

March 2, 2025

## From the Desk of Fr. Jerry

Dear Friends,

The Religious Education Program will host the 10 AM Mass next Sunday, March 9. I hope this will give the Religious Ed program more of a spotlight as an important ministry of our parish. I want to thank Brandin Stoy, Yasmin Alba, Dawn Isaia, the catechists, and the parents who have prepared the students for full participation in the Mass. Your presence at Sunday Mass is a blessing. Remember: we go to God together!

We are celebrating the Sacrament of the Anointing of the Sick at the 10 AM Mass today. We offer our prayerful support to those weakened by ailments or age. After the homily those wishing to be anointed will be called forth. After hands are imposed, the forehead and the palms of both hands are anointed; the priest says, "Through this holy anointing may the Lord in His love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up." The recipient says "Amen" to each anointing prayer.

Today we also have been asked to follow up on the Annual Catholic Appeal. Thank you for your participation in the last few weeks in the Appeal. No matter the size your gift, your support expresses solidarity with the Church's mission. On behalf of struggling parishes and schools, Catholic Relief Services, formation programs for Priests, Deacons, and Lay Leaders, and parish renewal programs, thank you! If you have not yet made a pledge, please join me in supporting the Appeal. Thank you for participating in the Annual Catholic Appeal.

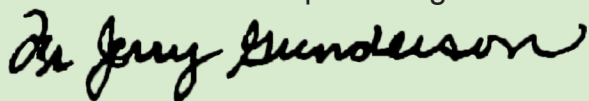
### **Lenten Practices**

The distribution of Ashes will take place on Wednesday, March 5, at Masses at 8 AM and 6:30 PM and at a prayer service at noon. All liturgies will be held in the main church. Catholics ages 18–59 are required to fast on Ash Wednesday and Good Friday. Fasting means eating one full meal and two smaller meals that don't add up to a full meal. Catholics ages 14 and older are required to abstain from meat on Ash Wednesday, Good Friday, and all Fridays of Lent. When a dispensation is given from fasting and abstaining it is assumed that some form of penance will be observed at another time. There are many forms of penance besides simpler meals. Abstaining from smartphone scrolling, media immersion, and avoiding gossip are all acts of fasting that express the spirit of Lent. Practicing healthy food choices, a set time of silent prayer, or thanking and affirming others are positive practices to replace what is "given up." Stations of the Cross will take place at 4:00 PM on the Fridays of Lent. Little black books will also be available.

### **Almsgiving**

Fr. Wilfred has returned to Zambia to continue his work of evangelizing and human development. Thank you for giving him such a warm welcome. As a communal act of almsgiving during Lent, you are invited to make a contribution to Friends of Chikwa parish, a qualified 501 C 3 not-for-profit organization. Current projects and hoped for initiatives are detailed in a flyer that is available at the website [www.friendsofchikwaparish.org](http://www.friendsofchikwaparish.org). Fr. Wilfred makes a grant request for a specific project and the board of directors must approve any grant made in keeping with the bylaws.

[www.friendsofchikwaparish.org](http://www.friendsofchikwaparish.org)



Fr. Jerry Gunderson