

# † First Sunday of

# LENT

February 18th, 2024

## Today's Readings:

*First Reading:* Genesis 9:8-15

*Responsorial Psalm:* Psalm 25: *Your ways, O Lord, are love and truth to those who keep your covenant*

*Second Reading:* 1 Peter 3:18-22

*Gospel Reading:* Mark 1:12-15

St. Joseph Parish



Knights of Columbus

Pancake

Breakfast

February 18th, 2024

8:00 a.m. to 1:00 p.m.

Parish Center Gym

Please come and help support our local Knights of Columbus.

Come and enjoy a hot breakfast.

Menu: Pancakes, scrambled eggs, sausage, coffee and orange juice.

Price: Adults—\$ 7.00

Children—(Ages 4 to 12) - \$ 4.00

Children 3 and under are Free.

**Attention:**

**Daily Mass on Tuesday,**

**Feb. 20th will be**

**at 9:00 a.m.**

## Repent and believe in the Gospel

Repentance means to change - to change my way of thinking, my attitude, my disposition, and the way I choose to live my life - so that the Lord Jesus can be the Master and Ruler of my heart, mind, and will.

Whatever stands in the way of God's will and plan for my life must be surrendered to him - my sinful pride, my rebellious attitude, and stubborn will to do as I please rather than as God pleases. If I am only sorry for the consequences of my own sinful ways, I will very likely keep repeating the same sins that control my thoughts and actions. True repentance requires a contrite heart and true sorrow for sin (Psalm 51:17) and a firm resolution to avoid the near occasion of sin.

The Lord Jesus gives us the grace to see sin for what it really is - a rejection of his love, truth, and wisdom for our lives and a refusal to do what he says is right and good for us. His grace brings pardon and freedom from guilt, and breaks the power of bondage to sin in our lives through the strength and help of the Holy Spirit who dwells within us. If we yield to the Holy Spirit and not to our sinful inclinations, we will find the strength and help we need to turn away from all wrong-doing and whatever else might keep us from living in his truth and love.



## Readings for the Week:

Monday: Lv 19:1-2, 11-18, Mt 25:31-46

Tuesday: Is 55:10-11, Mt 6:7-15

Wednesday: Jon 3:1-10, Lk 11:29-32

Thursday: 1 Pt 5:1-4, Mt 16:13-19

Friday: Ez 18:21-28, Mt 5:20-26

Saturday Morning Mass: Dt 26:16-19, Mt 5:43-48

Weekend Readings for February 24th & February 25th

—Second Sunday of Lent

First Reading: Genesis 22:1-12, 9a, 10-13, 15-18

Responsorial Psalm: Psalm 116: I will walk before  
the Lord, in the land of the living.

Second Reading: Romans 8:31b-34

Gospel Reading: Mark 9:2-10



The Parish Office will be  
Closed on Monday,  
February 19th in  
observance of  
Presidents Day.

## Church volunteers help drive the growth of the church.

Without these vital volunteers, churches often struggle to execute their ministries and services. After all, the work of volunteers comes from the heart of people who would love to honor God through serving the church.

Jesus words, "the harvest is plentiful, but the laborers are few."  
We need your help!!

We are in need of ALTAR SERVERS  
to serve at Mass.

**STUDENTS AND YOUTH:**

If you have received your First Communion then you can help with this important ministry at Mass. Please reach out to Paul DeCock if you are a student at 719-942-3696.

**ADULTS:** We are reaching out to you  
to help too!!

There will be training for those who are interested. Please reach out to FR. JIM for training (adults) or any questions that you might have. Thank you!!

The Knights of Columbus will hold their monthly social meeting on Thursday, February 22 at 7 p.m. in the Knights room on the second floor of the school building. All Knights of Columbus members are welcome to attend. Food and drink will be available. Please contact Tony Trujillo at 719-539-7248 for further information.

## THE SEASON OF *Lent*

### Confessions:

Fr. Jim will be available after DAILY MASS for Confessions on Fridays during Lent (during Adoration).

Confessions are Saturday from 4:00 p.m. to 4:45 pm. or by appointment.

### Daily Mass and Adoration:

Daily Masses are Tuesday thru Saturday.  
Please check your bulletin for times.

Lenten Suggestion: Try to attend Daily Mass and spend one hour of adoration during the week, even for one day per week.

Adoration of the Blessed Sacrament is for one hour after Daily Masses on Tuesday, Wednesday and Fridays.

### Stations of the Cross:

Stations of the Cross recited every Friday during Lent at 6:00 p.m.



Created and submitted by:  
Mary McGlasson

## Some Unhealthy Things to Give Up for Lent

1. Resentments. Is there anyone in your life that you harbor resentment toward? Now is a good time to let those feelings go and pursue forgiveness.
2. Snacks. Do you have something sugary or starchy you regularly eat between meals? Is it helping or hindering your health?
3. Arguments with your spouse. Make a deliberate choice to use calm discussion tactics (like each person writing down their concerns) when you disagree on something.
4. Conflict avoidance. It's never fun having a hard conversation with a coworker or family member, but avoidance only delays the pain.
5. Not sending thank-you cards. You know you need to say "thank you."
6. Forgetting to talk with loved ones. You don't have to answer every text from your third cousin, but you can find time to answer more messages and send thank-you cards.