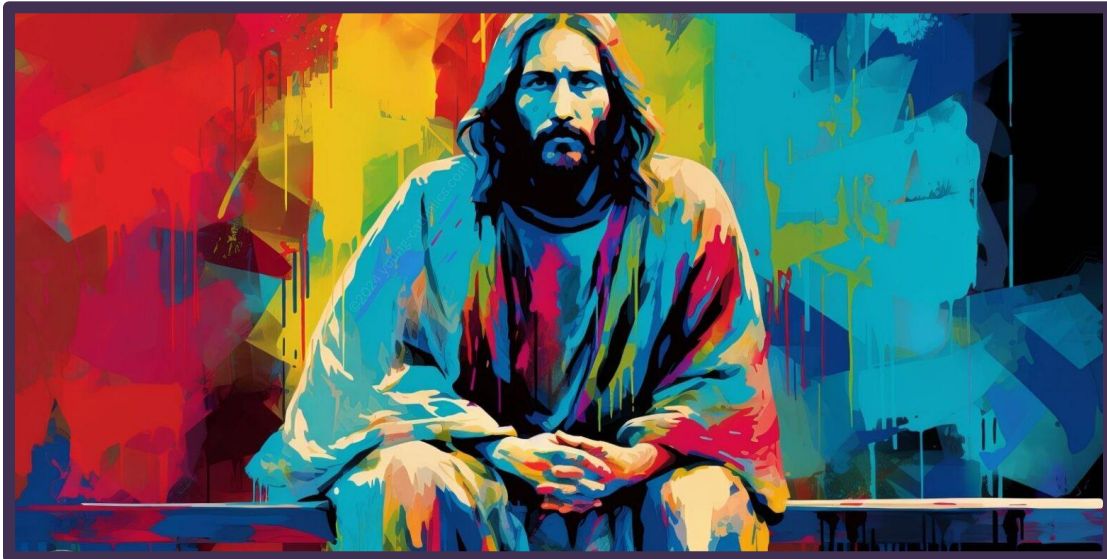


MY PARISH FAMILY

Immaculate Conception (Colville) – Sacred Heart of Jesus (Kettle Falls)
Pure Heart of Mary (Northport)

March 3, 2024: Third Sunday of Lent



MASS AND CONFESSION SCHEDULE

Tuesday, March 5

5:00 p.m. Confessions (Colville)

5:30 p.m. Mass (Colville)

Debbie Gotham +

Wednesday, March 6

7:15 a.m. Mass (Colville)

Merrill Milliette +

Thursday, March 7

7:15 a.m. Adoration/Confessions

8:30 a.m. Mass (Colville)

Michael Clash +

11:30 a.m. Mass (Republic)

Dick Laird +

Friday, March 8 **First Friday**

7:15 a.m. Mass (Colville)

7:45 a.m. – 5:15 p.m. Adoration

Fr. Richard House +

Saturday, March 9

3:00 p.m. Confessions

4:00 p.m. Mass (Colville)

Elliott Harris (birthday)

6:00 p.m. Mass (Kettle Falls)

Deceased Knights of Columbus +

Sunday, March 10 John 3: 14-21

8:00 a.m. Confessions (Colville)

9:00 a.m. Mass (Colville)

Pro Populo

12:30 p.m. Mass (Curlew 2nd Sunday)

Curtis Brenner

4:00 p.m. Mass (Republic)

Curtis Brenner

PARISH STAFF

Pastor Father Kenneth St. Hilaire
pastor@myparishfamily.org

Office Manager Pam Milliette-Gotham
info@myparishfamily.org

Custodian (SHJ) Dawna Parazoo

Facilities Supervisor (ICP) Greg Rainer

Parish Office Hours T-W-Th 9-3 p.m. (509)-684-6223

PARISH MINISTRIES

Pastoral Councils Contact Cindy Campbell

Finance Council Joe Fazzari (ICP), Dave Hewes (SHJ), Art Paine (PHM)

Knights of Columbus Randy Carstens

Adoration Cecily Van Cleave

Prayer Line-**680-4673** JoHanna Andrews

Funeral Luncheons Janey Kuh

Sacristan Fran Trail

Social Outreach Pam Vail

Friendship Feast Dawna Parazoo

Servants of the Sick Dave Hewes

Youth Group Gary and Marti Axtell

PREPARES Pat Taylor

Librarian Vivian Natale

Quilt Ministry Dolores Cline

Religious Education Sandi Dotts & Sarah Marshall

Sacraments

BAPTISM OF CHILDREN: Please call to schedule instruction and a date for the baptism.

SACRAMENT OF PENANCE: As scheduled or by appointment at any parish location.

MARRIAGE: Schedule an appointment with Fr. Kenny at least 6 months prior to setting the wedding date.



Dear parishioners and guests,

This is the Third Sunday of Lent, which means we are already, shockingly, nearing the halfway point of this season. We looked last week at one of the main difficulties in maintaining a life of prayer: prioritizing it so that it doesn't get edged out by all the other things we need or want to get done during the course of the day.

Another real challenge in our prayer life is distraction, which is a malady suffered by many or even most people who pray. I've heard of recent studies claiming that distraction is actually the *natural* state of the human brain; if that's the case, then it's no surprise that so many people struggle to pay attention during prayer!

Before we beat ourselves up for getting distracted during prayer, I recommend we do a bit of discerning. It may be the case that what looks like a distraction is actually something we ought to *bring into* our prayer. For example, if we can't stop thinking about a recent conversation, maybe the Lord is inviting us to talk to Him about how we feel about that conversation or how a relationship was affected by that conversation. It's not necessarily the case that we should try to dismiss the "distracting" thoughts; we might find that bringing the conversation into our prayer can help us find peace.

Now, there are a lot of thoughts that are genuine distractions, and I do not say that we should make these the subject matter of our prayer time. Thinking about errands we're going to run later, or about what's happening in the book we've been reading, or about how to fix the irrigation system for the lawn, or about a story we heard on the news ... these (and many, many more!) fall into the category of distractions that should probably be set aside.

I don't know of any surefire strategy for eliminating distractions completely, but there are things we can do to help minimize them. Turn the television and radio off. Silence the cell phone. Set up a place in the house that will be conducive to prayer; use icons, statues, or other religious artwork to help focus. Sit comfortably and take some deep breaths.

And in the moment we realize that we have become distracted, we gently bring ourselves back to the Lord and try to focus once again on being in His presence, praising Him, thanking Him, loving Him, listening to Him, and pouring our hearts out to Him. Perseverance is key! We mustn't let distraction lead to discouragement, but keep pressing on in the pursuit of quality prayer time.

Fr. Kenny St. Hilaire, Pastor



ADORATION OF THE BLESSED SACRAMENT

First Fridays: 7:45 a.m. - 6:00 p.m.
All other Fridays: 7:45 a.m. - 8:45 a.m.
Every Thursday: 7:15 a.m. - 8:15 a.m.

PLEASE PRAY FOR THE SICK

Please pray for our Colville, Kettle and Northport Parishes: Janelle Stroyan, Margaret Olson, Harold Rothwell, Mert Graham, Donna Norman, Palin Driver, Suzan Andrew, James Rowland, Elaine Huff, Lisa Huff, Roger Bresnahan, Diane Hess, Jim Miller, Loretta Bowling, Ella Sprangers & family, Father Charles Klutz, Karen Hamel, Kenzie Sackman, Mick, Greg and Luke McCrea. (Please remember, the list rotates each week.)

If you or someone you know are sick or homebound and would like to receive a visit, Holy Communion, or Anointing of the Sick, please call the parish office.

Weekly Contributions: February 17-18

Immaculate Conception (Colville): \$2,989.00
Sacred Heart of Jesus (Kettle Falls): \$6,414.00
Social Outreach: \$85.00
ICP Capital Improvement: \$20.00
Rice Bowl: \$167.00



Knights of Columbus events:

March 10 – breakfast at ICP after 9:00 Mass (fundraiser for senior support). April 20 – spaghetti dinner at Sacred Heart after Mass. The Knights are pleased to announce we raised just over \$300 for the Knights of Columbus scholarship fund at the last breakfast. Thank you and God bless all who attended, helped prepare/serve, and supported this worthy event!



Sunday Morning Confessions. Please note that Father Kenny is offering confessions before Mass on Sunday mornings at 8:00 a.m. during Lent.

Donut Sundays - First and Third Sunday of every month: Come and join your fellow parishioners for coffee, donuts, and a visit after the 9:00 a.m. Mass this Sunday, March 3.



Pope Francis's Prayer Intentions for March:

For the new martyrs. We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.



The Annual "Hearts on Fire" Men's Conference will be held March 23 from 7:30 a.m. to 4:00 p.m. at St. Thomas More Parish in north Spokane. Father Robert Spitzer will speak on the Real Presence of Jesus in the Eucharist, and there will be thought-provoking discussions and meaningful worship. Hearts on Fire gathers men to invite them to be Christ's disciples, enkindle in their hearts the flame of the Holy Spirit, and send them out as witnesses of the Father's love. The registration fee is \$45.00, and includes a light breakfast, and a hearty lunch catered by De Leons. To register or to obtain more info visit www.dioceseofspokane.org and search under "Events" or call 509-358-7320.



Catholic Etiquette: Here are a few refreshers on etiquette at Mass.

*Dress modestly and appropriately before the Lord. *Men and boys, kindly remove hats or caps when in church.

*Please fast from food and drink (medicine and water are permitted) at

a minimum of one hour prior to receiving Holy Communion. *Please dispose of chewing gum before entering the church.



How can I stay focused during my Holy Hour? Catholic authors Mike Aquilina and Reg Flaherty suggest that you divide your hour into four fifteen-minute segments. Your first fifteen minutes can be spent

in **meditation**. Meditate on Jesus and His presence before you. The next fifteen minutes can be spent in **thanksgiving**. Thank God for all that He has bestowed upon you, especially through the Sacraments. In the third segment, you can recite prayers of **petition**. Pray that God's will be done for all as you make your requests known to Him. Pray for the needs of yourself, your friends and family, and the Church. You can also pray for the sick, the poor, and the lonely. Finally, you can use your last fifteen minutes in **adoration**. Reflect on the areas in your spiritual life where you can improve and express sorrow for your sins. The most important part of a holy hour is to listen throughout your time with Jesus and to allow Him to speak to your heart.



The next **Wine and Cheese** event will be **April 13** after the 4:00 p.m. Mass in the parish hall at Immaculate Conception. *Please note there will be no wine and cheese social in March.*



Presence-The Mystery of the Eucharist

"We live in an age that does not orient the heart toward mystery. ...[M]any Catholics approach the Holy Eucharist with indifference. Presence is a perfect blend of storytelling to fire the imagination, personal testimony to stir the soul, and theological instruction to inform the intellect." This week in episode three we learn about how vital the Eucharist is to our spiritual life. God saved the Israelites from starvation in the wilderness by providing manna for them. We need the Eucharist even more than the Israelites needed the manna. It sustains and strengthens us for our life's journey.



Your Lenten alms through CRS Rice Bowl make a global difference for millions of our sisters and brothers experiencing the greatest need. They help families in countries like Uganda, El Salvador and Indonesia to access nutritious food and build sustainable livelihoods in the midst of difficult economic times. Please make a generous donation today and join us in praying that we may grow closer to God by serving one another this Lent.



Soup Suppers on Fridays during Lent will be offered after **Stations of the Cross** at ICP and SHJ. Stations are at 5:30 p.m. at both locations. At SHJ, there will also be a time for reflection on some sermons focused on the Passion of the Lord.



NO, I DON'T APPRECIATE THE IRONY...
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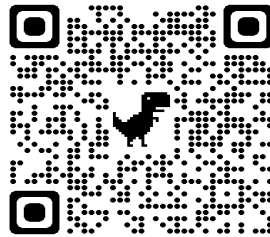
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Any dead fish can go with the stream, but only a living one can go against it. G.K. CHESTERTON
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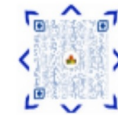
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