

Dear Padre,

My fourteen-year-old daughter is very thin. She says giving up food during Lent is proof that she honors God. How can I convince her God doesn't want her to starve herself? Is there anything else she can do for Lent?

According to the *Code of Canon Law*, at age fourteen your daughter isn't required to fast (eating only one full meal a day, no snacks); the Church requires this only of people age eighteen through fifty-nine because people outside those age groups need more than one full meal a day to maintain good health (1252).

She is, however, old enough to abstain from meat, as required of Catholics age fourteen and older. But she should replace that meat with another source of protein like cheese or fish.

Please tell your daughter that the Lenten fast is about preparing our hearts to celebrate the joy of Easter. Fasting and abstinence are not about starving or losing weight. They're about making room for God and deepening our relationship with Christ.

And the word *abstain* isn't limited to matters involving food. Your daughter can abstain from watching television, using her mobile phone except in emergencies, or using

the computer for anything other than schoolwork. Prayer and almsgiving (donating money or time to charity) also are part of our Lenten practice. Anyone can safely do these things to achieve the same result: growing closer to God in preparation for Easter.

Fr. Patrick Keyes, CSSR / Sundaybulletin@Liguori.org

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

A WORD FROM Pope Francis

Fasting makes us share the situation of many people who face the torment of hunger and makes us more attentive to others; almsgiving is a blessed opportunity to collaborate with God's providence for the benefit of his children. And I invite you to make almsgiving a way of life and to persevere in concrete help to those in need.

ADDRESS TO PRO PETRI SEDE ASSOCIATION, FEBRUARY 16, 2018



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Calendar

Monday
MARCH 7
Lenten Weekday
Lv 19:1-2, 11-18
Mt 25:31-46

Tuesday
MARCH 8
Lenten Weekday
Is 55:10-11
Mt 6:7-15

Wednesday
MARCH 9
Lenten Weekday
Jon 3:1-10
Lk 11:29-32

Thursday
MARCH 10
Lenten Weekday
Est C:12, 14-16, 23-25
Mt 7:7-12

Friday
MARCH 11
Lenten Weekday
Ez 18:21-28
Mt 5:20-26

Saturday
MARCH 12
Lenten Weekday
Dt 26:16-19
Mt 5:43-48

Sunday
MARCH 13
Second Sunday of Lent
Gn 15:5-12, 17-18
Phil 3:17-4:1 or 3:20-4:1
Lk 9:28b-36

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Our Parish COMMUNITY

March 6, 2022

First Sunday of Lent (C)
Dt 26:4-10
Rom 10:8-13
Lk 4:1-13



Then the LORD brought us out of Egypt with a strong hand and outstretched arm, with terrifying power, with signs and wonders.

DEUTERONOMY 26:8

It's All Gift

There is one word that could almost be erased from our religious vocabulary. That word is *earn*. So many of us take on a Lenten program of penance to earn God's forgiveness. Or we engage in prayer to earn indulgences that will lessen our time in purgatory. Somewhere along the line we missed the class in which the primacy of God's free gift of grace was taught. Consequently, we still might use language that emphasizes our own hard-won merit apart from God rather than freely given love as the basis of all that follows. Today's first reading refutes such thinking.

The passage from Deuteronomy contains an important creedal statement, describing the heart of ancient Israel's faith. The people were instructed by Moses to commemorate the event of their founding as the special people of God. The creedal statement was probably recited during that commemoration. The statement itself describes how God called their

ancestor; from that ancestor called forth a great people, delivered those people out of slavery, and then settled them in a land that became their own. Every event was God's work. The people did nothing to deserve it. It was all gift. Why did God choose these people, make them great, free them, settle them, and provide them with abundant harvests? Because they were good? No! Because God is good. They earned nothing, deserved nothing. It was all gift.

Why is it so difficult for us to realize that we really do not give gifts to God? It's just the opposite. When it comes to God's grace, it's all gift.

Sr. Dianne Bergant, CSA

FOR Reflection

- ★ Spend a moment thinking about all the free gifts God has given you.
- ★ Let your Lenten practice be graciousness to others.



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Tressa Powers, Finance Council Chair	355-6206
Altar Society President, Nanette Rice	355-7676
Tom Bachman, Grand Knight	640-8259
Prayer Line Starters, Allison Bushek & Nanette Rice	355-1696 355-7676

MASS INTENTIONS FOR THE WEEK

Saturday, Mar. 5	4:00 p.m.	Bob Rooney
Sunday, Mar. 6	9:00 a.m.	Dough & Virginia Holmes (Ann)
Monday, Mar. 7	8:00 a.m.	Special Intention (T. Smith)
Tuesday, Mar. 8	8:00 a.m.	Charles & Eileen Hoff
Thursday, Mar. 10	8:00 a.m.	For rain
Friday, Mar. 11	8:00 a.m.	Special Int.-Power
Saturday, Mar. 12	4: 00 p.m.	Bob Rooney
Sunday, Mar. 13	9:00 a.m.	Alan Hein

FIRST SUNDAY OF LENT (color: Violet)

3/5/2022- Saturday, 4: 00 p.m.

Servers: Lucy Gannett, Jason Velasco, Ryann Bamberger

Reader: Karen Burden

3/6/2022–Sunday, 9:00 a.m.

Servers: Cade Berning, Jace Berning, Luke Woodrow

Reader: Fred Jones

SECOND SUNDAY OF LENT (color: Violet)

3/12/2022 - Saturday, 4: 00 p.m.

Servers: Maggie Gannett, Jonathan Gannett, Nathan Gannett

Reader: Tom Bachman

3/13/2022 –Sunday, 9:00 a.m.

Servers: Kirbe Koons, Taybree Lohman-Fuller, Joleigh Lohman-Fuller

Reader: Mike Broeckelman

Reconciliation: Confessions will be heard every Saturday at 3:00 p.m. and every Sunday at 8:00 a.m. or by appointment.

Baptism: Parents who have children to be baptized must be registered. Godparents must be 16 years of age or older and have received Confirmation and Eucharist. Please call the parish office for an appointment.

Marriage: Please contact parish priest at least four to six months before the wedding.

Anointing of the Sick: Celebrated anytime by calling a priest.

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FIRST SUNDAY OF LENT – MARCH 6, 2022



As you well know, one of the things we are invited to focus on during Lent is our own faithfulness. We are invited to look deep within, invited to take a difficult and honest look at our own behaviors, our own attitudes, our own thoughts and words, our own sin. And it's not easy. It's painful to bring out into the light some of the things we would rather keep buried. It's hard to admit how we fall so far short of being the people God created us to be. But it's truly necessary if we want to be healed, to be mended, to be made whole once again. A doctor can't cure a patient and a mechanic can't fix a car until they know what's wrong. And God can't (by choice) change us from within unless we admit there is something within us that needs to change

During this Lent let's do every good thing and avoid every bad thing not so that God loves us, but because we recognize just how much he does love us --- not once in a while, not only if we get everything right, but even when we mess up. That's the God we have! May the changes we seek in our hearts and minds and actions this Lent not be a desperate cry to be loved, but rather be a celebration of and a response to the One who is Love. Fr. Peter

COLLECTION for February 27, 2022: Envelopes: \$625.00; Loose: \$477.00; Online Giving: \$198.07; Total \$ 1300.07; Average Weekly Expense: \$1,761.17. Income over/under - 461.10

CHURCH PROJECT GOAL: \$52000—Last weekend contribution: \$1299.00; Building Fund To Date: \$6231.00

Thank you so much for your love for our parish church and your faithful stewards.

CONGRATULATIONS We would like to extend our congratulations to our newly Baptized, Matthew Jordan Xiong son of Jordan and Emma Xiong who was baptized on March 5th, 2022. Welcome to God's family in the Church! May our Loving God continue to pour down His abundant blessings upon Matthew and his family.

BUDGET SHOP We will be working at the Budget Shop on Saturday, March 12 and Tuesday, March 15. Please keep these dates on your busy calendars and try to save a few hours to help us. We are open on Saturdays and Tuesdays from 10:00 a.m. to 2:00 p.m. Any help will be greatly appreciated. And "Thank You" ahead of time.

LENT FASTING AND MEAT ABSTINENCE Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

STATIONS OF THE CROSS Praying the "Stations of the Cross" is one of the most popular devotions for Roman Catholic and is often performed in a spirit of reparation for the sufferings and insults that Jesus endured during His Passion. The object of the Stations is to help us make a spiritual pilgrimage of prayer, through meditating upon the chief scenes of Christ's sufferings and death. **We hold Stations of the Cross led by Knights of Columbus every Wednesday night at 6:00 p.m. during Lent. We hope you will join us for this prayerful devotion.** A plenary indulgence may be gained by praying the Stations of the Cross.

SYNOD ON SYNODALITY Listening session via ZOOM: Zoom dates include: March 8: 6:30 p.m., March 9:7:00 p.m., March 16: 2:30 p.m. For more information, or to register, contact Georgina Paz, gpaz@dcdioocese.org, or call 620-227-1531.

VOCATION VIEW "The priest shall receive the basket from you and shall set it in front of the altar of the LORD, your God." Are you considering a call from the Holy Spirit to become a priest in front of the altar of our LORD?

STEWARDSHIP THOUGHT Today's first reading describes the offering of first fruits the people of Israel were to present to the Lord in thanksgiving for their deliverance from Egypt and the gift of the promised land. Is my offering at today's Mass an appropriate response to the many blessings the Lord has given me?

PRAYER OF THE WEEK (by Mark Link, SJ) Give us your strength, Lord, because sometimes things get tough, and we are ready to quit. Give us your love, Lord, because sometimes people reject us, and we are tempted to hate. Give us your eyes, Lord, because sometimes life gets dark, and we lose our way. Give us your courage, Lord, because often we are put under pressure, and it's hard to do what is right. Give us yourself, Lord, because our hearts were made for you, and we will not rest until we rest in you. Amen.

UNDERSTANDING THE GOSPEL OF THE WEEK - (Luke 4:1-13)

Alone in the desert Because deserts were dangerous places physically, they came to represent dangerous places spiritually. Jesus enters the desert soon after he hears God calling him his beloved Son (3:22). Now he explores the kind of Son he will be.

A human struggle Although Jesus is God's Son, he is also a human being who experiences temptation. His challenge, dramatically portrayed in this passage, is to choose how he will best fulfill his role as God's Son. The devil makes suggestions that aren't obviously bad, but Jesus discerns the underlying problem with each one.

Turning stones to bread Jesus' ancestors wandered for forty years in the desert, where God provided them with manna. It seems reasonable that God's Son can provide bread for himself. Besides, no one would know. Jesus replies that spending time in the desert teaches a person to trust God, a lesson the Israelites never quite learned. Unlike those sons of God, Jesus will trust God in everything.

Bringing about God's reign If Jesus has come to establish God's reign, now's his chance! An offer's on the table. Jesus points out that this victory would be a false one because the devil, not God, would really reign. Moreover, these kingdoms are based on political and military might. God's peaceful reign is based on forgiveness, not force. Jesus will win people over by showing them God's love, not by dominating them.

Taking a leap of faith Now the devil changes tactics; he quotes scripture, too. He urges Jesus to ask God for a sign of his love. If God is his father, then God will quickly come to his rescue. Jesus won't make God meet these terms; he won't force God to prove his love. Instead, he'll devote himself to God and his mission, even to the point of death. God will show his love for Jesus then. Until we meet again Jesus withstands these tests of faith, but the hardest one is yet to come (v.13). His time in the desert is only a foretaste of his crucifixion. At that final confrontation Jesus will again reveal that he is God's spirit-filled, obedient Son. (www.oursundayreadings.com)

UNDERSTANDING THE FIRST READING (Deuteronomy 26:4-10)

Harvesting the gift Moses is speaking to the Israelites who are about to move into Canaan, the land God had promised to Abraham years ago. Moses says that once they settle in this region, they must always offer to God the first grain and fruit that they harvest. The priest served in a place designated for religious worship until a temple for the LORD could be built. By offering these first fruits to the priest, the Israelites symbolically thanked God for the gift of land. Moses tells the Israelites to bring their produce in baskets. They shouldn't sell their produce and make a donation. Monetary gifts often feel less connected to people than gifts they have physically labored over.

Past, present, and future Jacob, the father of the twelve tribes, became a wandering Aramean during a famine that drove him and his twelve sons to Egypt. Years later, God led their descendants to both freedom and a homeland that was fertile and cultivated. The Israelites who live centuries after these events should speak as if they had been part of them. So should we. Ritual connects us with the work God has done in the past and continues to do. Through liturgy we become part of God's past and we share in all that God has promised. Our words of remembrance are thus both a prayer of thanksgiving and an appeal to God to continue to work such signs and wonders. (www.oursundayreadings.com)

QUESTION & ANSWER

Question: The Church abolished most of the norms regulating “meatless Fridays” and declared Fridays outside of Lent merely as “a day of penance.” Does the penance have to be performed on Friday, and are there any parameters to observe? — Peter Stein

Answer: Generally, the penance should be performed on the Friday, though exceptions can be made due to other obligations such as attending family or civic celebrations. Strictly speaking, one can work out deferrals or dispensations in regard to Friday observances with their pastor, but practically most simply work through this on their own. The thinking back in the 1970s, when “meatless Fridays” were substituted with a day of penance, was to offer other observances to people on Friday. Simply giving up meat and going to Red Lobster was hardly a penance for most, though the law was being observed technically. Hence the new norm became to permit any range of penances, from giving up other things to taking on special prayers or works of charity. But as your question implies, it is difficult to follow an uncertain trumpet, and many Catholics simply drifted from any Friday observance with such wide-open parameters. Psychologically, it would seem that having a clear focus is necessary to assist in such practices. Hence some bishops’ conferences are going back to meatless Fridays. Here in America that is not yet the case, though there is some discussion ongoing. For now, you are largely free to determine how to observe Friday, presuming it has a penitential character. It could be to abstain from something good, or to take on some pious or charitable work. (Monsignor Charles Pope)

WHAT IS LENT?

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Rite of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics. (usccb)

FIRST SUNDAY OF LENT

Dig a little deeper this Lent

If practicing our religion is easy, we're not practicing our religion. This is one valuable lesson we glean from the time Jesus spends in the desert. Challenges to spiritual discipline are many: the desire for creature comforts, the hunger to be admired, the quest for control. Engaging this 40-day exercise each year strengthens the will and purifies the heart. It enables us to prepare for the real temptations that life offers. Is my prayer vital? Have I grown self-indulgent? Is my hand open to others? Our Lenten practice should be a response to those probing questions. (Prepare the Word)

PRIMER DOMINGO DE CUARESMA

Profundiza un poco más en esta Cuaresma

Si practicar nuestra religión es fácil, no estamos practicando nuestra religión. Esta es una valiosa lección que se desprende del tiempo que Jesús pasa en el desierto. Los desafíos a la disciplina espiritual son muchos: el deseo de comodidades, el ansia de ser admirado, la búsqueda de control. Hacer este ejercicio de 40 días cada año fortalece la voluntad y purifica el corazón. Nos permite prepararnos para las verdaderas tentaciones que ofrece la vida. ¿Es vital mi oración? ¿Me he vuelto autoindulgente? ¿Está mi mano abierta a los demás? Nuestra práctica cuaresmal debería ser una respuesta a esos profundos interrogantes.