

MY PARISH FAMILY

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

March 10, 2024: Fourth Sunday of Lent



MASS AND CONFESSION SCHEDULE

Tuesday, March 12

5:00 p.m. Confessions (Colville)

5:30 p.m. Mass (Colville)

Oliver Harris

Wednesday, March 13

7:15 a.m. Mass (Colville)

Fr. Daniel Barnett (birthday)

Thursday, March 14

7:15 a.m. Adoration/Confessions

8:30 a.m. Mass (Colville)

Andrew & Annabel Sprangers

11:30 a.m. Mass (Republic)

Dick Laird +

Friday, March 15

7:15 a.m. Mass (Colville)

7:45 a.m. Adoration

Ed Jefferson +

Saturday, March 16

3:00 p.m. Confessions

4:00 p.m. Mass (Colville)

Peggy & Frank Hanley +

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

Msgr. John Cihak

Sunday, March 17 John 12: 20-33

8:00 a.m. Confessions (Colville)

9:00 a.m. Mass (Colville)

Pro Populo

12:30 p.m. Mass (Northport 3rd Sunday)

Rose Marie Phillips +

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 GroupGary 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,

One thing that can help us to be faithful to our Lenten resolutions is to recognize the potential difficulties we might encounter along the way. By anticipating the challenges that could arise, and by knowing how to overcome them, we have a better chance of staying true to our spiritual exercises of prayer, fasting, and almsgiving. I spent the last two columns looking at difficulties in prayer; this week, let's consider fasting.

If "the flesh" (according to St. Paul's use of the term, meaning our fallenness, or that part of us that suffers the effects of Original Sin) is accustomed to getting its way, it will put up quite a fuss when it is denied its desired pleasures. For example: if, in my brokenness, I have developed an attachment to talking about other people's faults, there will be something in me that resists mightily when I try to keep my mouth shut or to say something positive.

Similarly, if we are in the habit of treating ourselves with something sweet at the end of every meal, but we've decided it's unhealthy to continue yielding to every craving, we will likely feel a strong urge to find something sweet – maybe even a stronger urge than before we began to bring that drive under control.

Depending on what kind of fasting we're doing for Lent, we may find ourselves facing the thought: "I can't live without this!" For some, it might be coffee, alcohol, or cigarettes. For others, it might be television, computer games, or social media. If we have chosen our form of Lenten fasting very deliberately, we may find ourselves in a situation akin to being between a mother bear and her cub. Sometimes our appetites can be ferocious!

What should we do when we find ourselves struggling to fast? The first thing is to turn to Jesus. If we could just think for a moment of the terrible torment that Jesus suffered out of love for us, we would surely draw the inspiration needed to endure whatever suffering is ours because of fasting.

It also helps to remind ourselves of the truth that, even though we may feel strong desires for things, there's a lot that we could actually live without. And if we imagine the freedom that could be ours by being less dependent on these things, the desire for that freedom might just push us toward obtaining it. If our Lenten fasting takes us in that direction, we should consider it a very fruitful Lent.

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. Olin Birdsong, Oscar Romo, June Machala, Cinda Lorenzetti, Kenton Foundas, Chris Miller, Arvilla Vickers, Peter Perkins, Janneth Brown Drury, Monty LeCaire, Brittney Gagnon, Monica Parazoo, Pat Graham, Margie Christensen, Meggie Hyman, Dale McLeod, Mila Stewart, Lori Elledge, Susan Williamson, Mike Miller, and Lynn Gray. (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: March 2-3

Immaculate Conception (Colville): \$6,105.00
Sacred Heart of Jesus (Kettle Falls): \$1,081.00
Pure Heart of Mary (Northport): \$205.00
ICP Capital Improvement: \$105.00
Social Outreach: \$265.00
PREPARES: \$420.00
Rice Bowl (ICP Soup Supper): \$ 160.00



Knights of Columbus breakfast

after the 9:00 a.m. Mass this Sunday (fundraiser for senior support). On April 20 there will be a spaghetti dinner at Sacred Heart after the 6:00 p.m. Mass. The Knights thank you for supporting their efforts to serve those in need!



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. Next gathering will be March 17.



Make sure you visit our Parish website! It's a wealth of information. www.myparishfamily.org



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.
 *Please turn off (or to vibrate) all cell phones prior to entering the Church.
 *Please be "prayerfully silent." Refrain from unnecessary talking as it distracts others who are intently praying and reflecting. *Join in the singing and sing your praises to the Lord. Give Him thanks.



Easter Lilies: The congregation is again invited to honor or remember loved ones with a donation for Easter lilies. Suggested donation is \$10.00. Please write down the names of your loved ones on the provided sheets in the gathering area, and their names will be in the Divine Mercy Sunday bulletin as an insert.



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



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.



Presence-The Mystery of the Eucharist

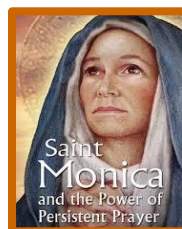
"How can this man give up his flesh to eat?" These words uttered 2,000 years ago are echoed today. The doctrine of the Real Presence presents a difficulty for many people. When we take the time to understand the difficulties, we become better equipped to help address them. This can be done especially by showing how the Scriptures really do mean what the Church says they do. This session examines objections to the Church's Eucharistic teaching and provides scriptural answers for them. This apologetic helps us to give a reason for our faith and to gain a deeper insight into our faith.



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.



Did you learn how to make the knotted rosaries with Tim Montowski? Valorie at Constructive Fun has the twine Tim recommended in several colors also a print-out of instructions.



St. Monica Prayer group: We will continue praying for our family members who have left the Church. The group will pray the Rosary and Divine Mercy Chaplet on the second Wednesday of each month at ICP following the 7:15 a.m. Mass March 13.



SPRING CLEANING.

Bulletin Cover Art: Courtesy of YoungCatholic.com

Advertiser of the week – Thank you!

Mary Kay-Valorie Anderson

Please see the ad on the back of the bulletin



March 28 • 4 pm - March 30 • 1 pm
Men's and Women's Holy Week Retreat
 The Triduum in Light of the Holy Year of Prayer:
 Praying the Three Days of the Pascal Mystery with Fr. Roger Keeler

ihrc.net/events
(509) 448-1224

Individuals: \$240, Couples: \$395 (includes lodging & 5 meals)
 Commuter: \$200 (includes up to 5 meals)



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Are You Prepared?

End of Life Workshop

Planning for Your Spiritual & Corporal Needs

Saturday, April 13 • 9:00 a.m. – Noon
St. Joseph Cemetery Chapel

(17825 E. Trent Ave., Spokane Valley, WA 99216)

NO CHARGE

Join us for this informative workshop and learn
how to preplan for the end of life.

Light refreshments provided.

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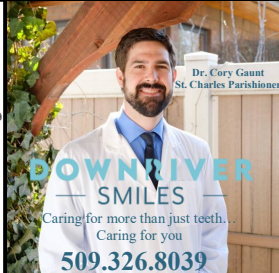
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