

Lancaster St Bernadette Parish Bremen St Mary Parish



Pharisees Question Jesus

“The people were astonished at his teaching,
for he taught them as one having authority and not as the scribes.”

the scene of today's gospel reading

January 28, 2018
the 4th Sunday

St Bernadette Parish.

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

stbernadetteparish.net

cover picture:

The Pharisees Question Jesus the story of Mark 1:21-28, today's gospel reading which proclaims:
"All were amazed and asked one another,
'What is this? A new teaching with authority. He commands even the unclean spirits and they obey him.'"
painted (1886-1894) in opaque watercolor over graphite by James Tissot (1836-1902) Brooklyn Museum

our parishes

Father Thomas Kessler (614) 634 • 0499 wmthomaskessler@icloud.com
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at St Bernadette Parish

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liturgical music

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 43130-8701
(740) 654 • 1893

<http://stbernadetteparish.net>

at Bremen St Mary Parish

Ben Factor b_factor@lancaster.k12.oh.us
liturgical music

Sarah Borah sborah920@gmail.com

The St Mary Parish office is at the church vestibule.
Hours are 9-11 AM, Tuesdays.

602 Marietta St, Bremen, OH 43107 (740) 569 • 7738

at both parishes

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Saint Bernadette School is located at
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www.stbernadetteschool.com

Lancaster St Vincent de Paul www.svdplancasteroh.com
Bremen St Vincent de Paul (740) 569-7738
Diocese of Columbus www.columbuscatholic.org
Angels Nurture & Disciple (AND) www.angelsAND.org

St Mary Parish.

602 Marietta Street (740) 569 • 7738
BREMEN, OH 43107

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 Kehnast will be necessary). Sessions are held quarterly for both parishes. Try to attend before the child is born. The next session is scheduled for **Wednesday, Jan 31**. If you are expecting or have a new born or somehow haven't gotten around to have an older child baptized, call Kathy to make plans now.

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; those parents are in the same wonderful boat as you are.

At least one parent must be a practicing Catholic. Both godparents need to be practicing Catholics. If you don't attend Sunday Mass regularly (a major component of being a practicing Catholic!), 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.

Every Catholic priest is available whenever there is a need. There are Penance opportunities for parochial school children four 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

We 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."

We bring Penance, Anointing, and Holy Communion to 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. Remember, Catholics who marry outside the Church have left the sacramental life and need to change that situation before receiving the other sacraments.

The Church wishes to support couples **through the years** of their married life. That's why our diocese offers programs to enhance married life. To learn about these programs, watch the weekly bulletin.

at Prayer with the Church

At Mass this Sunday the Church Prays

Grant us, Lord our God,
that we may honor you with all our mind,
and love everyone in truth of heart.
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 Pope Asks Us to Pray

in January

That Christians, and other religious minorities in Asian countries,
may be able to practice their faith in full freedom.

in February

That those who have material, political or spiritual power
may resist any lure of corruption.

Listen to God's Word and Honor His Saints

Sunday, Jan 28, 4 th Sunday		Deuteronomy 18:15-20 Ps 95		1 Corinthians 7:32-35		Mark 1:21-28	
Mon,	Jan 29	2 Samuel 15:13-16:13	Ps	3	Mark	5:1-20	
Tues,	Jan 30	2 Samuel 18:9-19:3	Ps	86	Mark	5:21-43	
Weds,	Jan 31	2 Samuel 24:2-17	Ps	32	Mark	6:1-6	<i>Saint John Bosco, priest</i>
Thurs,	Feb 1	1 Kings 2:1-12	1 Chronicles 29		Mark	6:7-13	
Fri,	Feb 2	Malachi 3:1-4 Hebrews 2:14-18	Ps	24	Luke	2:22-40	<i>The Presentation of the Lord</i>
Sat,	Feb 3	1 Kings 3:4-13	Ps	119	Mark	6:30-34	<i>Saint Blaise, bishop & martyr; Saint Ansgar, bishop</i>

Sunday, Feb 4, 5 th Sunday		Job 7:1-7 Ps 147		1 Corinthians 9:16-23		Mark 1:29-39	
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Mass Intentions This Week

Monday,	Jan 29	8:20 AM	at St Bernadette	Louise Mathias
Tuesday,	Jan 30	8:20 AM	at Bremen St Mary	Frances Labrasca
Wednesday,	Jan 31	8:20 AM	at St Bernadette	Richard Usilton
Thursday,	Feb 1	6 PM	at St Bernadette	Michael Clark
Friday,	Feb 2	8:20 AM	at St Bernadette	Paul Dreyer
Saturday,	Feb 3	9 AM	at St Bernadette	Pauline Wickham

at Both Parishes

St Bernadette Mardi Gras

Join us for our annual pre-Lenten celebration and fundraiser on Saturday, Feb 10, from 5-10 PM. This wonderful family night raises funds to support St Bernadette School. Festivities include games and movies for the kids, \$1,000 grand raffle, silent and live auctions, and music. The fabulous food will feature Fat Tuesday sliders, French Quarter French fries, cole slaw d'Carnival, mini-king cakes, pizza, and more. Bring your friends and family to have a good time and support our Catholic school. Grand prize raffle tickets are \$10 each and will be available after Masses on Jan 27 and 28 and Feb 3 and 4 or through the school office at (740) 654-3137.

Catholic Times

Next week, our parish collection begins for the *Catholic Times* weekly newspaper. This donation helps our parish provide the *Catholic Times* to you and many of our parishioners. Donation envelopes for this collection are included in your packet. For a minimum donation of only \$17 per year (less than 39 cents per

issue), readers receive a Catholic perspective on the world around us: local, national, worldwide, pro-life and Vatican news; diocesan, parish, and school stories; articles, regular columns, editorials, and events are delivered right to your home. Bishop Campbell encourages every Catholic family to receive the *Catholic Times* as **an evangelization tool**. Use your envelope to sign up for the Catholic Times, the **weekly newspaper and information medium** of our diocese, or to renew your subscription. If you donate electronically, you can still receive *Catholic Times*. Simply place your donation in an envelope marked "*Catholic Times*" with your name and drop it into the Sunday collection basket during February.

Representatives

The pastor is looking for two Bremen St Mary parishioners to serve on the

- Fairfield / Hocking / Pickaway County **deanery pastoral council** (DPC)

The DPC meets **bi-monthly** on a Monday evening for about an hour at a different parish each meeting. Parishioners with some experience on parish pastoral council make especially good representatives because they can share and work together on concerns common to all of the parish communities.

He is looking for St Bernadette parishioners to serve on the

- Lancaster **St Mary School Advisory Board** and
- Fisher **Catholic High School Advisory Board**.

The school boards each meet **monthly** in the evening during the school year. They serve to keep communications happening between their own parish and the Catholic schools.

Each rep is a volunteer appointed by the pastor for a fixed term. A school advisory board member need not be a parent or an alum of the school concerned. They help keep the pastor and the corresponding councils in our own parishes in the loop. Several of the positions are already staffed, but we always need a "strong bench" of people to help. Let Fr Kessler know of your interest.

Society for the Propagation of the Faith

Thank you for your participation in renewal day for membership in the Society for the Propagation of the Faith last Sunday. It's not too late to join, use your collection envelope for **Membership Sunday**. Members of the society receive the graces of 15,000 Masses celebrated each day by missionaries for its members—living or dead. Mass is also celebrated daily for society members at Saint Peter's Basilica in Rome.

at Bremen St Mary Parish

St Vincent de Paul

The St Vincent de Paul Society in Bremen takes up a collection on the first Sunday of each month. That would be next Sunday! St Vincent always needs members. Call Angi Skinner at (740) 438-0027 if you can help.

Bremen Food Pantry

Thank you for assisting the Bremen Food Pantry in providing food and gifts for 783 families in the 2017 Christmas giveaway. Your donations also helped provide five other food giveaways during 2017. The Food Pantry also provides food for families in the Bremen area who contact the Fairfield County Information and Referral Agency. May God bless each of you as you keep these families in your prayers.

Ministry at Mass at St Mary

January 28- February 4	lector	servers	extraordinary ministers of Communion	gifts	sacristan / usher
4th Sunday, Jan 28 at 8:30 AM	Linda Qualls	Charles Schoenlaub, Isaac Schmelzer	Neil Boch, Pam Redding, Tyna Schmelzer-Fox	James Noll Jr family	Chris Redding
5th Sunday, Feb 4 at 8:30 AM	Jeanne Schmelzer	Spencer Conrad, Alex Schmelzer	Wyatt Borah, Dismas Schmelzer, Jim Schmelzer	Maurice Schmelzer family	Jim Schmelzer

at St Bernadette Parish

May She Rest in Peace

Please pray for the repose of the soul of **Ruth Hime Rice** of St Bernadette Parish who died last week.

Prayer Request

Deacon Paul DeShaies and his wife, Milagros, ask our prayers as Deacon Paul undergoes chemotherapy for cancer. He served St Bernadette faithfully for a number of years before his skills in Spanish led Bishop Campbell to transfer him to service of the Hispanic community in the west side of Columbus.

You could send a card or note of prayerful support to them at 1912 Independence Blvd, Lancaster.

Lancaster St Vincent de Paul

The Society has a new website. You can learn about the many activities of the Lancaster St Vincent de Paul Society at www.svdplancasteroh.com.

Ministry at Mass at St Bernadette

January 28- February 4	lector	servers	extraordinary ministers of Holy Communion
Saturday, Jan 27, at 4 PM Vigil of 4th Sunday	Marguerite Grimm	Becca Fuller, Carley Matson, Brennan Quaintance	Terry Carpenter Bob & Angie Christy Susan Garrett Lee Guinan Kathy Kehnast
4th Sunday, Jan 28, at 11 AM	David Shonk	Caroline Messerly, Dominic & Emeline Neighbor	Larry Sanford Teresa Scarpitti Mary Jane Vajen Becky Wickham Amy Woo Ben Peters
Monday, 8:20 AM	Mary Jane Vajen	Kyndra Nagle, Daschel Neighbor	Pat Dreyer Kathy Kehnast
Wednesday, 8:20 AM	Bob Christy	Silus Hopkins, Isabelle Lazar	Angie Christy Mary Jane Vajen
Thursday, 6 PM	Kathy Kehnast	Hyde O'Rielley, Olivia Reynolds	Lee Guinan Paul Lonergan
Friday, 8:20 AM	Jim Merk	Morgan Cox, Amelia Robertson	Rita Merk Mary Jane Vajen
Saturday, 9 AM	Kara Tencza	Jack Tencza	Jim & Rita Merk
Saturday, Feb 3, at 4 PM Vigil of 5th Sunday	Bob Christy	Mallory, Mason & Mitchell Ortiz	Angie Christy Rosalie DeFillippo Marguerite Grimm Jim & Becky Kuhn Kathy Wagner
5th Sunday Feb 4, 11 AM	Tara Craaybeek	Clara & Susan Craaybeek, Eve Darfus	Pat Dreyer Pat Gins Nancy Griffith John & Teresa Hartig Jean Robertson

Sunday Mornings in Lent

You are invited to view the acclaimed film series "**Catholicism**" facilitated by Deacon Mark Scarpitti on the Sundays of Lent in the Mary Good Center. Each episode lasts from 50 to 60 minutes, and will conclude before 11 AM Mass. Journey with acclaimed author and theologian **Bishop Robert Barron** to more than 15 countries. Be illuminated by the spiritual and artistic treasures of this global culture that claims more than one billion of the earth's people. Episode titles include:

Amazed and Afraid, Happy Are We, The Ineffable Mystery of God, Our Tainted Nature's Solitary Boast, The Indispensable Men, A Body Both Suffering and Glorious, Word Made Flesh-True Bread of Heaven, A Vast Company of Witnesses, The Fire of His Love, and World Without End.

The series will begin on Sunday, Feb 18, and continue through the Sundays of Lent, and on into the Easter season.

Here and There

The Difference Between Giving Birth and Giving Life

Angels Nurture and Disciple, AND (formerly known as The Guardian Angels Program, gaP), is a support program **servicing single women struggling with an unexpected pregnancy**. As an extension of pregnancy care services, **AND** provides the single mom with a loving network of women (angels) that will walk alongside her as she journeys through her pregnancy, birth, and infancy of her baby. Recognizing the numerous obstacles single parenthood presents, **AND** celebrates her courage in choosing life for her unborn baby, and hence strives to break down any educational, financial, and emotional barriers that are preventing her from becoming the Mother God intended her to be.

For information, contact Monica Flynn at (614) 353-6765 or monica@angelsAND.org

Not all of us can do great things, but we can do small things with great love. —Saint Mother Teresa

Pilgrimage to Lourdes

On this 160th anniversary of the apparitions at Lourdes, Fr Michael Dosch op, from St Gertrude Parish in Cincinnati (until recently at St Patrick in Columbus), invites you to join him on the 64th US National Rosary Pilgrimage to Lourdes from July 2-11. This pilgrimage, which departs from Cincinnati, is open to all and is accompanied by a medical staff to meet the needs of the pilgrims. For information, contact Fr Michael at michael.dosch@juno.com or contact the Catholic Travel Office toll free at 1-877-276-7279 or lourdespilgrimageoffice@comcast.net. Their website is lourdes-pilgrimage.com. The reservation deadline is March 30.

Pilgrimage to Washington

Join Bishop Monforton and the Franciscan Sisters of the Diocese of Steubenville on a pilgrimage to Washington DC on Oct 24-26. Visit the shrine of St John Paul II, the National Basilica of the Immaculate Conception, the Franciscan Monastery of the Holy Land, Arlington Cemetery and the historic monuments of the nation's capital. The cost, which includes roundtrip motorcoach, all tours and sightseeing, two nights hotel accommodation, daily Mass, and several meals is \$525. Space is limited, so book by Feb 1 by calling Sandy at (734) 565-8888 x 122 or book online at www.ctscentral.net, trip code: 12596, group code: 7311.

in the Diocese of Columbus

Called to Serve One Another

Sts Peter and Paul Retreat Center has launched a **capital campaign** to support updates and continued improvements of the retreat center. Funds raised will provide an efficient space to serve the faith communities which enter the doors. Learn more at [www . stspeterandpaulretreatcenter . com](http://www.stspeterandpaulretreatcenter.com) or (740) 928-4246.

World Marriage Day: The Vocation of Marriage, A Supernatural Calling

All married couples are invited to the Diocesan Celebration of World Marriage Day on Sunday, Feb 11, from 2-4 pm at Seton Parish in Pickerington. Dr. Perry Cahall of the Pontifical College Josephinum will share God's plan for marriage and how with God's grace couples can live out their vows and love their spouses as God loves them, concluding with a time of prayer. The event is free and child care is available through pre-registration. RSVP by Feb 8 to [www . columbuscatholic . org/marriage-enrichment](http://www.columbuscatholic.org/marriage-enrichment) or (614) 241-2560.

Men's Conference and Women's Conference

You won't want to miss the entertainment, displays, and fellowship with a thousand or two of the most interesting people in central Ohio. Bishop Campbell will celebrate Mass and many priests of the diocese will provide opportunities for Penance.

- Women of our diocese will gather on **Feb 17**.
 - Their theme: "*Ask Jesus What He Wants from You and Be Brave.*"
 - Speakers are Uju Ekeocha, Lisa Hendey, the Labodas, and Fr Mazanowski.
- Men will meet on **Feb 24**.
 - And their theme: "*Cast Your Nets... Become Fishers of Men*"
 - Speakers are Jeff Cavins, Dr Scott Hahn, and Chris Stefanick.

Put these days on your calendar now. Both events will be at the Ohio Expo Center at the Ohio fairgrounds in Columbus.

Marriage Encounter Weekend

Come to a Marriage Encounter Weekend and learn ways to use your marriage's ups and downs to deepen your love for each other and for God. The next weekend in central Ohio is Feb 16-18. For

information or to register, contact Paul or Marilou Clouse at (614) 834-6880 or visit [www . wmcolumbus . org](http://www.wmccolumbus.org).

Catholic Foundation Scholarships

The Catholic Foundation's Applications for Scholarships will open on Jan 29 and close March 9. Scholarships support promising and deserving students by assisting them with the costs of their education. Donors often establish a scholarship to honor or memorialize friends, teachers, family members, or other loved ones. Since 2007, The Catholic Foundation has awarded over \$430,000 in scholarships empowering over 100 young people to continue their academic and vocational studies. For information and to apply, visit [www . catholic-foundation . org/scholarships](http://www.catholic-foundation.org/scholarships). If you are interested in opening a Scholarship Fund of your own, contact Scott Hartman at [shartman @ catholic-foundation . org](mailto:shartman@catholic-foundation.org) or (614) 443-8893.

Catholic Men's Luncheon Club

The Catholic Men's Luncheon Club will feature Bishop Campbell of Columbus, presenting the 2018 Catholic Man of the Year Award on Friday, Feb 2, at St Patrick Church in downtown Columbus to recipient Tom Vollmer from St Pius X Parish. Mass at 11:45 am will be followed by lunch and a talk until about 1 pm. No reservations are necessary. \$10 covers the lunch and meeting. Bring a friend. For information, visit [www . catholicmensministry . com/cmlc](http://www.catholicmensministry.com/cmlc) or contact George Harvey, CMLC president at [GLHarvey56 @ gmail . com](mailto:GLHarvey56@gmail.com).

Blue Jackets Catholic Night

Celebrate Catholic Night with the Columbus Blue Jackets on Saturday, Feb 10, when the Blue Jackets take on the New Jersey Devils. Tickets are \$38 in the Upper Bowl and \$65 in the Lower Bowl. For every ticket purchased, \$10-\$20 will be donated to the diocese of Columbus and you will receive a free CBJ Catholic Night t-shirt while supplies last. To order tickets visit [www . BlueJackets . com/catholic](http://www.BlueJackets.com/catholic); for information, contact Jacob Welter at (614) 246-7625 or [jwelter @ BlueJackets . com](mailto:jwelter@BlueJackets.com).

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"I believe in order to understand;
and I understand, the better to believe." *St. Augustine*



Weekly Confessions & Weekday Mass

But these times sometimes change, so be sure to call ahead!

parish	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Penance
<i>Bremen St Mary</i>		8:20 AM					8 AM Sun
<i>Lancaster St Bernadette</i>	8:20 AM		8:20 AM	6 PM	8:20 AM	9 on 1 st Sat	5:30 PM Thu, 3 PM Sat, 8:30 AM on 1 st Sat
<i>Lancaster St Mary</i>	7 AM	9 AM	7 AM	9 AM			4 PM Sat
<i>Lancaster St Mark</i>	8 AM	8 AM	6 AM	8 AM	8 AM		5:30 PM Sat
<i>Sugar Grove St Joseph</i>	VARIES	NOON	7 AM	NOON	NOON		½ hour before Mass
<i>Circleville St Joseph</i>	9 AM	7 AM	9 AM		9 AM		4 PM Sat
<i>Logan St John</i>	8 AM	8 AM	9 AM		8 AM	9 AM	4 PM Sat
<i>Fisher Catholic HS</i>					2:40 PM		2 PM on 1 st Fri

The Spiritual Works of Mercy

The Spiritual Works of Mercy **have long been a part of the Christian tradition**, appearing in the works of theologians and spiritual writers throughout history. Just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to “help our neighbor in their spiritual needs”. The seven Spiritual Works of Mercy are listed below, and the seven Corporal Works of Mercy are listed on the next page. After each work of mercy there are also suggestions and words of advice for living them out in our daily lives. These are provided by the Catholic bishops’ conference. Can you think of others?

Counsel the Doubtful

Everyone has moments of doubt in his journey. Nevertheless, we should always remember that Christ is “the Way, the Truth, and the Life” and turn to him along our way.

- “Listen to counsel and receive instruction, that you may eventually become wise” (Prov 19:20).
- The Cross of Christ “the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength” (1 Cor 1:25).
- Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life.
- Follow Christ with the witness of your life so that others may see God’s love revealed in your actions.
- Accompany a friend who is struggling with believing to join a parish group for service or faith formation, share a book you found useful in dealing with your friend’s faith concern, and worship at Sunday Mass.

Instruct the Ignorant

Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.

- Volunteer to help with religious education programs at your parish.
- Invite someone to go to Mass with you this weekend.
- Know your faith! Read through the **USCCA** to find out more about the Catholic faith and how to live it.

Admonish the Sinner

Do not judge, but be supportive in helping others find their way and correct their mistakes. Together we can learn to walk more closely with Christ.

- In humility, we must strive to create a culture that does not accept sin, while realizing that we all fall at times.
- Don’t judge, but guide others towards the path of salvation (see Matt 7:1-2).
- When you correct someone, don’t be arrogant. We are all in need of God’s loving correction.
- We should journey together to a deeper understanding of our shared faith.
- “Remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother’s eye” (**Mt 7:5**).

Comfort the Sorrowful

Be open to listening and comforting those who are dealing with grief. Even if we aren’t sure of the right words to say, our presence can make a big difference.

- Lend a listening ear to those going through a tough time.
- Make a home cooked meal for a friend who is facing a difficult time.
- Write a letter or send a card to someone who is suffering.
- A few moments of your day may make a lifetime of difference to someone who is going through a difficult time.

Forgive Injuries

Forgiving others is difficult at times because we do not have God’s limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God.

- Let go of grudges.
- Saying sorry is something we learn as kids, but how often do we really mean it? Forgiveness transforms hearts and lives.
- Participate in the Sacrament of Penance.
- Pray the Divine Mercy Chaplet.

Bear Wrongs Patiently

Do not be bitter about wrongs done against you. Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit.

- Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience.

Pray for the Living and the Dead

Prayer is one of the most powerful ways we can support others. Joining together in prayer for the living and the dead entrusts us all into God’s care.

- Request a Mass intention for a friend or family member who is going through a tough time.
- Request a Mass intention for a friend or family member who has passed away.
- Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers.
- Ask a friend or family member if there is anything you can pray for them about.
- Through prayer, entrust your cares and concerns for those around you to God.

The Corporal Works of Mercy

The Corporal Works of Mercy are **found in the teachings of Jesus** and give us a model for how we should treat all others, as if they were Christ in disguise. They “are charitable actions by which we help our neighbors in their bodily needs”. They respond to the basic needs of humanity as we journey together through this life.

Feed the Hungry

There are many people in this world who go without food. When so much of our food goes to waste, consider how good stewardship practices of your own food habits can benefit others who do not have those same resources.

- Research, identify and contribute financially to organizations that serve the hungry.
- The next time you make a dish that can easily be frozen, make a double batch and give one to your local food pantry or soup kitchen.
- Try not to purchase more food than you are able to eat. If you notice that you end up throwing groceries away each week, purchasing less groceries would eliminate waste and allow you to donate the savings to those in need.

Give Drink to the Thirsty

Many of our brothers and sisters in Christ do not have access to clean water and suffer from the lack of this basic necessity. We should support the efforts of those working towards greater accessibility of this essential resource.

- We take it for granted that we have access to clean water. Donate. . . to help build wells for water for those in need.
- Organize a youth and young adult groups or a group of children involved on a sports team (e.g. soccer) or a summer camp. Invite them to collect bottled water to distribute at a shelter for families. If parents can be involved, ask them to accompany their children in delivering the water to the families.

Shelter the Homeless

There are many circumstances that could lead to someone becoming a person without a home. Christ encourages us to go out and meet those without homes, affirming their worth and helping them seek a resolution to the challenges they face.

- See if your parish or diocese is involved with a local homeless shelter and volunteer some time.
- Donate time or money to organizations that build homes for those who need shelter.
- Many homeless shelters need warm blankets for their beds. If you can knit or sew that would be an extra loving gift.
- There are millions of children and families who are on the move, fleeing from war, illness, hunger and impossible living conditions, and searching for peace and safety. Engage parish groups of children, youth, young adults, and families in doing some research on the causes and challenges that these families face to survive. Contact Catholic Social Services, or diocesan offices of peace and justice for help with your research. Seek ways to provide shelter for the homeless locally, regionally, nationally or internationally.

Visit the Sick

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them.

- Give blood.
- Spend time volunteering at a nursing home. Get creative and make use of your talents (e.g. sing, read, paint, call Bingo, etc.)!
- Take time on a Saturday to stop and visit with an elderly neighbor.
- Offer to assist caregivers of chronically sick family members on a one-time or periodic basis. Give caregivers time off from their caregiving responsibilities so they can rest, complete personal chores, or enjoy a relaxing break.
- Next time you make a meal that you can easily freeze, make a double batch and give one to a family with a sick loved one.

Visit the Prisoners

People in prison are still people, made in the image and likeness of God. No matter what someone has done, they deserve the opportunity to hear the Word of God and find the Truth of the message of Christ.

- See if your parish, or a nearby parish, has a prison ministry and if so, get involved.
- Volunteer to help out or donate to charities that give Christmas presents to children whose parents are in prison.

Bury the Dead

Funerals give us the opportunity to grieve and show others support during difficult times. Through our prayers and actions during these times we show our respect for life, which is always a gift from God, and comfort to those who mourn.

- Send a card to someone who has recently lost a loved one. Or make your own card.
- Visit the cemetery and pray for those you have lost.
- Spend time planning your own funeral Mass, read through the Order of Christian Funerals and find our hope in the Resurrection.

Give Alms to the Poor

Donate money to organizations that have the ability to provide support and services for those in need. Do research and find organizations that put people in need first, rather than profit.

- Skip the morning latte and put that money in the St Vincent de Paul collection at church.
- Find a charity that is meaningful to you and volunteer your time or donate.
- This Lent, give up eating at restaurants. Pack your meals and donate the extra money to charities.
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