns, 197 E. Gay St., Columbus, Ohio 43215. Call (614) 241-2540 or email at socmailbox@colsdio.org.

### MEN'S AND WOMEN'S CONFERENCES

These are big events coming in February you won't want to miss. At each of these Saturday events Bishop Campbell will celebrate Mass and there will be opportunities for Penance, as well as some entertainment and lots of fellowship with a thousand or two of the most interesting people in central Ohio.

- Women of our diocese will gather on Feb 20 for the 9<sup>th</sup> annual Conference with the theme of "*Mercy Changes Everything*"; they will listen to talks by Jennifer Fulwiler, Fr Nathan Cromly, Sonja Corbitt, and Sarah Kroger.
- Men will meet on Feb 27 for the 19<sup>th</sup> annual Conference with a theme of "*Call to Discipleship*." They will hear Fr Larry Richards, Hector Molina, David Karam, and Doug Lessells.

Both events will be at the Voinovich Center at the Ohio fairgrounds in Columbus. Call Pat Gins at (740) 536-7402 for information.

### HELP WITH PORNOGRAPHY ADDICTION

My House is a local initiative that works to protect, support, and prevent this plague. It is

- a resource for the protection of families,
- an avenue of healing and support for those who have been harmed by pornography's destructive effects, and
- a deepening understanding of the beauty of our sexuality.

Visit [www . myhousecolumbus . net](http://www.myhousecolumbus.net) or call the confidential hotline at (888) 989-9886.

### SPIRIT OF HOPE GALA

Catholic Social Services of the Columbus Diocese will have a gala event on Saturday, March 5, at 6:30 PM at the Columbus Museum of Art. This annual event benefits Catholic Social Services' 14 programs designed *to strengthen individuals and families, provide crisis relief, and help seniors age with grace and independence* in the 23 counties of Central and Southern Ohio. To

purchase tickets, contact Mackenzie Burton at (614) 221-5891 or mburton @ colscss . org, no later than Feb 20.

### CHRIST PRESENT IN YOUR MARRIAGE

A *Marriage Encounter weekend* will help you to let your marriage be renewed as a sacrament, a sign of the Lord's presence in the world. The next two weekends in central Ohio are Feb 19-21 and Apr 22-24. For information or to register, contact Paul or Marilou Clouse at (614) 834-6880 or visit [www . wmecolumbus . org](http://www.wmecolumbus.org).

### PROTECTING GOD'S CHILDREN

There will be a Protecting God's Children session at St John Church in Logan on Saturday, Feb 27, from 9 AM until noon. Deacon Don Robers will facilitate. Call the parish office for information.

### BETHESDA HEALING MINISTRY

Christ invites each of us to come to Him for healing and hope, even *from an abortion of long ago*. He is waiting! Bethesda Healing Ministry (614) 309-0157 or (614) 309-2651.

## and elsewhere

### PILGRIMAGE TO LOURDES

Father Michael Dosch, OP, pastor of St Patrick in Columbus, invites you to join the 62<sup>nd</sup> US *National Rosary Pilgrimage to Lourdes*, June 23 to July 3, *accompanied by clergy and medical staff* to assist the needs of the pilgrims. Pilgrims will also visit *sites associated with the early Dominicans* in honor of the *Jubilee of the foundation of the Dominican Order in 1216*, celebrating 800 years of Our Lady's entrustment of the Rosary to St Dominic and his order. Contact Fr Michael at pastor @ stpatrickcolumbus . com or the pilgrimage office at 1 (877) 276-7279 or [lourdespilgrimageoffice @ comcast . net](mailto:lourdespilgrimageoffice@comcast.net) Read more at [www . lourdes-pilgrimage . com](http://www.lourdes-pilgrimage.com); registration deadline is Mar 15.

### FATIMA AND LOURDES PILGRIMAGE

Father Stash Dailey, pastor of Holy Family Church in Columbus, invites you to join the 62<sup>nd</sup> US National Rosary Pilgrimage to Lourdes, June 23 to July 4, accompanied by clergy and medical staff to assist the needs of the pilgrims. Pilgrims will also visit the great Marian shrine of Fatima, Lisbon, Santarem and Nazare. For details contact Liz Grinder at the pilgrimage office at 1 (877) 276-7279 or [lourdespilgrimageoffice @ comcast . net](mailto:lourdespilgrimageoffice@comcast.net) Read more at [www . lourdes-pilgrimage . com](http://www.lourdes-pilgrimage.com).

### THE SACRED HEART IN YOUR HOME

*Bring Jesus back into the center of your lives* through *Home Enthronement of the Sacred Heart of Jesus*. We are invited to draw close to Jesus, to have a home in His Heart and have His Heart in our home. Enthronement is rooted in Scripture. St John the Apostle clung to Jesus, resting on His chest at the Last Supper and became faithful to Him. Jesus wants to come into our homes, meeting us where we are, that we may rest in Him as we sanctify our homes, the epicenter of God's love. We *demonstrate our intimacy* with Jesus by hanging a picture of the Sacred Heart. We vow to walk side by side with Him as we pray for each other and become active agents of evangelization. For information contact Sacred Heart Columbus, Fr Stash Dailey, director, at [www . sacredheartcolumbus . org](http://www.sacredheartcolumbus.org) or Dan and Sharon Boyden at (614) 226-7327 or Donald and Diana Schooley at (740) 654-7841.

## time to go to Confession

### LENT : ISN'T IT ABOUT TIME FOR CONFESSION?

A priest with a blog — and an attitude — Fr. John Zuhlsdorf, recently listed some things to do to make the process go smoothly for us sinners. Some of them may be rather obvious; some a lot of people have forgotten; some simply tell us what we need to do; some could make the whole process smoother and less uncomfortable. So, maybe they will help you. Here they are.

#### 20 Tips for Making A Good Confession.

1. Examine our consciences regularly and thoroughly.
2. Wait our turn in line patiently [in silent prayer].
3. Come at the time confessions are scheduled, not a few minutes before they are to end.
4. Speak distinctly but never so loudly that we might be overheard.
5. State our sins clearly and briefly without rambling.
6. Confess all mortal sins in number and kind.
7. Listen carefully to the advice the priest gives.
8. Confess our own sins and not someone else's.
9. Carefully listen to and remember the penance and be sure to understand it.
10. Use a regular formula for confession so that it is familiar and comfortable.
11. Never be afraid to say something "embarrassing"... just say it.
12. Never worry that the priest thinks we are jerks.... he is usually impressed by our courage.
13. Never fear that the priest will not keep our confession secret... he is bound by the Seal.
14. Never confess "tendencies" or "struggles"... just sins.
15. Never leave the confessional before the priest has finished giving absolution.
16. Memorize an Act of Contrition.  
[Here is the one your pastor uses:  
O my God, I am heartily sorry  
for having offended Thee,  
and I detest all my sins  
because of Thy just punishments,  
but most of all because they offend Thee, my God,  
Who art all-good and deserving of all my love.  
I firmly resolve, with the help of Thy grace,  
to sin no more and to avoid the near occasions of sin.  
You can use any formula that says that sort of thing.]
17. Answer the priest's questions briefly if he asks for a clarification.
18. Ask questions if we can't understand what he means when he tells us something.
19. Keep in mind that sometimes priests can have bad days just like we do.
20. Remember that priests must go to confession too ... they know what we are going through.

Father John Zuhlsdorf's blog is at <http://wdtprs.com/blog/fr-zs-20-tips-for-making-a-good-confession/>.



**readings, feasts, and memorials for this week**

<b>Saturday, Feb 13</b>							
<b>Sunday, Feb 14</b>	<b>1<sup>st</sup> Sunday of Lent</b>	<b>Deuteronomy 26:4-10</b>	<b>Romans 10:8-13</b>	<b>Psalm 91</b>	<b>Luke 4:1-13</b>		
Monday, Feb 15	Lenten Weekday	Leviticus 19:1-18		Psalm 19	Matt 25:31-46		
Tuesday, Feb 16	Lenten Weekday	Isaiah 55:10-11		Psalm 34	Matt 6:7-15		
Wednesday, Feb 17	7 Holy Founders of Servites	Jonah 3:1-10		Psalm 51	Luke 11:29-32		
Thursday, Feb 18	Lenten Weekday	Esther C:12-25		Psalm 138	Matt 7:7-12		
Friday, Feb 19	Lenten Weekday	Ezekiel 18:21-28		Psalm 130	Matt 5:20-26		
Saturday, Feb 20	Lenten Weekday	Deuteronomy 26:16-19		Psalm 119	Matt 5:43-48		
<b>Sunday, Feb 21</b>	<b>2<sup>nd</sup> Sunday of Lent</b>	<b>Genesis 15:5-18</b>	<b>Philippians 3:17-4:1</b>	<b>Psalm 27</b>	<b>Luke 9:28-36</b>		

**Mass intentions and ministers this week at St Mary**

	intention	lector	servers	extraordinary ministers of Holy Communion	gifts	sacristan / usher
<b>Sunday, Feb 14 8:30 AM</b>	<i>for the people</i>	Jeanne Schmelzer	Caden Fyffe Cody Fyffe	Leo Kunkler Sr, Pam Redding, Tyna Schmelzer-Fox	Maurice Schmelzer family	Joe Young
Tuesday, Feb 16 8:20 AM	<i>Francis Schmelzer</i>	Jim Schmelzer				Jim Schmelzer
<b>Sunday, Feb 21 8:30 AM</b>	<i>for the people</i>	Barb Van Fossen-Cook	Sydnee Rogers Nicole Terry	Damian & Deborah Schmelzer, Barb Van Fossen-Cook	Catherine Noll April Schmelzer	Damian Schmelzer

**Mass intentions and ministers this week at St Bernadette**

	intention	lector	servers	extraordinary ministers of Holy Communion
<b>Saturday, Feb 13 4 PM</b>	<i>Therese Sheridan</i>	Rebecca Kuhn	Clara & Susan Craaybeek, Eve Darfus	Tara Craaybeek, Rosalie DeFillippo, Marguerite Grimm, Brad Rider, Craig Shaw, Darlene Yarnesch
<b>Sunday, Feb 14 11 AM</b>	<i>David Merk</i>	Amy Woo	Ashlyn & Brennan Quaintance, Diana Woo	Lee Guinan, Benjamin Peters, Teresa Scarpitti, Mary Jane Vajen, Rebecca Wickham, Julia Whitehead
Monday, Feb 15 8:20 AM	<i>Cora Kilbarger</i>	Mary Jane Vajen	Avee Solt, Cady Tipple	Patricia Dreyer, Denise McGuire
Wednesday, Feb 17 8:20 AM	<i>Rita Kilbarger</i>	Bob Christy	Addy Myers, Emeline Neighbor	Mary Guinan, Mary Jane Vajen
Thursday, Feb 18 6 PM	<i>intention of Jim &amp; Rita Merk</i>	Kathy Kehnast	Kendall Cox, Ava Ewing	Kathy Kehnast, Paul Lonergan
Friday, Feb 19 8:20 AM	<i>Harris &amp; Tipple families</i>	Robin Sanders	Emma McCrady, Avee Solt	Jim & Rita Merk
<b>Saturday, Feb 20 4 PM</b>	<i>deceased of St Vincent de Paul</i>	Teresa Carpenter	Abby, Mary & Sam Frazier	Susan Garrett, Joyce Guenther, Kathy Kehnast, James & Rebecca Kuhn, Sandy Landefeld
<b>Sunday, Feb 21 11 AM</b>	<i>for the people</i>	Dennis Forquer	Samantha Kerns, Logan & Tori Loy	Patricia Dreyer, Nancy Griffith, James & Rita Merk, Larry Sanford, Valerie Shaw

**Confessions and weekday Masses each week in the deanery**

confessions	the parish	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 AM Sunday	Bremen St Mary		8:20 AM				
5:30 Thursday & 3 Saturday 8:30 AM on 1 <sup>st</sup> Saturday	Lancaster St Bernadette	8:20 AM		8:20 AM	6 PM	8:20 AM	1 <sup>st</sup> Saturday 9 AM
4-5 Saturday	Lancaster St Mary	7 AM	9 AM	7 AM	9 AM		
5:30 Saturday	Lancaster St Mark	8 AM	8 AM	6 PM	8 AM	8 AM	
½ hour before each Mass	Sugar Grove St Joseph	8 AM	NOON	8 AM	NOON	8 AM	
4-4:45 Saturday	Logan St John	8 AM	8 AM	9 AM		8 AM	9 AM

# The Church's School of Prayer: Praying Morning Prayer

*Lent involves renewal in prayer, fasting, and almsgiving. This week here are some thoughts about the best program ever invented for helping us to grow in the life of prayer. We have been living with a part of this program at Saint Mary and Saint Bernadette. Perhaps you could find it helpful this Lent.*

Our parishes have been praying Morning Prayer before weekday morning Mass, for nine years now. We began at St Mary Bremen on Ash Wednesday, 2007. We gather at 8 AM, and spend about 12 minutes on this prayer, shortly before we celebrate morning Mass.

Morning Prayer is part of *the Liturgy of the Hours, the Church's daily prayer "to sanctify the time" of the day*. It's been around for centuries; most Catholics have heard of it; it is known as "Divine Office," and its book is the "breviary" or little book.

The hours don't take an hour, but somewhere between five and twenty minutes. It's just that they occur at different "hours" during the day. They begin with the "invitatory" psalm, with its famous challenge, "If today you hear his voice, harden not your hearts." Then come the five "hours":

- **The Office of Readings** begins with three psalms, followed by about a page-long reading, gradually working our way through a book of the Bible, and page of another reading, this time from one of the ancient Fathers of the Church (a treasure trove which many Christians don't even know exists but which is unbeatable for a Christian who is serious about a life of prayer).
- **Morning Prayer** is also called **Lauds**, because it is a prayer of praises. This is the one we pray communally at our two parishes. It is composed of a hymn, then two psalms and an Old Testament canticle. Next comes a brief reading from Scripture and the Canticle of Zechariah from Luke's Gospel; this is the prayer John the Baptist's father prayed after he named his son; in it he praises God who has yet again fulfilled his ancient promise to this Chosen People. Afterwards comes a litany of prayers like the Prayer of the Faithful at Mass, then the Lord's Prayer and a blessing.
- **Daytime Prayer** is much shorter. A brief break in the busyness of the day, it contains a hymn, three short psalms, a very short reading and a closing prayer.
- **Evening Prayer**, also know as **Vespers**, is almost a mirror image of Morning Prayer. Instead of the Old Testament, the canticle comes from the New Testament. And instead of the Canticle of Zechariah, but still from the Gospel of Luke, there is the Canticle of Mary, her prayer of praise for the wonderful way she will be blessed by all generations and the Lord has "put down the mighty from their thrones and raised up the lowly." In the other particulars it follows the same pattern as Lauds.
- **Night Prayer**, aka **Compline**, is the other shorter hour. It is realistic about the fact that the person praying is tired after a long day, so it has a hymn and a psalm or two, a short reading and a third canticle from Luke, the Canticle of Simeon, with the words that old man prayed when Jesus was presented in the Temple, words that express his joy at seeing his people's savior, the light for all people. There is a blessing for "a peaceful night and a perfect end," followed by an anthem addressed to Mary, usually the Salve Regina (or Hail Holy Queen).

That's the cycle of the church's daily prayers. We priests are all committed to pray it anyway, but it is meant to be prayed by a community, and it can be a real boost to the people who come to share in that prayer.

**The text** of Morning, Evening and Night Prayer is available in little red books at church. Those little books can be purchased in any Catholic bookstore or online, as can the complete form, in a set of four much larger volumes with all the seasonal variations.

I am glad that so many folks make the effort to join in praying Morning Prayer. I hope more can join us or will try to pray one or other of these hours at home. There are some things we can do to make this prayer better still. First is **getting to know the psalms and canticles**. For several years on most Wednesdays at his weekly public audience at the Vatican, Pope John Paul II, and later Pope Benedict, gave a beautiful teaching on the psalms of Morning and Evening Prayer. That series of catecheses completed, the teachings on each morning's and each evening's psalms have been collected and published in book form. You can order it on the web or see the pastor about getting you a copy. It is a really good book.

If you pray the office at home, set aside a special place and a special time, with few distractions (no radio or TV!) so you can pay attention to each psalm. The psalms are the prayer book of the Bible, and we can't speed read or multi-task through a prayer book.

If you pray the office at our parish, sit near somebody else so you can be praying together. They won't mind. **Pray in a slow, stately way, pausing** at the end of phrases, at punctuation marks, or when a psalm breaks at the end of a line. If we pray faster than a nearby parishioner, we are going too fast. Group recitation of a psalm needs to be slow and united, so we can mull over the words. Watch the words and try to use the very words the Church is using. We begin our Morning Prayer "O God come to my assistance. O Lord make haste to help me." We conclude each psalm or canticle with the "Glory be to the Father" we learned when we were children, alternating these two sentences as though they were the last two verses of the psalm.

The Fathers of the Second Vatican Council told pastors to make the Liturgy of Hours **a part of parish life**. It is our school of prayer. That's why two popes spent so much energy in teaching us about the very beautiful prayers that are the psalms. And it is why it is so good to see that we are making progress in this aspect of our life of prayer.

— Father Kessler

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