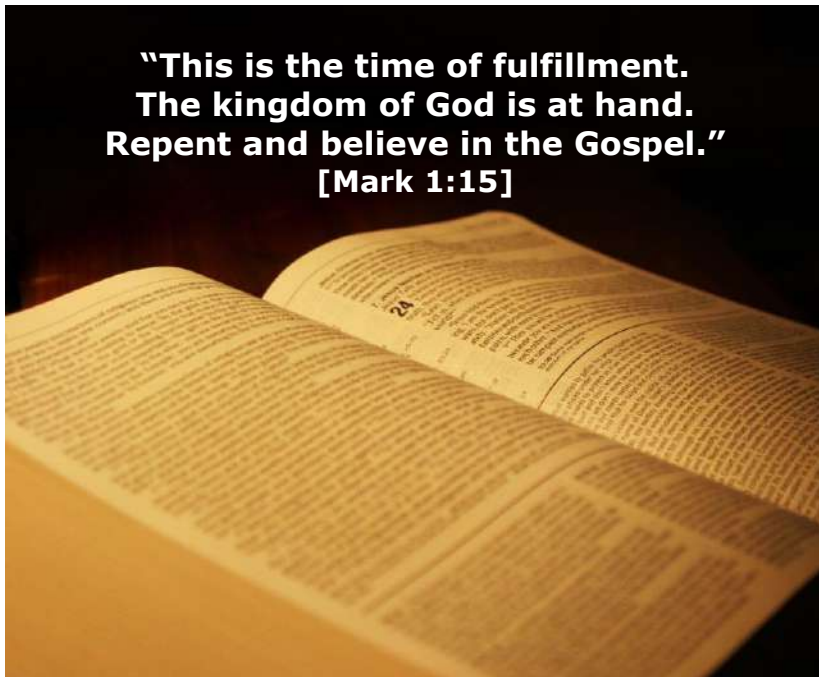


First Sunday *in the season of* LENT

**"This is the time of fulfillment.
The kingdom of God is at hand.
Repent and believe in the Gospel."
[Mark 1:15]**



"Repent and believe in the Gospel."

This invitation, which we find at the beginning of Jesus' preaching, introduces us into the Lenten season, a time to be dedicated in a special way to conversion and renewal, to prayer, to fasting and to works of charity. In recalling the experience of the chosen people, we too set out as it were to retrace the journey that Israel made across the desert to the Promised Land. We too will reach our goal; after these weeks of penance, we will experience the joy of Easter. Our eyes, purified by prayer and penance, will be able to behold with greater clarity the face of the living God, to whom man makes his own pilgrimage on the paths of earthly life."

+Pope Saint John Paul II



HOLY MASS SCHEDULE

SEE BULLETIN FOR HOLY DAYS

Saturday Vigil	4:00pm
Sunday	8:30am
	10:30am
	12:30pm
	5:00pm

Daily

Monday-Friday	6:30am
Monday-Saturday	8:15am

SACRAMENT OF BAPTISM

2:00pm on first and third Sundays.
Pre-Baptism class is at 2:00pm on second Sunday. All by appointment.

Sponsors need letter from their pastor.

SACRAMENT OF RECONCILIATION

2:30-3:30pm every Saturday;
Weekly Holy Hour with Confessions from 6:30-7:30pm every Wednesday.
Anytime upon request.
(Call for appointment.)

SACRAMENT OF MARRIAGE

No date should be set prior to seeing a priest or deacon six months before desired date.

SACRAMENT OF THE SICK

Please contact the Parish office.

614.885.7814

SAINTMICHAEL-CD.ORG
5750 NORTH HIGH STREET
WORTHINGTON, OHIO 43085



FIND US ON

facebook

facebook.com/stmichaelworthington

SAINT MICHAEL STAFF DIRECTORY

Website: saintmichael-cd.org

Parish Office: 614-885-7814

MINISTERS TO THE PARISH

Pastor: Fr. Michael J. Lumpe

Parochial Vicar: Fr. Wojciech Stachura, SAC

Priest in Residence/Diocesan Judicial Vicar:

Fr. Robert Kitsmiller

Priest in Holy Service: Fr. Peter Fegan, O.P.

Permanent Deacons:

Dcn. John Crerand

Dcn. Bill Demidovich

Dcn. Klaus Fricke (Retired)

Pastoral Minister: Sr. Riya Mary

srriya@saintmichael-cd.org

Youth Minister: Jake Asuncion

jasuncion@saintmichael-cd.org

Director of RCIA: Jake Neal

jneal@sjhcc.org

PARISH OFFICE

Business Manager: Kris Jesse

kjesse@saintmichael-cd.org

Office Manager: Kathy Trafford

ktrafford@saintmichael-cd.org

Receptionist/Secretary: Rhonda Marinelli

rmarinelli@saintmichael-cd.org

Marketing & Communications: Rebecca Lund

rlund@saintmichael-cd.org

Campus Facility and Safety Director:

Steve Moore

smoore@saintmichael-cd.org

Safe Environment Coordinator: Bethany Cook

bcook@saintmichael-cd.org

Choir Director/Organist: Ron Barrett

rbarrett@saintmichael-cd.org

ST. MICHAEL SCHOOL

Website: stmichaelworthington.org

School Office: 614-885-3149

Principal: Sr. Mary Regina, O.P.

principal@stmichaelworthington.org

Preschool Director: Laura Wells

lwells@stmichaelworthington.org

PARISH REPRESENTATIVES

Athletic Association Representative: Liz Trolli

smaa@saintmichael-cd.org

Knights of Columbus Representative:

Seth Walker

grandknight@kofc11445.com

St. Vincent de Paul Society Representative:

Elaine Miracle

svdp@saintmichael-cd.org

SAINT MICHAEL INFORMATION CENTER



LOW-GLUTEN HOST

If you are in need of a low-gluten host, please scan this QR code for full details.



NEW MEMBERS

Registering in a parish is a declaration of your desire to be part of a Catholic community and a commitment to the life of the parish family. We are often asked to provide affidavits for parishioner standing. We can only do this if a person is a registered, active, and contributing member in our parish. You can register by scanning the QR code above or by visiting our website at www.saintmichael-cd.org.

BULLETIN DEADLINE

To submit a bulletin request, the request must be made no later than 12:00 p.m., Monday. Send bulletin requests to rlund@saintmichael-cd.org with "BULLETIN REQUEST" in the subject line with all details and contact person for questions. Early submission deadlines may be required surrounding holidays. All bulletin requests are subject to approval.

HOMEBOUND MINISTRY

St. Michael's Homebound Ministry is available to bring the Eucharist to the homebound. If you or a loved one within St. Michael Parish boundaries would like someone to bring the Eucharist to you, please reach out to Sr. Riya Mary to coordinate. She can be reached by calling the Parish Office or by emailing srriya@stmichael-cd.org.



ONLINE GIVING

St. Michael offers online giving as a convenient tool for you to use. Scan the QR code to learn more or to set up online contributions.

ADORATION CHAPEL

There is no better way to spend an hour of your week than in the presence of the Blessed Sacrament. Consider signing up for Adoration. Our Adoration Chapel offers Eucharistic Exposition on Thursdays and Fridays from 9:00 a.m., Thursday morning through 9:00 p.m., Friday evening. Adoration is available at all other times with the Blessed Sacrament reposed in the tabernacle. Registration is easy to do from your phone. Visit StMichael.WeAdoreHim.com to sign up. You can also visit the Church on Wednesdays for our weekly Holy Hour with Confessions from 6:30-7:30 p.m. each week.

FIRST SUNDAY OF LENT – FEBRUARY 18, 2024

DAILY MASS INTENTIONS

Sunday, February 18

8:30 a.m. For the Living & Deceased Members of our Parish

10:30 a.m. + Antonio Capoccia (Nicky Capoccia)

12:30 p.m. Special Intention of the Parents & Families
of our Fourth Grade Students

5:00 p.m. Special Intention of the Parents & Families
of our Fifth Grade Students

Monday, February 19

6:30 a.m. Special Intention of the Parents & Families
of our Sixth Grade Students

8:15 a.m. Special Intention of the Parents & Families
of our Seventh Grade Students

Tuesday, February 20

6:30 a.m. Special Intention of Shelby Turner (Diane Vincent)

8:15 a.m. Special Intention of the Parents & Families
of our Eighth Grade Students

Wednesday, February 21

6:30 a.m. Special Intention of Jim & Judy Peterson's
65th Wedding Anniversary (Mr. & Mrs. John Smith)

8:15 a.m. For the School

6:00 p.m. Special Intention of the Parents & Families
of our High School Students

Thursday, February 22

6:30 a.m. Special Intention of the Parents & Families
of our College Students

8:15 a.m. + Rev. Edward Seisser (Lauren Jazwiec)

Friday, February 23

6:30 a.m. + Grace Salyer (Ann & Cheryl)

8:15 a.m. + Anthony Petrarca (Society of St. Vincent de Paul)

Saturday, February 24

8:15 a.m. + Elizabeth Marie Walker (Kay Ferguson)

4:00 p.m. + Warren, David & Michael Roberts (Carolyn Roberts)

Sunday, February 25

8:30 a.m. + Major Alan Dover (Erin Wade)

10:30 a.m. + For the Living & Deceased Members of our Parish

12:30 p.m. + Michael Jolley

5:00 p.m. + Jack Auer



MINISTRY FAIR

AFTER ALL MASSES

MARCH 2 & 3

MARIAN HALL

Join us after weekend Masses to learn more about what's happening at St. Michael! Representatives from various parish ministries will be present to share more about their ministries and opportunities for you to get involved at our parish.



FINANCIAL STEWARDSHIP

FEBRUARY 11, 2024:

Envelopes.....	\$	12,118.68
Online Giving	\$	10,371.00
Total:	\$	22,489.68



BAPTISMS
CONGRATULATIONS ON
THE BAPTISMS OF
NATHAN, RILEY &
CARTER HERMAN
MADISON MALONE



PARISH CALENDAR FEBRUARY

SUNDAY, February 18	Girl Scout Cookie Sales after all Masses 11:30 a.m. RCIA (UMR) 2:00 p.m. Baptism (C) 6:00 p.m. High School Youth Group (MH)	Thursday, February 22	Eucharistic Exposition (AC) 5:30 p.m. Cub Scout Meeting (U) 6:30 p.m. Young Adult Bible Study (LMR) 7:00 p.m. Choir Practice (C) 7:00 p.m. Parish Council Meeting (UMR)
Monday, February 19	Parish Office Closed 6:30 p.m. Boy Scouts (U)	Friday, February 23	Eucharistic Exposition (AC) 5:00 p.m. Fish Fry (U) 7:30 p.m. Stations of the Cross (C)
Tuesday, February 20	7:30 p.m. WFF Bible Study (UMR)	Saturday, February 24	7:00 a.m. Pietra 2:30 p.m. Confessions (C) 5:30 p.m. Cub Scout Blue & Gold Banquet (U)
Wednesday, February 21	6:00 p.m. 40 Days of Adoration Mass, Adoration & Confessions (C)	SUNDAY, February 25	11:30 a.m. PSR (LMR) 11:30 a.m. RCIA (UMR) 3:00 p.m. Middle School Youth Group (G) 6:00 p.m. High School Youth Group (MH)

(U) = Undercroft/Cafeteria, (S) = School, (C) = Church, (G) = Gym, (MH) = Marian Hall, (SL) = School Library, (UMR) = Meeting room on the first floor of the Parish Ministry Center, (LMR) = Meeting room in the basement of the Parish Ministry Center, (AC) = Adoration Chapel

FROM THE PASTOR

ON THIS FIRST SUNDAY IN THE SEASON OF LENT, our Lord and Savior, Jesus Christ, says simply and clearly: "Repent, and believe in the Gospel." And so we begin this wonderful Season of Lent – 40 days, folks, to look deep inside the recesses of our minds and hearts, to shine a light on the dark crevices and identify those things in our lives that are sinful, those things that lead us away from Christ, those things that hold us back from living up to our great potential to be saintly, holy, virtuous and grace-filled people, and to scour out all of these things from our very selves. This is the beauty of Lent – a time to be introspective, to repent of our sins, to change our worldly ways and worldly lifestyles and turn back to the way of Christ. So much of this begins with a good Confession. If it has been awhile since you've been to Confession, there is nothing to fear or to be embarrassed about. The priests here at Saint Michael are here to help you in the Confessional. We will not yell at you or embarrass you; we will bring you Christ's compassion, mercy and forgiveness; we will welcome you, help you make a good Confession, give you a penance, and help you get back on the path of living your life in the footsteps of Christ. In this bulletin is an article on how to go to Confession, along with an examination of conscience (loose insert) to help you prepare for Confession. Please read this helpful information.

Confessions are heard at Saint Michael as follows:

Saturdays, 2:30-3:30 p.m.

Wednesdays, following 6:00 p.m. Mass (during the Holy Hour; Benediction at 7:30 p.m.)

Additional Days During Holy Week:

Reconciliation Monday (March 25), 5:00-7:00 p.m. | Good Friday (March 29), 4:00-5:30 p.m.

Make the most of this Lenten season, folks. Increased prayer, fasting and almsgiving – the three "goals," if you will, of Lent. We get out of Lent what we put into it, so attend daily Mass, pray before Jesus during our weekly Holy Hour, make a good Confession (or two!), pray the Stations of the Cross (Fridays at 7:30 p.m., following the Knights of Columbus Fish Fry). Looking for almsgiving ideas? How about helping those in need through the following:

+ **Our Parish Saint Vincent de Paul Chapter** (funds are used to feed and help those in need locally) – online donations via our parish webpage <https://giving.parishsoft.com/app/giving/PS-1442> and in "Fund" scroll down to Saint Vincent de Paul; cash and check donation envelopes are also available in our parish church. Place them in the Offertory or drop them off in the Church Sacristy.

+ **Saint Francis Evangelization Center** in McArthur (Vinton County) of our Diocese (funds used to provide food, clothing and other necessary items to those in need in the poorest county of Ohio); online donations can be made at <https://dioceseofcolumbus.org/online-donations> or mail a check to Saint Francis Evangelization Center, P.O. Box 318, McArthur, OH 45651.

+ **Senior Support, Family Support, Catholic Social Services** (funds used to provide a variety of services to seniors and to families); make donations via <https://colscss.org/donate/> – write "senior" or "family" support in comment section.

+ **Mommies Matter** (funds used to provide an extension of pregnancy care services by journeying with single mothers through their pregnancies, the birth of their child, and beyond); online donations: <https://mommiesmatter.org/give-2>

+ **Women's Care Center** (funds used to help women facing unexpected pregnancies choose life for their babies and helps them have healthier pregnancies and become more nurturing parents); online donations can be made at <https://supportwomenscarecenter.org/donate/> – click "Ohio" then "Columbus" to support the local Center.

+ **Bottoms Up!** (funds are used to provide diapers to low-income families and single mothers in Central Ohio); online donations can be made via <https://www.bottomsup.life/donate-bottoms-up.html> – click on the "e-giving" bar at the bottom of the page.

+ **"A GOOD AND GROWING NEED" – Supporting our Diocesan Seminarians, our Future Diocesan Priests:** We have a "good and growing need" in our Diocese by virtue of 16 additional young men interested in the priesthood. A contribution from you today will support this immediate need of funding our future Diocesan priests. We are fortunate to have five seminarians from the Josephinum assigned to Saint Michael's this year, including Columbus seminarian Sam Severance, who will be speaking at most of the Masses this weekend about financially supporting our seminarians. It costs, on average, \$55,000/year to educate and form men in the seminary. We will have a special second collection during all Masses this weekend to help support our seminarians, and the increased in seminarian numbers that we are blessed to have in our Diocese! Online donations: <https://www.columbuscatholicgiving.org/seminarian-support-fund>.

OF NOTE: Thank you to the organizers and sponsors of last Saturday's **Trivia Night** to benefit our parish school students! Our team was thrown by the question about breakfast cereals. A wonderful time was had by all! And thank you to our Knights of Columbus for the **"Hoagies for Heaven"** – a mighty tasty sandwich, all 791 of them! And thank you in advance, Knights, and all volunteers, for the first **Fish Fry** of the Lenten Season!

– Fr. Mike

SEASON OF LENT

Saint Michael the Archangel Parish + 5750 N. High Street + Worthington, Ohio 43085 + (614) 885-7814

40 Ways to Get the Most out of Lent

by Marcellino D'Ambrosio, Ph.D.

This, of course, is not an exhaustive list of Lenten ideas. But it's a start!

- **1** Take 30 minutes to pray, ask the Holy Spirit's guidance, look over this list, and make a few practical Lenten resolutions. Be careful. If you try to do too much, you may not succeed in anything. If you need to get up early or stay up late to get the 30 minutes of quiet, do it. Turn off your phone and computer. Don't put it off and don't allow interruptions.
- **2** Get up earlier than anyone else in your house and spend your first 15 minutes of the day thanking God for the gift of life and offering your day to Him.
- **3** Get to daily Mass.
- **4** If you can't do Mass daily, go to Mass on Fridays in addition to Sunday and thank Him for laying his life down for you. Maybe you can go another time or two as well.
- **5** Spend at least 30 minutes in Eucharistic adoration at least one time during the week.
- **6** Recover the Catholic tradition of making frequent visits to the Blessed Sacrament throughout the week, even if it is only for 5 minutes.
- **7** Get to confession at least once during Lent after making a good examination of conscience. If you are not sure why confession is important, get my CD "Who Needs Confession."
- **8** In addition to the penance assigned by the priest, fulfill the conditions necessary for a plenary indulgence. You can learn about plenary indulgences from the official *Handbook of Indulgences*, Catholic Book Publishing Company (costs only about \$13).
- **9** Make a decision to read at least some Scripture every day.
- **10** Even if you can't get to daily Mass, get a daily Catholic Missal or go online to get a list of the readings used each day in Mass, and read these readings daily. During special seasons such as Lent, the Mass readings are thematically coordinated and make for a fantastic Bible study!
- **11** Pray the liturgy of the hours. You can buy a one volume edition or a full four volume edition. Or you can get it day by day online for free at www.universalis.com. Or you can subscribe to a monthly publication called the *Magnificat* that provides a few things from the liturgy of the hours together with the Mass readings of the day. The *Magnificat* is a great way to start learning the Liturgy of the Hours.
- **12** Get to know the Fathers of the Church and read selections from them along with Scripture. Short selections from the Fathers writing on Lenten themes can be downloaded for free from the Lenten library of our website, www.crossroadsinitiative.com
- **13** Make the Stations of the Cross each Friday either with a group or by yourself. If you have kids, bring them.
- **14** Pray the Sorrowful Mysteries of the Rosary often during Lent, especially on Friday and Wednesday. The glorious mysteries are especially appropriate on Sundays. Joyful and Luminous mysteries are great on other days.
- **15** Purchase the Scriptural Rosary, which supplies you with a scripture verse to recite between each Hail Mary. This makes it easier to meditate on the mysteries. Another resource to deepen your understanding of the Rosary is my CD set "How Mary and the Rosary can Change Your Life."
- **16** If you've never done a family rosary, begin doing it. If starting with once a week, try Friday or Sunday. If it's tough to start with a full five decades, try starting with one. Use the Scriptural Rosary and have a different person read each of the Scriptures between the Hail Mary's. This gets everyone more involved.
- **17** Make it a habit to stop at least five times a day, raise your heart and mind to God, and say a short prayer such as "Jesus, I love you," or "Lord Jesus Christ, Son of God, have mercy on me, a sinner," or "Lord, I offer it up for you."
- **18** Pray each day for the intentions and health of the Holy Father.
- **19** Pray each day for your bishop and all the bishops of the Catholic Church.
- **20** Pray for your priests and deacons and for all priests and deacons.

- **21** Pray for the millions of Christians suffering under persecution in various countries around the world such as the Sudan, Pakistan, Indonesia, China, North Korea, and ISIS-controlled areas of the middle east.
- **22** Pray for Christian unity, that there would be one flock and one shepherd.
- **23** Pray for the evangelization of all those who have not yet heard and accepted the Good News about Jesus.
- **24** Pray for your enemies. In fact, think of the person who has most hurt you or who most annoys you and spend several minutes each day thanking God for that person and asking God to bless him or her.
- **25** Pray for an end to abortion on demand in the United States. Pray for pregnant women contemplating abortion.
- **26** Pray for a just peace in Iraq, Afghanistan, the Holy Land and elsewhere. Pray for military personnel and for others in harm's way.
- **27** Pray for an end to capital punishment. Pray for those on death row, and for the families of murder victims.
- **28** Find a form of fasting that is appropriate for you, given your age, state of health, and state of life. Some fast on bread and water on Wednesdays and Fridays. Some fast from sweets or alcohol throughout Lent. Some fast on one or more days per week from breakfast all the way to dinner, spending lunch hour in prayer or at noon Mass. Some cut out all snacks between meals. The money saved from not buying various things should be given to an apostolate or ministry serving the physically or spiritually poor.
- **29** Prayer is like breathing – you have to do it continually. But sometimes you need to pause and take a very deep breath. That's what a retreat is. Plan a retreat this Lent. It could be simply a half day, out in nature, or in a Church. Or it could be a full day. Or an overnight. You can certainly read lots of things during your retreat or listen to lots of talks. But try sticking to Scripture, the liturgy, and quiet as much as you can. During or at the end of the retreat, write down what the Holy Spirit seems to be saying to you.
- **30** Find a written biography of a Saint that particularly appeals to you and read it during Lent.
- **31** Instead of secular videos for weekend entertainment, try some videos that will enrich your spiritual life. Suggestions: *Jesus of Nazareth*, by Franco Zeffirelli, *The Scarlet and the Black*, *the Assisi Underground*. If you can't find these, they are all available from Ignatius Press.
- **32** While driving, turn off the secular radio for a while and use commute time to listen to some teaching on audiocassette or CD. Some great resources can be purchased through www.dritaly.com or from other Catholic apostolates and publishers that you can find on our links pages.
- **33** Find a local homeless shelter, soup kitchen, or crisis pregnancy center, and volunteer some time there throughout Lent. Serve the people there with the understanding that in so doing, you are serving Jesus. Try to see Jesus in each person there.
- **34** Visit someone at a nursing home or in the hospital or sick at home. Again, love Jesus in and through the person who is suffering, or may experience loneliness.
- **35** Is there a widow or divorced person living in your neighborhood? If so, invite that person to your home for dinner, coffee, etc.
- **36** Watch Gibson's movie *The Passion of the Christ* during Lent, if you feel you can handle the violence. Get a copy of *The Guide to the Passion* to help you get the most out of the movie.
- **37** Bring someone to *The Passion of the Christ*, especially someone whose faith is rather nominal, or who does not practice their faith, or who does not profess Christian faith at all. Give them a copy of *The Guide to the Passion*.
- **38** Spend some focused time with your spouse, strengthening your marriage. Start praying together, or make praying together more frequently.
- **39** Spend some focused time together with each of your children. Listen. Pray. Maybe even have fun.
- **40** When Easter comes, don't drop the new practice you've begun during Lent! Make a permanent feature of a deeper Christian life!

Dr. D'Ambrosio studied under Avery Cardinal Dulles for his Ph.D. in historical theology and taught for many years at the University of Dallas. He now directs www.crossroadsinitiative.com.

Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

"What page, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?" ~Saint Benedict, from the *Rule of Saint Benedict* (73:3)

The month of February is dedicated to the Holy Family.

"If in Christ we have been tempted, in him we overcome the devil. Do you think only of Christ's temptations and fail to think of his victory? See yourself as tempted in him, and see yourself as victorious in him. He could have kept the devil from himself; but if he were not tempted he could not teach you how to triumph over temptation."

+SAINT AUGUSTINE OF HIPPO

Monday, February 19 ~ First Week in the Season of Lent

Holy Gospel: Matthew 25:31-46 Jesus said to his disciples: "When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.' Then the righteous will answer him and say, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.' Then he will say to those on his left, 'Depart from me, you accursed, into the eternal fire prepared for the Devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did not care for me.' Then they will answer and say, 'Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?' He will answer them, 'Amen, I say to you, what you did not do for one of these least ones, you did not do for me.' And these will go off to eternal punishment, but the righteous to eternal life."

Meditation: Jesus' parable about goats and sheep must have both amused and surprised his audience. Goats and sheep shared the same grazing ground during the day, but had to be separated at night. Goats were less docile and more restless than sheep. They came to symbolize evil and the expression "scapegoat" has become a common expression for someone bearing blame for others. (*You might want to read Leviticus 26:20-22 for a description of the ritual expulsion of a sin-bearing goat on the Day of Atonement.*) Separation is an inevitable consequence of sin and judgment. The Day of Judgment will reveal who showed true compassion and mercy toward their neighbor.

Prayer: Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: This parable is similar to the parable about Lazarus and the rich man. The rich man, who let Lazarus die on his doorstep, was doomed to crave for drops of cold water he had not thought of giving to the poor man. When Saint Martin of Tours, a young Roman soldier and seeker of the Christian faith, met an unclothed man begging for alms in the freezing cold, he stopped and cut his coat in two and gave half to the stranger. That night he dreamt he saw the heavenly court with Jesus robed in a torn cloak. One of the angels present asked, "Master, why do you wear that battered cloak?" Jesus replied, "My servant Martin gave it to me." Saint Martin's disciple and biographer, Sulpicius Severus, states that as a consequence of this vision Martin "flew to be baptized." God is gracious and merciful; his love compels us to treat others with mercy and kindness. When we do something for one of Christ's little ones, we do it for Christ himself. Do you treat your neighbor with mercy and love as Christ has treated you?

Tuesday, February 20 ~ First Week in the Season of Lent

Holy Gospel: Matthew 6:7-15 Jesus said to his disciples: "In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him. "This is how you are to pray: Our Father who art in heaven, hallowed be thy name, thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. "If you forgive men their transgressions, your heavenly Father will forgive you. But if you do not forgive men, neither will your Father forgive your transgressions."

Meditation: We can approach God confidently because he is waiting with arms wide open to receive his prodigal sons and daughters. That is why Jesus gave his disciples the perfect prayer that dares to call God, Our Father. This prayer teaches us how to ask God for the things we really need, the things that matter not only for the present but for eternity as well. We can approach God our Father with confidence and boldness because Christ has opened the way to heaven for us through his death and resurrection. When we ask God for help, he fortunately does not give us what we deserve. Instead, he responds with grace and mercy. He is kind and forgiving towards us and he expects us to treat our neighbor the same.

Prayer: Look upon your family, Lord, that, through the chastening effects of bodily discipline, our minds may be radiant in your presence with the strength of our yearning for you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Consider what Saint John Cassian wrote about the Lord's Prayer and the necessity of forgiving others from the heart: "The mercy of God is beyond description. While he is offering us a model prayer he is teaching us a way of life whereby we can be pleasing in his sight. But that is not all. In this same prayer he gives us an easy method for attracting an indulgent and merciful judgment on our lives. He gives us the possibility of ourselves mitigating the sentence hanging over us and of compelling him to pardon us. What else could he do in the face of our generosity when we ask him to forgive us as we have forgiven our neighbor? If we are faithful in this prayer, each of us will ask forgiveness for our own failings after we have forgiven the sins of those who have sinned against us, not only those who have sinned against our Master. There is, in fact, in some of us a very bad habit. We treat our sins against God, however appalling, with gentle indulgence: but when by contrast it is a matter of sins against us ourselves, albeit very tiny ones, we exact reparation with ruthless severity. Anyone who has not forgiven from the bottom of the heart the brother or sister who has done him wrong will only obtain from this prayer his own condemnation, rather than any mercy." Thus we need to honestly ask ourselves: do I treat others as the Lord has instructed me – with compassion, mercy, steadfast love, and kindness?

Wednesday, February 21 ~ First Week in the Season of Lent Saint Peter Damian, Bishop and Doctor of the Church

Holy Gospel: Luke 11:29-32 While still more people gathered in the crowd, Jesus said to them, "This generation is an evil generation; it seeks a sign, but no sign will be given it, except the sign of Jonah. Just as Jonah became a sign to the Ninevites, so will the Son of Man be to this generation. At the judgment the queen of the south will rise with the men of this generation and she will condemn them, because she came from the ends of the earth to hear the wisdom of Solomon, and there is something greater than Solomon here. At the judgment the men of Nineveh will arise with this generation and condemn it, because at the preaching of Jonah they repented, and there is something greater than Jonah here."

Meditation: The Lord Jesus came to set us free from slavery to sin and hurtful desires. Through the gift of the Holy Spirit he pours his love into our hearts that we may understand his will for our lives and walk in his way of holiness. God searches our hearts, not to condemn us, but to show us where we need his saving grace and help. He calls us to seek him with true repentance, humility, and the honesty to see our sins for what they really are – a rejection of his love and will for our lives. God will transform us if we listen to his word and allow his Holy Spirit to work in our lives. Ask the Lord to renew your mind and to increase your thirst for his wisdom. James says that the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, without uncertainty or insincerity (James 3:17). A double-minded person cannot receive this kind of wisdom. The single of mind desire one thing alone – God's pleasure. God wants us to delight in him and to know the freedom of his truth and love. Do you thirst for the holiness without which no one will see the Lord (Hebrews 12:14)?

Prayer: Grant, we pray, almighty God, that we may so follow the teaching and example of the Bishop Saint Peter Damian, that, putting nothing before Christ and always ardent in the service of your Church, we may be led to the joys of eternal light. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Do you pay careful attention to warning signs? Do you pay attention to these signs at all? Many fatalities could be avoided if people paid attention to such signs. When the religious leaders demanded a sign from Jesus, he gave them a serious warning to avert spiritual disaster. It was characteristic of the Jews that they demanded "signs" from God's messengers to authenticate their claims. When the religious leaders pressed Jesus to give proof for his claims he says in so many words that he is God's sign and that they need no further evidence from heaven than his own person. The Ninevites recognized God's warning when Jonah spoke to them, and they repented. And the Queen of Sheba recognized God's wisdom in Solomon. Jonah was God's sign and his message was the message of a merciful God for the people of Nineveh. Unfortunately the religious leaders were not content to accept the signs right before their eyes. They had rejected the message of John the Baptist and now they reject Jesus as God's Anointed One (Messiah) and they fail to heed his message. Simeon had prophesied at Jesus' birth that he was "destined for the falling and rising of many in Israel, and to be a sign that will be opposed so that inner thoughts of many will be revealed" (Luke 2:34- 35). Jesus confirmed his message with many miracles in preparation for the greatest sign of all – his resurrection on the third day.

Thursday, February 22 ~ First Week in the Season of Lent Feast of the Chair of Saint Peter, Apostle

Holy Gospel: Matthew: 13:16-19 When Jesus went into the region of Caesarea Philippi he asked his disciples, "Who do people say that the Son of Man is?" They replied, "Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my Church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the Kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven."

Meditation: Jesus tests his disciples with a basic, yet crucial question: "Who do men say that I am" followed by "who do you say that I am?" Jesus was widely recognized in Israel as a mighty man of God, even being compared with the greatest of the prophets -- John the Baptist, Elijah, and Jeremiah. Peter, always quick to respond, exclaimed that he was the Christ, the Son of the living God. No mortal being could have revealed this to Peter; but only God. Jesus then confers on Peter authority to govern the church that Jesus would build, a church that no powers would overcome. Jesus plays on Peter's name which is the same word for "rock" in both Aramaic and Greek. To call someone a "rock" is one of the greatest of compliments. The ancient rabbis had a saying that when God saw Abraham, he exclaimed: "I have discovered a rock to found the world upon." Through Abraham God established a nation for himself. Through faith Peter grasped who Jesus truly was. He was the first apostle to recognize Jesus as the Anointed One (Messiah and Christ) and the only begotten Son of God. The Lord Jesus tests each of us personally with the same question: "Who do you say that I am?"

Prayer: Grant, we pray, almighty God, that no tempests may disturb us, for you have set us fast on the rock of the Apostle Peter's confession of faith. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Jesus Christ also asks each one of us: "Who do you say that I am?" Obviously our personal response has great ramifications. A wonderful response to come not only from our lips, but from deep from within our hearts would be: "Lord Jesus, I profess and believe that you are the Christ, the Son of the living God. You are my Lord and my Savior. Make my faith strong and help me to live in the victory of the cross by rejecting sin and by accepting your will." Our response to Jesus' question requires sincere thought and discernment. But more importantly it requires action in how we think, speak, and live out our daily lives. Ask yourself: Do I live my life as a disciple of Christ? If not, what's holding me back?

About the Feast of the Chair of Saint Peter: This feast brings to mind the mission of teacher and pastor conferred by Christ on Peter, and continued in an unbroken line down to the present Pope. We celebrate the unity of the Church, founded upon Christ and his Apostles, and renew our assent to the Magisterium of the Roman Pontiff, extended both to truths which are solemnly defined *ex cathedra*, and to all the acts of the ordinary Magisterium.

Friday, February 23 ~ First Week in the Season of Lent

Holy Gospel: Matthew 5:20-26 Jesus said to his disciples: "I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter into the Kingdom of heaven. "You have heard that it was said to your ancestors, You shall not kill; and whoever kills will be liable to judgment. But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, *Raca*, will be answerable to the Sanhedrin, and whoever says, 'You fool,' will be liable to fiery Gehenna. Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny."

Meditation: Do you allow sin or anger to master your life? Maybe at first glance you say "no, of course not." But take a deep look, an honest look at yourself, at your life, at how you live. The first human to hate his brother was Cain. God warned Cain: 'Why are you angry? ...Sin in couching at the door; it's desire is for you, but you must master it (Genesis 4:6-7). Sin doesn't just happen; it first grows as a seed in one's heart. Unless it is mastered, by God's grace, it grows like a weed and chokes the fruitful vine. Jesus addressed the issue of keeping the commandments with his disciples. The scribes and Pharisees equated righteousness with satisfying the demands of the law. Jesus showed them how short they had come. Jesus points to the heart as the seat of desire and choice. Unless forbidden and evil desires are eradicated, the heart will be corrupted. Jesus points to forbidden anger with one's brother. This is a selfish anger that broods and is long-lived, that nurses a grudge and keeps wrath warm, and that refuses to die. Anger in the heart as well as anger in speech or action are equally forbidden. What is the antidote to anger and rage? Mercy, kindness, and forbearance spring from a heart full of love and forgiveness. God has forgiven us and he calls us to extend mercy and forgiveness towards those who cause us harm and grief. In the cross of Jesus we see the supreme example of love and the power for overcoming evil. Only God's love and grace can set our hearts and minds free from the tyranny of wounded pride and spiteful revenge. Do you harbor any anger towards another person? And are you quick to be reconciled when a rupture has been caused in your relationships? Ask God to set you free and to fill your heart and mind with his love and his timeless truths.

Prayer: Grant that your faithful, O Lord, we pray, may be so conformed to the paschal observances, that the bodily discipline now solemnly begun may bear fruit in the souls of all. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Saint Eusebius, a Father of the Church, offered the following prayer as instruction for his fellow Christians: "May I be no man's enemy, and may I be the friend of that which is eternal and abides. May I never quarrel with those nearest me: and if I do, may I be reconciled quickly. May I love, seek, and attain only that which is good. May I wish for all men's happiness and envy none. May I never rejoice in the ill-fortune of one who has wronged me. When I have done or said what is wrong, may I never wait for the rebuke of others, but always rebuke myself until I make amends. May I win no victory that harms either me or my opponent. May I reconcile friends who are angry with one another. May I never fail a friend who is in danger. When visiting those in grief may I be able by gentle and healing words to soften their pain. May I respect myself. May I always keep tame that which rages within me. May I accustom myself to be gentle, and never be angry with people because of circumstances. May I never discuss who is wicked and what wicked things he has done, but know good men and follow in their footsteps." Do you seek to live peaceably and charitably with all? If not, pray that you will! Lent is about reconciliation, not only with God and Jesus, but with anyone whom we have harmed through our actions. Reconciliation is the first step toward conversion of mind and heart. Step-by-step, we turn away from sin and selfishness, and turn back to Christ. Begin these steps now, during Lent.

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops. Daily meditations and contemplations adapted from the Irish Jesuits' *Sacred Space* web page and *Biblical Medications for Lent* by Rev. Carroll Stuhlmueeller, C.P.; prayers are from *The Roman Missal*, Catholic Book Publishing, 2011; information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.

frlumpe:2024



SEASON OF LENT

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CONFESSION TIMES AT SAINT MICHAEL THE ARCHANGEL PARISH

Saturdays, 2:30 p.m. - 3:30 p.m.

Wednesdays, following 6:00 p.m. Mass (during the Holy Hour; Benediction at 7:30 p.m.)

Add'l Days, Holy Week: Monday, 5:00 p.m. - 7:00 p.m. | Good Friday, 4:00 p.m. - 5:30 p.m.

Set Aside Time to Make a Good Confession (or two!)

by Fr. William Saunders

QUESTION: I have heard the priests of my parish encouraging us to go to confession during Lent. I admit I have not been to confession in years because I am not sure I know how to go to confession. Would you please review how to go to confession?

The Second Vatican Council did decree that "the rite and formulas of penance are to be revised in such a way that they may more clearly express the nature and effects of this sacrament" (*Sacrosanctum Concilium* No. 72). Accordingly, the Sacred Congregation for Divine Worship issued The Rite of Penance in 1973. The new rite added options for prayers, provide for a reading of Sacred Scripture, and introduce "penance services" with private confessions. Nevertheless, the norms stipulated, "It is for priests, and especially parish priests in reconciling individuals or the community, to adapt the rite to the concrete circumstances of the penitents" (No. 40). Therefore, on a Saturday afternoon with a line of penitents waiting for confession, the parish priest may follow a more "streamlined" version of the rite, which would include by custom the traditional format for confession.

With that in mind, a person begins with a good examination of conscience. We need to hold up our life to the pattern of life God has revealed for us to live. For instance, we take time to reflect on the 10 Commandments, the Beatitudes, the precepts of the Church, and the virtues of prudence, fortitude, temperance, and justice. (*An examination of conscience is included in this bulletin; another very good examination of conscience is also available on-line from The Fathers of Mercy: <https://fathersofmercy.com/wp-content/uploads/2020/03/2020Examination.pdf>*).

The examination of our conscience is like stepping back and looking at the picture of our life in comparison to the masterpiece of life revealed by God. Remember when we were children, we used to trace pictures. Tracing helped us learn to draw. We would take a piece of plain paper, hold it over the original picture, and then put it up to the window. The light would enable us to trace the original picture onto our blank sheet of paper. Periodically, we had to stop and step back to see if our paper had slipped and was out of kilter with the original or if we had deviated from the lines.

In a similar way, as we live our lives, we are tracing them in accord with God's pattern of life. In examining our consciences, we step back and honestly assess how well we fit God's pattern and have stayed within His boundaries. At this time, we reflect on the progress we have made since our last confession in dealing with weaknesses, faults, temptations, and past sins. Hopefully, we see improvement in our spiritual well-being. However, when we have gone out of kilter or gone out of bounds with God's masterpiece, we have sinned. We must recognize the venial sins — those lighter sins which weaken our relationship with the Lord — from the mortal sins — those sins which sever our relationship with the Lord and "kill" the presence of sanctifying grace in our souls. Here we remember the words of Jesus, "Everyone who practices evil hates the light; he does not come near it for fear his deeds will be exposed. But he who acts in truth comes into the light, to make clear that his deeds are done in God" (Jn 3:20-21).

Given this examination of conscience, we have contrition for our sins. While we are sorry for sin because we do fear the fires of hell and the loss of Heaven, and the just punishments of God, we are sorry most of all because our sins offend God whom we should love above all things. The love for God moves us to repent of sin and seek reconciliation. All of the great saints regularly examined their consciences and made frequent use of the Sacrament of Penance. (Even Pope Saint John Paul II, confessed his sins weekly, as did Saint [Mother] Teresa of Calcutta.) One must ask, "Why? What sins

did these saints possibly commit?" They loved the Lord so much that even the slightest omission or commission moves them to confession. They do not want even the slightest sin to separate them from the love of God. For love of God, we too are sorry for our sins.

Sorrow for sin moves us to have a firm amendment not to sin again. We probably will sin again, but we try in earnest not to do so. We do not plan on leaving the confessional and committing the same sins again.

We then confess our sins. When we enter the confessional in most Churches, we have the option of remaining anonymous or facing the priest. Whichever option a person chooses, always remember that whatever is said during the confession is held in secret by the priest.

Remember also that we confess to the priest for three reasons: First, the priest has the authority of the Apostles by virtue of his ordination. On the night of the resurrection, Jesus said, "Receive the Holy Spirit. If you forgive men's sins, they are forgiven them; if you hold them bound, they are held bound" (Jn 20:22-23). The priest is the minister of the sacrament acting in the person of Christ – "*in persona Christi*."

Second, he is our spiritual father. Just as we see a doctor for healing when we are physically sick, we see a priest when our soul is sick and in need of healing.

Third, the priest represents the Church and the people we have sinned against. In the early days of the Church, people publicly confessed sin at the beginning of Mass and were absolved. Much to our relief, for centuries now we have had private confession.

We proceed by making the sign of the cross and saying, "Bless me father for I have sinned." One could also simply begin, "In the name of the Father...." We should then state when we made our last confession: "It has been (so long) since my last confession."

We then confess our sins, and we must be specific. Sometimes people say, "I broke the sixth commandment," which covers everything from a lustful thought to rape and adultery. We do not need to provide the full-blown story, just the basics to enable the priest to help the penitent. We also need to give some quantification — missing Mass once is different from several times which is different from all the time. When we are finished confessing our sins, we state, "I am sorry for these and all of my sins." With this information, the priest may counsel us. He also assigns a penance for the healing of the hurt caused by sin and the strengthening of our soul against future temptation. He then asks us to say an **Act of Contrition**, which is generally one of the two traditional prayers:

- (1) **Oh my God, I am heartily sorry for having offended Thee. I detest all of my sins because of Thy just punishments, but most of all because they offend Thee, my God, who are all good and deserving of all of my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasions of sin. Amen.**
- (2) **Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.**

Finally, the priest imparts absolution: "God, the Father of mercies, through the death and resurrection of his son has reconciled the world to himself and poured out the Holy Spirit for the forgiveness of sins; through the ministry of the church may God grant you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen." This formula emphasizes our merciful Heavenly Father, the saving mystery of our Lord's passion, death, and resurrection, and the healing ministry of the Holy Spirit through the Church.

The priest then dismisses us, saying, "Give thanks to the Lord, for He is good," to which we respond, "His mercy endures forever." (Many priests may simply say, "May God bless you.") We then thank the priest and leave the confessional to do the assigned penance.

The Sacrament of Penance is a beautiful sacrament through which we are reconciled to God, ourselves, and our neighbors. Remember the words of St. Paul, "God is rich in mercy; because of His great love for us, He brought us to life with Christ when we were dead in sin" (Eph 2:4). As we draw closer to Easter, take time for making a good confession.

This article is made available courtesy of the Catholic Exchange.

AROUND THE PARISH

ATTENTION, ALL BAKERS!

The Knights of Columbus are accepting baked goods for the dessert table for the Fish Fry. Please drop off baked goods at the Church any time after 3:30 p.m. on Fridays, now through March 22. Thank you for your support and generosity!

YOUNG ADULT BIBLE STUDY

Young adults of the parish are invited to join our Bible Study on Thursday evenings in the Lower Meeting Room from 6:30-7:30 p.m. All are welcome; invite a friend to join you! Questions? Email Jake Asuncion at jasuncion@saintmichael-cd.org.

Power and Love 2024
High School Spring Retreat

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MEN'S FAITH AND FELLOWSHIP

Saturday, February 24th, there will be no meeting, so that all men may attend the Men's Conference at the Ohio Expo Center Kasich Hall from 7:00 a.m.-3:00 p.m. No one regrets coming to this holy time. Confessions and Adoration available for all. Mass with the Bishop and 1,000 friends is inspiring.



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WEEKLY MASS, HOLY HOUR AND CONFESSIONS

Join us on Wednesdays throughout Lent for Mass at 6:00 p.m., followed by our weekly Holy Hour and Confessions until 7:30 p.m. On Wednesday, February 21st, we will participate in the Diocese 40 Days of Adoration, offering Mass at 6:00 p.m. with the Holy Hour and Confessions until 8:00 p.m. Plan to join us each week as we journey through a new Lenten season together.

Join us this week for
Stations of the Cross
Friday at 7:30pm



SCHOOLS



REGISTER FOR SPRING SPORTS!

Registration for Spring sports is open now! Registration closes on March 1, don't delay in ensuring your child is registered to play!



Spring Sports Available:

- Softball (Girls 4-8th grade)
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- K-3 Soccer (Boys & Girls K-3rd grade)
- Lacrosse opportunities are also available, please visit smwarriors.com for more information.



Register Here!



St. Michael Prekindergarten INFORMATION NIGHT



Save the Date!
February 27, 2024
5:30 - 7:00pm



Parents of incoming and prospective students are invited to join us in the Lower Meeting Room of the Parish Building. The information night will include an information session, Q & A, and an option to tour the PreK classrooms. Please RSVP using the QR code so we can plan accordingly. Questions? Contact lwells@stmichaelworthington.org



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AROUND THE DIOCESE

COME AND SEE WEEKEND AT THE PONTIFICAL COLLEGE JOSEPHINUM

The Pontifical College Josephinum, in Columbus, Ohio, has scheduled a "Come and See" Live-in Weekend for March 7-10, 2024. The Weekend has been set aside to allow young men (high school juniors, seniors, and college-aged students) to visit the seminary for a few days. Live-in participants will experience seminary prayer life, classes, communal worship, and interaction with current seminarians, faculty and staff. Live-in Weekends include introductory presentations on discernment, student life, and the college seminary formation program.

The Weekend begins with arrival at 4:00 p.m. on Thursday, March 7, and concludes with departure at Noon on Sunday, March 10. All meals and recreation are included. There is no charge to participate. For more information, contact the Vocations Office, 614-221-5565, or email vocations@columbuscatholic.org or contact your parish priest.

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