



**1st Sunday
of Lent**

God calls us to a deeper life of faith this Lent, which prepares us to receive him and to go on mission.

In the first reading, having saved Noah and all who had been on the ark, God establishes his covenant with Noah and his descendants after him. As a sign of this covenant, God placed the rainbow in the clouds.

Saint Peter says that Jesus suffered for us *that he might lead [us] to God*. That's the good news of the Gospel – the doors to salvation in heaven have been opened to us! Today's Scripture passage about Jesus' 40 days in the desert is from Mark's Gospel, and it is far shorter than that in Matthew or Luke. Mark focuses less on the temptations themselves and ends with the heart of the New Testament message: Jesus says, *This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel*. Jesus' time in the desert was one of preparation for his ministry. We can prepare during Lent for the upcoming Paschal Mystery by thinking of three questions.

First: How have we been saved by God already in our lives? Are there times of trial from which we've been delivered? It's so easy to see only what's in front of us, and the sufferings of the moment. Reflect back on years gone by and actively look for ways that God has delivered. This should serve to deepen our trust in God.

Second: How have we been led to God? How have we been blessed, and saved? What methods of prayer brought us closest to him? Take those lessons and take advantage of them this Lent.

And the third question: How might we best follow the Lord into the desert? Perhaps focusing on all the penitential practices of the season might be a way to open our hearts to the Kingdom. The Kingdom, having been rooted in our hearts, enables us to bring it to others.

As we prepare to receive the Eucharist, let the grace of the sacrament bring us ever closer to further union with our saving Lord.

~Excerpts from Faith Catholic

Mass & Confession Schedule
Confession: Saturday, 2:00 pm – Outdoor
Masses: Saturday, 4:00 pm – Outdoor
 Sunday, 8:30 am & 11:00 am - Indoor
 Tues through Fri, 8:30 am - Indoor

Lenten Schedule
 Adoration: Fridays during Lent at 5:30pm – Indoor
 Stations of the Cross: Fridays during Lent at 6:00pm – Indoor

Holy Communion
 Those of you who are sheltering in place and attending Mass virtually are invited to receive **Holy Communion** by coming to the church immediately following our "in-person" Masses. You may also contact a priest to schedule a time to receive Holy Communion by calling 707-822-7696 and leaving a message on Fr Francis' or Fr Fabian's line.

Prayer of Spiritual Communion
 My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Sat Feb 20: Saturday after Ash Wednesday
 Rdgs: Is 58:9b-14 Ps 86:1-6 Lk 5:27-32
 3:00 pm – Natalia Oliveira +

Sun Feb 21: First Sunday of Lent
 Rdgs: Gn 9:8-15 Ps 25:4-9 1 Pt 3:18-22 Mk 1:12-15
 8:30 am – Rena Giori +
 11:00 am – Anne Farrar +

Mon Feb 22: The Chair of St Peter the Apostle
 Rdgs: 1 Pt 5:1-4 Ps 23:1-6 Mt 16:13-19
 No Mass

Tue Feb 23: Lenten Weekday; St Polycarp
 Rdgs: Is 55:10-11 Ps 34:4-7, 16-19 Mt 6:7-15
 8:30 am – Natalia Oliveira +

Wed Feb 24: Lenten Weekday
 Rdgs: Jon 3:1-10 Ps 51:3-4, 12-13, 18-19 Lk 11:29-32
 8:30 am – Eugene Gallacii +

Thu Feb 25: Lenten Weekday
 Rdgs: Est C:12, 14-16, 23-25 Ps 138:1-3, 7c-8 Mt 7:7-12
 8:30 am – Kelly McKenzie +

Fri Feb 26: Lenten Weekday
 Rdgs: Ez 18:21-28 Ps 130:1-8 Mt 5:20-26
 8:30 am – For the strength of the bishops to be holy shepherds in protecting & leading their sheep from all harm

Sat Jan 27: Lenten Weekday
 Rdgs: Dt 26:16-19 Ps 119:1-2, 4-5, 7-8 Mt 5:43-48
 3:00 pm – Horacio Carvalho +

Sun Jan 28: Second Sunday of Lent
 Rdgs: Gn 22:1-2, 9a, 10-13, 15-18 Ps 116:10, 15-19 Rom 8:31b-34 Mk 9:2-10
 8:30 am – Natalia Oliveira +
 11:00 am – Nelo & Lena DalPorto +

Pray for the Sick: Names are listed here by request & will remain for four weeks. If you would like to extend the listed time or if you would like to add a name, please contact the office at 707-822-7696 or stmarysarcata@gmail.com. Thank you.
 Joseph Dimmick, Larry Duff, Carl Sikora, Melissa Gordon, Linda Burr, Krista Melendy, Natalia Avelar, Joseph Johnston, Connie Jo Nunes, Elena David, Cecilia Mendonca, & Gary Nicholson

Pray for the Souls of the Faithful Departed:
 Jan Mobley (Pat Heavilin's sister), Fr. Mathew Ittiyappara, Natalia Oliveira, Mary Carson, Msgr Gerard Brady, & Carlos P. Avelar

Our Parish needs your support!
Thank you to all those who have donated to the parish. Your generosity is much appreciated. This is a challenging time for all of us: spiritually, physically, & financially. If your budget allows during these trying times, please consider donating to St Mary's Church, 1690 Janes Rd, Arcata, CA 95521, or donating online at www.stmarysarcata.com. **Thank you!**
Offertory Donation Feb 14: \$1652.00

Youth & Young Adult resources: www.catholicya.org & www.onfirenorcal.com or email Stephen Morris at dsryouth@srdiocese.org

Masses for the People & of Reparation
 Mass for the People: Feb 17
 Mass for the healing/support of all victims of clergy sexual abuse: Feb 12
 Mass for the conversion & just punishment of the perpetrators & concealers of sexual abuse: Feb 19
 Mass for the strength of the bishops to be holy shepherds in protecting & leading their sheep from all harm: Feb 26



Saint of the Week Saint Scholastica

Twins often share the same interests and ideas with an equal intensity. Therefore, it is no surprise that Scholastica and her twin brother, Benedict, established religious communities within a few miles from each other.

Born in 480 of wealthy parents, Scholastica and Benedict were brought up together until he left central Italy for Rome to continue his studies. Little is known of Scholastica's early life. She founded a religious community for women near Monte Cassino at Plombariola, five miles from where her brother governed a monastery.

The twins visited each other once a year in a farmhouse because Scholastica was not permitted inside the monastery. They spent these times discussing spiritual matters. According to the *Dialogues of St. Gregory the Great*, the brother and sister spent their last day together in prayer and conversation. Scholastica sensed her death was close at hand and she begged Benedict to stay with her until the next day.

He refused her request because he did not want to spend a night outside the monastery, thus breaking his own Rule. Scholastica asked God to let her brother remain and a severe thunderstorm broke out, preventing Benedict and his monks from returning to the abbey. Benedict cried out, "God forgive you, Sister. What have you done?" Scholastica replied, "I asked a favor of you and you refused. I asked it of God and he granted it."

Brother and sister parted the next morning after their long discussion. Three days later, Benedict was praying in his monastery and saw the soul of his sister rising heavenward in the form of a white dove. Benedict then announced the death of his sister to the monks and later buried her in the tomb he had prepared for himself.

Reflection: Scholastica and Benedict gave themselves totally to God and gave top priority to deepening their friendship with him through prayer. They sacrificed some of the opportunities they would have had to be together as brother and sister in order better to fulfill their vocation to the religious life. In coming closer to Christ, however, they found they were also closer to each other. In joining a religious community, they did not forget or forsake their family but rather found more brothers and sisters. Saint Scholastica is the Patron Saint of Nuns.

~Excerpts from Franciscan Media

Online Worship Opportunities

Dispensation from attending Mass in person is still in effect. In an effort to continue the practice of our faith in these trying times, you may find livestreamed masses &/or resources on the following websites:

- www.santarosacatholic.org (diocese)
- www.franciscanmedia.org (saint of day)
- www.wordonfire.org (click on Resources)
- www.ewtn.com (click on TV) or EWTN Channel 23 on your television set

Mass Schedule Update – Saturday mass moving to 4:00 pm

- Saturday Vigil: 4:00 pm – Outdoor
- Sunday: 8:30 am & 11:00 am – Indoor
- Tuesday through Friday: 8:30 am - Indoor

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com



40 Days to Grace and Glory

This Lent, we invite you to journey with Dr. Tim Gray by signing up for FREE Daily Lenten Reflections & suggestions of ways to apply them to your life. Available on formed.org/lent.

40 Days for Life Feb 17-March 28

40 Days for Life is a cross-denominational, faith-based pro-life campaign of prayer & fasting, peaceful vigil, & community outreach. Learn more by visiting the web address 40daysforlife.com/Humboldt or contact Stephanie at 40DaysForLife.Humboldt@gmail.com or at 707-498-7758.

Scrip! The St Mary's Scrip program is an ongoing fundraising tool for our many maintenance needs in our parish. Purchasing scrip is a dollar-for-dollar exchange; there are no extra costs for you to use scrip. We carry scrip from many local merchants, VISA scrip that can be used wherever VISA is accepted, & we are able to order from a huge selection of out-of-town merchants! Please consider using Scrip. Please call Alice @ 707-822-6850, Cathy @ 707-616-4772 or Bev @ 707-826-2729 to place your order. Thank you!

Additional Mass & Worship Opportunities

Christ the King Church, McKinleville

Weekdays

- Monday Mass: 11:00am
- Friday Adoration: 3:00pm
- Friday Mass: 3:30pm

Weekends

- Saturday Mass: 4:00pm
- Sunday Mass: 1:00pm

WELCOME TO ST MARY'S! Whether you are a long time parishioner, a returning Catholic, or a new member, we hope your time with us is a meaningful and spiritual experience. If you haven't registered, please complete this form and return it to the rectory office or place it in the offertory basket. Name: _____ New Parishioner yes / no
Address: _____ Phone: _____