

# **The Hymns**

**Saturday, March 6<sup>th</sup>, 2021**

## **Entrance**

### **The Glory of These Forty Days**

1. The glory of these forty days  
We celebrate with songs of praise;  
For Christ, by whom all things were made,  
Himself has fasted and has prayed.
2. Alone and fasting Moses saw  
The loving God who gave the law;  
And to Elijah, fasting, came  
The steeds and chariots of flame.

## **Communion**

### **When I Survey the Wondrous Cross**

1. When I survey the wondrous cross  
On which the Prince of glory died,  
My richest gain I count but loss,  
And pour contempt on all my pride.
2. Forbid it, Lord, that I should boast  
Save in the death of Christ, my Lord;  
The vain things that now tempt me most,  
I sacrifice them to his blood.
3. See, from his head, his hands, his feet,  
The pain and love flow mingled down;  
Did e'er such love and sorrow meet,  
Or thorns compose so rich a crown?
4. Were ev'ry realm of nature mine,  
My gift would still be far too small:  
Love so amazing, so divine,  
Demands my soul, my life, my all.

## **Sending Forth**

### **How Lovely Is Your Dwelling Place**

#### **Refrain**

O how lovely is your dwelling place,  
dwelling of the Lord of hosts!  
How we long for your house, O Lord,  
singing out a song of joy  
to the living God!

1. Even sparrows find a home with you,  
and swallows lay their young to rest.  
Blessed are those who dwell in you  
and sing your praise, O God!
2. Bless'd are those who find their strength in  
you,  
whose hearts are highways for your will.  
Bringing joy to those around them,  
they go from strength to strength.

## **The Hymns**

**Sunday, March 7<sup>th</sup>, 2021**

### **Entrance**

#### **I Heard the Voice of Jesus**

1. I heard the voice of Jesus say,  
"Come unto me and rest;  
Lay down, thou weary one, lay down  
Thy head upon my breast."  
I came to Jesus as I was,  
So weary, worn and sad;  
I found in him a resting place,  
And he has made me glad.
2. I heard the voice of Jesus say,  
"Behold, I freely give  
The living water; thirsty one,  
Stoop down, and drink, and live."  
I came to Jesus, and I drank  
Of that lifegiving stream;  
My thirst was quenched, my soul revived,  
And now I live in him.

### **Offertory**

#### **O God, You Search Me**

1. O God, you search me and you know me.  
All my thoughts lie open to your gaze.  
When I walk or lie down you are before me:  
Ever the maker and keeper of my days.
2. You know my resting and my rising.  
You discern my purpose from afar,  
And with love everlasting you besiege me:  
In ev'ry moment of life or death, you are.
3. Before a word is on my tongue, Lord,  
You have known its meaning through and through.  
You are with me beyond my understanding:  
God of my present, my past and future, too.
4. Although your Spirit is upon me,  
Still I search for shelter from your light.

There is nowhere on earth I can escape you:  
Even the darkness is radiant in your sight.

### **Communion**

#### **As the Deer Longs**

##### **Refrain**

As the deer longs for running streams,  
so I long, so I long, so I long for you.

1. Athirst my soul for you, the God who is my life!  
When shall I see, when shall I see,  
see the face of God?
2. Echoes meet as deep is calling unto deep,  
over my head, all your mighty waters,  
sweeping over me.
3. Continually the foe delights in taunting me;  
"Where is God, where is your God?"  
Where, O where are you?
4. Defend me God, send forth your light and your truth,  
they will lead me to your holy mountain,  
to your dwelling place.
5. Then I shall go unto the altar of my God.  
Praising you, O my joy and gladness,  
I shall praise your name.

### **Sending Forth**

#### **Lift High the Cross**

##### **Refrain**

Lift high the cross, the love of Christ proclaim  
till all the world adore his sacred name.

1. Led on their way by this triumphant sign,  
The hosts of God in conquering ranks combine.
2. Each newborn servant of the Crucified  
Bears on the brow the seal of him who died.

## THIRD SUNDAY OF LENT, MARCH 7, 2021

### Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?"

But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?"

So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me."

The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go.

I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel.

He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

### Psalms 95

O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

For the LORD is a great God, and a great King above all gods.

In his hand are the depths of the earth; the heights of the mountains are his also.

The sea is his, for he made it, and the dry land, which his hands have formed.

O come, let us worship and bow down, let us kneel before the LORD, our Maker!

For he is our God, and we are the people of his pasture, and the sheep of his hand. O that today you would listen to his voice!

Do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, when your ancestors tested me, and put me to the proof, though they had seen my work.

For forty years I loathed that generation and said, "They are a people whose hearts go astray, and they do not regard my ways."

Therefore in my anger I swore, "They shall not enter my rest."

### Romans 5:1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God.

And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly.

Indeed, rarely will anyone die for a righteous person--though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we

be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

#### **John 4:5-42**

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you." Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him. Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor." Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they

asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

### **Profession of Faith**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

**(At the words that follow, up to and including and became man, all bow.)  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.**

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

### **MASS INTENTIONS FOR WEEK OF MARCH 7, 2021**

Sunday, March 7

8:30am @ St. Theresa: ✙John & Clara Bailey by Mike & Deione Hagemeister

9am: Parishioners of St. Anthony, St. Theresa & Our Lady of the Valley **(live-stream)**

10:30am: ✙George Bakker by Pat & Anita Fletcher

11am @ Our Lady of the Valley: Intention of Celebrant

Monday, March 8

8:30am: ✚Ron Spomer by Family

Tuesday, March 9

8:30am: ✚John McCallum by The Pete Grosz Family

12:15pm: ✚Walter Wajda by Paul & Marlene Sibley

Wednesday, March 10

8:30am: Wed. Morning Block Rosary Gals by Jack & Rita Cash

12:15pm: Intentions of Holy Spirit Prayer Circle

Thursday, March 11

8:30am: ✚Budi Herdianto by The Rosary of the 7 Sorrows Prayer Group

12:15pm: ✚Dorothy Wesnitzer by Bill & Delores Hurr

Friday, March 12

8:30am: ✚Jim Woodward by Rich & Joyce Dickerman

12:15pm: ✚Phyllis Pond by Sally Wyllie

**5:30pm: STATIONS OF THE CROSS**

Saturday, March 13

5pm: ✚Phyllis McCormick by Andrew & Mavis Slifka

5pm @ Our Lady of the Valley: ✚Layne Luckow by Vince & Jona Vanata

Sunday, March 14

8:30am @ St. Theresa: ✚Phyllis McCormick by Sally Wyllie

9am: Parishioners of St. Anthony, Our Lady of the Valley & St. Theresa

10:30am: ✚Ron Spomer by Nancy & Amy Spomer

11am @ Our Lady of the Valley: Intention of Celebrant

**Breaking Bread 2021:** eMissal app offers a brand-new way to participate in the liturgy. With instant access to music, readings and the Order of Mass, parishioners can remain connected to their faith community through song and prayer. Users can add psalms and acclamations to individual celebrations, allowing them to prepare for Mass ahead of time.

**Simple and easy to use,** Breaking Bread 2021 eMissal is perfect for individuals unable to attend Mass in person and currently participating in livestreamed services. And for those able to attend in person but avoiding the use of physical resources, the app has also been approved for use in church by the USCCB during the 2021 liturgical year.

**What's included:**

Over 850 songs, psalms and Gospel Acclamations

Readings for Sundays and holy days

Order of Mass

Just \$4.99!

Breaking Bread 2021 eMissal App is available for all iOS and Android users on their smartphones and tablets.

**ALSO, please note that we have a limited number of Breaking Bread in the Office available for parishioners for personal use.**

#### WEEKLY COLLECTION FROM FEBRUARY 28, 2021

Cody	\$6,023.00	Online	\$916.00
Family Fund	\$ 298.00	Online	\$154.00
OLV	\$ 423.00	St. T	\$160..00
Boiler	\$ 50.00		

**THANK YOU TO ALL WHO HAVE GENEROUSLY DONATED.** Your generosity is very humbling.

**Online Giving** is easy to use. Give a one-time gift or schedule a reoccurring donation. No more writing checks or needing to have cash on hand! You may donate to the Offeratory, Family Fund, Boiler Fund & Ash Wednesday, Holy Thursday, Easter Flower & Easter Sunday. Visit our church website, [stanthonycody.org](http://stanthonycody.org), and click the Online Giving link. Your support throughout the year helps sustain our church.



#### EUCCHARISTIC ADORATION

**Please look at the schedule for available Holy Hours.** Ideally, each hour should have at least 2 Adorers. Prayerfully consider spending one Hour in the presence of our Lord.

**Open Holy Hours are: Monday: 9am, 11am, 2pm, 3pm & 6pm;**

**Tuesday: 9am, 11am, 1pm, 4pm, 5pm & 6pm; Wednesday:**

**10am, 2pm & 5pm, Friday @ 1pm**

Please call the Office for additional information, 587-3388.



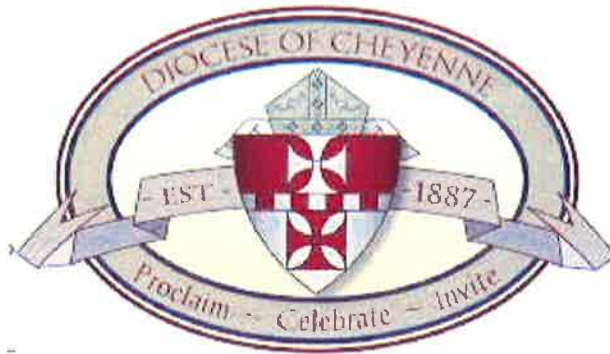
Well it is time for our March 6, 2021 Right to Life meeting. Just a friendly reminder that we meet at 9:30 am this Saturday at the Christ The King Lutheran Church on Stampede Ave, Cody, across from the post office.

We will have a short business meeting and then reports on the status of the Life bills that have been introduced and are making their way through the House and Senate. Our legislators have been invited,

however they are now in Cheyenne in session, working hard for Wyoming. We will have updates and discussion. We will have a guest speaking on post abortion recovery.

There will be coffee, orange juice and light refreshment. Please join us and do not forget we will have election of officers for this upcoming year. Dues are due. \$20 each or \$25 per couple.

Enjoy reconnecting and enjoying each other and sharing ideas and discussing projects. Bring a goody to share. Thanks.



Wyoming Catholic Ministries Foundation has two openings:

- \* Administrative Assistant - provides clerical support, bookkeeping services, and donor relations services to advance the programs and day to day activities of the organization.

- \* Director of Development - conducts major gift fundraising activities to meet both the short and long term funding needs of Catholic ministries.

St. Joseph Children's Home has an opening for:

- \* Director of Spiritual Wellness - coordinate ministry and direction sensitive to the spiritual backgrounds of each resident and work to further enhance the appreciation of spiritual values among staff.

**Application Process:** Visit <https://dioceseofcheyenne.org/job-openings> for complete job descriptions and application. Submit an application, letter of interest and a resume by mail, email or in-person by March 31, 2021 to: Tammy Skala, Human Resource Director, Diocese of Cheyenne, 2121 Capitol Ave., Cheyenne, WY 82001, [tskala@dioceseofcheyenne.org](mailto:tskala@dioceseofcheyenne.org); Tel: 307-638-1530.

**MEN'S GROUP:** The MEN's group has embarked on a seven week journey to our Lord. Please come with us, there is plenty of room on the trail. We meet at 6:00am on Wednesday mornings for prayer and discussion. All you need to bring is yourself, a respect for social distancing, and a humble heart. Questions? Contact Deacon Joe, 587-3388.

**Holy Week Schedule** will be published next week. It is extremely important for you to use the sign-up links that are available on our website ([stanthonycody.org](http://stanthonycody.org)) to ensure you will have a seat! St. Anthonys **will be** distributing palms this year **and** offering the Living Stations of the Cross on Good Friday at 2pm. Because we have RCIA candidates coming into the Church at the Easter Vigil, St. Anthonys has been following Cycle A with regards to the Sunday readings.

Bishop Steven Biegler has extended the dispensation from Mass to the end of June in an attempt to continue to keep people safe and minimize the spread of Covid-19. If you have been unable to



attend Mass & have needs that the priests/deacons/lay people can assist you with, **PLEASE** contact the Office at 587-3388.

Frs. Clark & Heston are available for Confessions throughout the week and on Saturday **BY APPOINTMENT ONLY!!** Please call the Office sooner rather than later to schedule your reconciliation!

### Fish 'n' chips

It's March 5th, the third Friday of Lent, and the faithful parishioner stumbles through pouring rain past hamburger huts and steak houses into the monastery at Mount Angel and requests shelter. He's just in time for dinner and was treated to the best fish and chips he's ever had.

After dinner, he goes into the kitchen to thank the chefs. He's met by two brothers, "Hello, I'm Brother Michael, and this is Brother Francis."

"I'm very pleased to meet you. I just wanted to thank you for a wonderful dinner. The fish and chips were the best I've ever tasted. Out of curiosity, who cooked what?"

Brother Michael replies, "Well, I'm the fish friar."

The man turns to the other brother and says, "Then you must be . . ."

"Yes, I'm afraid I'm the chip monk." (alldeaf.com)

If you want to advertise in the bulletin, please call the Parish office at 587-3388.

 <p><b>LOVERA INSURANCE</b> HEALTH   LIFE   DENTAL 307.578.7531 Individuals ~ Families ~ Self-Employed 1501 Stampede Ave Cody, WY 82414 loverainsurance.com</p>	 <p><b>A JACK OF ALL TRADES</b> Handyman Service James Hernandez II 307-272-3737 James2.jat@gmail.com</p>	 <p><b>KEA Electric</b> Licensed Master Electrician 307-250-3168 2013 Newton Ave Cody, WY 82414 tommyk307@live.com</p>
 <p><b>MUSIC LESSONS</b> GUITAR, PIANO, UKULELE, VOCAL <b>ACCOMPANIST &amp; VOCALIST</b> MASSES &amp; SPECIAL EVENTS <b>MUSIC THERAPY</b> Patricia Wormington 307 213 0229</p>	 <p><b>Chuck's Lawn Care, INC</b> - For all your custom lawn and tree care - Mowing • Aerating • Power Raking Lawn Fertilization • Weed Control Seasonal Yard Cleanup • Snow Removal Tree and Shrub Care • Insect Control CHUCK DURM P.O. Box 1928 • Cody, WY 82414 307.699.7386 • 307.527.7386</p>	 <p><b>Serenity</b> Pregnancy Resource Center New Address! 1826 Stampede Ave Cody, Wyoming 307.213.5025 <b>Services Offered</b> Pregnancy Tests      Referrals &amp; Resources Ultrasound              Prenatal Classes Pregnancy Options      Post Abortion Healing Counseling                Groups <i>All of our services are free and confidential.</i></p>

# St. Anthony Religious Education Tidings

May this Season of Lent bring you Great Peace  
as you Prepare for the coming of Easter

## RELIGIOUS EDUCATION CLASSES

**Kindergarten through 5<sup>th</sup> Grade** will meet on, Wednesday, March 10<sup>th</sup> . Class time is 4:00pm to 5:15pm.

**Middle School and High School** Classes will meet on Wed, , March 10<sup>th</sup>.

Class time is 6:30 until 8:00 pm. **Grade 6<sup>th</sup> will meet in the Parish Center. Grades 7<sup>th</sup> through 12<sup>th</sup> will meet in Brady Hall.** You will be watching *"Presence, The Mystery of the Eucharist"* Part 3 with a discussion to follow.

**ALL STUDENTS & TEACHERS must wear masks** at all times unless, and until, given permission to remove them by the Teachers - once safe-distancing is achieved. Some classes, depending on the number of students and the room size, will have to keep the masks in place.

**IF YOU DO NOT** want to wear a mask, please, do not attend.

## FORMED.ORG

We, as a parish, have subscribed to **FORMED.ORG. The Catholic Faith on Demand.**

The Parish has already paid for this wonderful resource.

To join Formed.org,

- ✓ go to [formed.org](https://www.formed.org)
  - ✓ choose "Sign Up"
  - ✓ choose join a parish
  - ✓ type in the zip code
  - ✓ choose St. Anthony of Padua, Cody
  - ✓ enter your email
  - ✓ pick your program.
- "That's it!"

### "BEING CATHOLIC" Class & Discussion Our Redemption

*Join us for a Lively Class and Discussion of the Catholic Faith. We will discuss how God, Life, Religion and History are all interconnected. Our discussions will cover what we believe, what we think and what we do.*



*All your questions will also be answered. You will be given many handouts as well. Our next class will be on Thursday, March 11<sup>th</sup>, from 6:00pm until 7:30pm in the Joan of Arc Room in the Parish Center. Classes will be led by Deacon Rick Moser. Please Join us.*

## The Living Stations of the Cross

The Living Stations of the Cross will be on Good Friday, April 2, 2021 following the 1 p.m. Veneration of the Cross.

We're looking for volunteers to help set up one of the 14 Stations. We're also looking for middle school and high school students who would like to participate in the outdoor, still-life portrayal of the Passion.

If you would like to volunteer,

please contact Laura Veronica at (307) 899-4576.



## GRIEVING AND THE EUCHARIST

Dcn. Rick 2005, *Wyoming Catholic Register*

Very close, life-long friends of my wife lost their oldest daughter in January of 2004. Ashleigh was killed in an auto accident during a terrible winter storm in Connecticut; she was twenty-two. Her parents, life-long Catholics, couldn't have suffered more than they did. We visited them after the funeral and my wife visited again during the summer. We have tried to say the right things, they have tried to do the right things, but their grief remains terribly severe. I wish to dedicate this column to them.

During my Communion meditations, as I see other people returning to their seats, I often think, "they have Jesus inside them, too; shouldn't that make us very close to one another?" Since each of us is a living tabernacle for our creator and our savior, shouldn't it be easier to see Jesus in them? Since He is physically present in their bodies, shouldn't we treat them better?

In the Eucharist, we are even closer than that; we are intimately close. Why? Because, individually, we don't receive a piece of Jesus, and we certainly don't receive a new Jesus. In the Eucharist, Jesus is wholly present: body, blood, soul and divinity. Each of us receives the one Jesus, completely present in each host. It is as if there were only one host, but present in each one of us. If we were pure spirits and could occupy the same space (or actually none at all), we could truly receive the very same Host. As material beings, we cannot do that, but spiritually it is still the same Living Eucharist. I visualize all of us superimposed on top of each other, like layers in Photoshop, receiving the same host, receiving life from the same beating, bleeding heart. That is how close we are in the Eucharist. Wouldn't it be wonderful if we could treat each other as if we shared the same heart, the same source of Life.

This meditation gets deeper, yet! We are not just close to each other at Mass and during the reception of the Eucharist, this intimacy goes beyond the church walls. Jesus is wholly present in the Eucharist and where Jesus is, there, too, is the Father. Jesus, Himself, has said this. And, certainly, where the Father and the Son are present, the Holy Spirit is present, too, because the Holy Spirit proceeds from the Father and the Son. Therefore, in the Eucharist, we not only receive the living Body and the Blood of Our Savior, we also receive the Trinity. And where the Trinity is, there, too, are the nine choirs of angels, falling down in worship, singing their celestial songs. When we receive Holy Communion, we are present at and are participating in an eternal, celestial event that is of a significance and of a glory that is beyond our understanding and our wildest imagining.

As wonderful as the Eucharist is, what does it have to do with grieving?

In answering, I ask a question; "Where are our loved ones: our children, our parents, our spouses, who have died?"

We answer, "they are in heaven."

"And where is heaven?"

"Heaven is where God is."

"Where is God?"

"God is everywhere." Yet, He is truly and physically present in the Eucharist. Our loved ones, being



The Holy Sacrifice of the Mass



pure spirits until the final judgement, can be anywhere and everywhere. Yet, we know that they are where God is. Therefore, they are truly present where the Eucharist is, for the Eucharist IS heaven!

In the Eucharist, we are not only close to each living person who receives the Eucharist, we are equally and intimately close to the entire Mystical Body which includes the Communion of Saints.

To my dear friends who are grieving, when you receive your precious Lord and Savior in the Eucharist, return to your seats, filled with wonder and awe, kneel down, bow your head, close your eyes, fold your hands and adore your Savior, thanking Him for creating you out of love, for saving you and for loving you into existence each and every day. Then ask our divine, merciful and loving Savior to call forward your loved ones and to give them a tender hug for you. They are not only in the presence of the Eucharist, but they are now present in you. Talk freely to them, knowing they are present, knowing they are attentive and knowing that they are truly one with you. In fact, they are more united with you now than they were before their deaths. They ARE truly present. Love them. Love them in union with Jesus, Himself, who is head over heels in love with us all. Then, thank the Lord for His goodness and consolation, and don't be surprised if you experience a warm peace, a peace that lasts, and a peace that turns grief into tears of joy.

#### **LENT - From the Diocese of Cheyenne:**

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. 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.



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