

“Create a  
clean heart in  
me, O God.”  
Psalm 51:12

# St. Joseph Catholic Church

**5th Sunday Lent**  
**March 22, 2015**

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## Gaining Spiritual Strength for the Rest of the Year

As a child, I thought I deserved to celebrate on Easter if I'd managed to go forty days without eating chocolate, biting my nails, or humming in church.

My grandmother, however, threw a monkey wrench into such thinking when she said, “You can't judge your success in Lent by how you feel on Easter Monday.”

Lent is a way for us to imitate Christ by doing penance for forty days—a kind of “thank you” for coming to earth to suffer and die for our sins. Lent isn't a time for “achieving” anything. It is a time of preparation.

In Luke 6:12, we're told that “in those days he departed to the mountain to pray, and he spent the night in prayer to God.” Christ didn't spend forty days in the wilderness to prove he could resist temptation. He did it to prepare for the days ahead when he'd be mocked, scorned, beaten, crowned with thorns, and mercilessly crucified. He did it to strengthen himself and show us how to resist the Devil.

In a sense, we're like athletes of a different kind during Lent. Athletes don't just go out and play a game or compete in a marathon without first going through rigorous training. Even Second Timothy 3:16 says that Scripture is “useful for teaching, for refutation, for correction and for training in righteousness.” Athletes watch their diet, exercise appropriate muscles, and build up a wellspring of strength and resistance to pain and fatigue. They prepare for the perils ahead by increasing their capacity for achievement and tolerance of pressure. Like athletic training, we employ a diet of Scripture, we exercise in the form of prayer and we build up reserves during Lent that will

come in handy when we face our toughest battles throughout the year.

Remember that once it's over, Lent doesn't come around again for more than 300 days. So, it's important to maintain this spiritual strength gained during Lent. A marathon runner trains for a race for months. Win or lose, when it's over he might modify his grueling regimen. But he doesn't want to lose the stamina and muscle tone that took so much effort to build up. He'll continue, as should we, a moderate workout, a maintenance program. In our case, it should include a maintenance program of Scripture, good deeds, and fasting.

Training during Lent will provide us with a touching stone to go to for spiritual strength. Perhaps modifying instead of abandoning Lenten behaviors will merit spiritual gold medals.

Everyone has seen smokers who gave up their habit for Lent but made it the start of quitting for life. Daily Lenten Mass-goers sometimes add a weekday Mass to their routine throughout the rest of the year. People who shed a few pounds because of a Lenten diet often continue to eat healthier. Perhaps extending Lenten behaviors is the key to retaining the moral stamina built up in the season and keeping the joy of Easter alive all year long.

By Louise McNulty - originally published in CNS's Faith Alive

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### Mass Schedule

**Sunday 10:30 a.m.**

**Saturday 5:30 p.m.**

**No daily Mass - Fr Ross will be out of town -**

**Confessions:** Sat 4:30 pm. or on request when Fr. Vincent is here.

**March 27:** Simple Soup Supper 6:00 P.M.

followed by **Passion Play at 7:00 P.M.** -

Please volunteer for one of the 20 open spots.

### Holy Week and Triduum Schedule

- 5:30 p.m. Saturday March 28 Palm Sunday Vigil
- 10:30 a.m. Sunday March 29 Palm Sunday
- 8:00 a.m. Monday March 30 Daily Mass
- 8:00 a.m. Tuesday March 31 Daily Mass
- 7:00 p.m. - Holy Thursday April 2  
Followed by Adoration
- 7:00 p.m. Good Friday April 3
- 7:00 p.m. Easter Vigil April 4
- 10:30 a.m. Easter Sunday Mass April 5

**Confessions:** Sat 4:30 pm.

or on request when Fr. Vincent is here.

## Remember in your prayers

**Those who are ill or in need of prayer:** Francis Alvanna, Connie Bartko, May Bernhardt, Elsa Bronson, Everett Buzek, Gemma Carlisle, Dominic Cioppa, Michael Cioppa, Mathilda Crisci, Jerry DeWitt, Cathy Freericks, Jens Hildreth, Carlee Hobbs, Jerome Koezuna, Andrew Kunayak Sr, Joe Kunnuk, Wilbert Landry, Ben Merculief, Megan Mackiernan, Nancy McGuire, Pauline Montminny, Peggy & Ray Mucillo, Fr Armand Nigro, SJ, Sigwien Omiak, Mary Omnick, Alex Oyoumick, Gabriel Payenna, Kerrie Prettitore, Fr Thomas Privinsal, S.J., Emily Regan, Marie Saclamana, John Schaeffer, Pete Schaeffer, Louise Scratcher, Annette Sherwood, Antonia Stewart and the Stewart family, Charles Tunley, Phillip Villa, Bryce Warnke-Green and Urban Deacon Candidates Stanley Gwizdak, Ronald Jones and Charles Bowman.

**Those in the military:** Souther Board, Bryan Braswell, Frank Ellanna, Jake Froehle, Travis Kayouktuk, Andy Lean, Christina McGuire, Michael Miller, Jennifer Thomas, Jeffery Wysong.

**Those who have died:** All of the Victims of terrorist attacks

**Religious Education classes for grades K through 8 for April will be April 19. The next Confirmation Class will be Palm Sunday, March 29.**

### Schedule for Extraordinary Ministers and Lectors

Saturday March 21

5:30 Lector

EMHC

Lynette Schmidt

Please sign up on the sheets posted in the back of the church for

Palm Sunday Saturday March 28 & Sunday March 29

Sunday March 22

10:30 Lector

EMHC

Kitty Scott

Sylvia Paniataaq

- Holy Thursday - April 2 - 7:00 p.m.

- Good Friday - April 3 - 7:00 p.m.

- Easter Vigil - April 4 - 7:00 p.m.

- Easter Sunday - April 5 - 10:30 a.m.

## The Annunciation - March 25th

The feast of the Annunciation is on March 25, for reasons that I hope are obvious. Start with Christmas on December 25, and subtract nine months, and you'll get the reason for the feast.

The Annunciation celebrates the coming of the Archangel Gabriel to the Virgin Mary and announcing to her that she is to be the mother of the Savior. This event has been one of the classic religious subjects of Western art for centuries. The next time you're at your computer, go to the Google search engine, and search for the word "Annunciation," then click on the tab that says "Images." You'll find hundreds of painting of the Annunciation. Most of these depict the archangel appearing to Mary. She is depicted holding a book; a visual reference to the fact that her child would fulfill the words of the Old Testament prophets. The coming of the Holy Spirit is portrayed by a descending dove or by a ray of light shining from heaven.

On the feast of the Annunciation, we switch to white vestments and pray the Gloria at the beginning of the Mass, both are symbols of the joy that accompanies the Incarnation— Christ becoming human and choosing to be born as one of us. Even during the solemn penitential season of Lent, the Church acknowledges the coming of the Savior with hope and joy. *by Rev. Larry Rice, CSP*

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**Fr. Vincent Burns**  
443-5527

**Deacon Bob Froehle**  
443-3750

**Mo Koezuna**  
304-1492

**Parish Council:**  
Rebecca & Pat Callahan,  
Angela Gorn,  
Megan Mackiernan,  
Nancy McGuire,  
Tom Moran.

Fr Ross will be in Fairbanks this week and Kotzebue for Holy Week and Easter. He returns to Nome for 2 weeks before heading out on sabbatical on 18 April.