

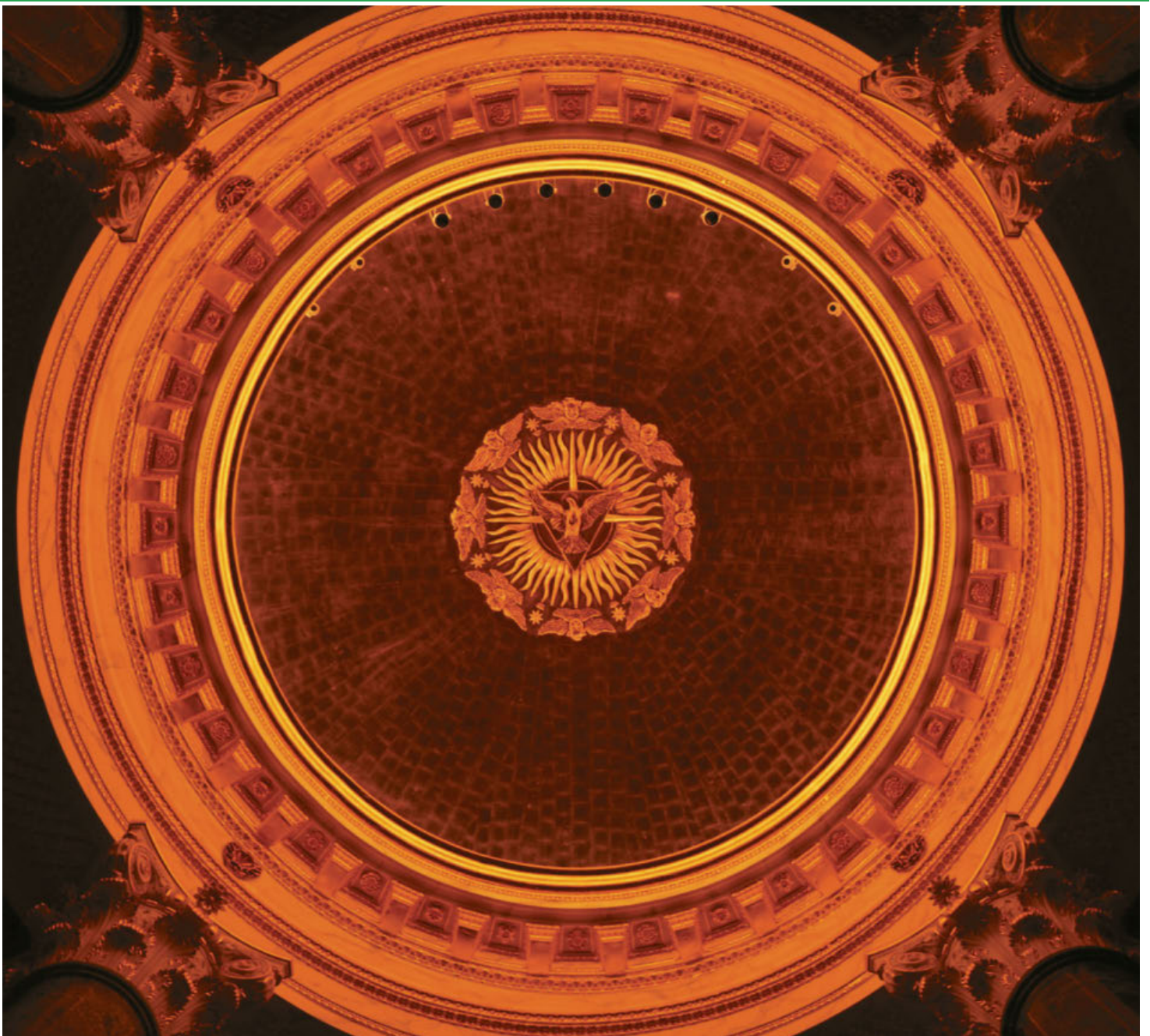
March 6, 2022 • *First Sunday of Lent*



The Cathedral of **SAINT JOSEPH**

521 North Duluth Avenue • Sioux Falls, South Dakota 57104

www.stjosephcathedral.net



DIOCESE OF SIOUX FALLS

Most Reverend Donald E. DeGrood, *Bishop*

LITURGY GUIDE—First Sunday of Lent

Welcome to the Cathedral of St. Joseph and thank you for joining us for the celebration of Holy Mass today! Please silence your cell phones and refrain from eating, drinking or chewing gum in the Cathedral. Please help keep our Cathedral tidy by utilizing the waste baskets found near the main entrances. Also, please refrain from taking pictures once Mass has begun. You are welcome to take pictures after Mass has concluded.

INTROIT

(At 9:15 & 11AM, the Introit is sung by the choir during the entrance procession.)

Invocabit me, et ego exaudiam eum: When he calls on me, I will eripiam eum et glorificabo eum: answer him; I will deliver him and give him glory, I will longitudine dierum adimplebo eum. and grant him length of days.

(Verse) *Qui habitat in adiutorio Altissimi, in protectione Dei caeli commorabitur.* (Verse) He who abides in the shelter of the Most High, shall remain under the protection of the God of Heaven.

OPENING HYMN

ST FLAVIAN

625 Lord, Who throughout These Forty Days

PENITENTIAL ACT

I confess to almighty God and to you, my brothers and sisters that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, (striking breast three times) through my fault, through my fault, through my most grievous fault; Therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

THE LITURGY OF THE WORD

FIRST READING

Dt 26:4-10

Moses spoke to the people saying: "The priest shall receive the basket from you and shall set it in front of the altar of the Lord, your God. Then you shall declare before the Lord, your God, 'My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong, and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the Lord, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the firstfruits of the products the soil which you, O Lord, have given me.' And having set them before the Lord, your God, you shall bow down in his presence."

RESPONSORIAL PSALM Psalm 91:1-2, 10-11, 12-13, 14-15
(Refrain sung first by cantor, then congregation repeat)



Text: Refrain trans., *Liturgicals for Mass*, © 1969, 1981, 1997, ICEL; verses, *New American Bible*, © 1970, Confraternity of Christian Doctrine; Music: Michel Guimont, © 1994, 1998, GIA Publications, Inc.

He who dwells in the shelter of the Most High, and abides in the shade of the Almighty, says to the Lord, "My refuge, my stronghold, my God in whom I trust!" **R.**

Upon you no evil shall fall, no plague approach your tent. For you has he commanded his angels to keep you in all your ways. **R.**

They shall bear you upon their hands, lest you strike your foot against a stone. On the lion and the viper you will tread, and trample the young lion and the serpent. **R.**

Since he clings to me in love, I will free him, protect him, for he knows my name. When he calls on me, I will answer him; I will be with him in distress; I will deliver him, and give him glory. **R.**

SECOND READING

Rom 10:8-13

Brothers and sisters: What does Scripture say? *The word is near you, in your mouth and in your heart* -that is, the word of faith that we preach-, for, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. For the Scripture says, *No one who believes in him will be put to shame.* For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. For "everyone who call on the name of the Lord will be saved."

GOSPEL ACCLAMATION

Please Stand

(Sung first by cantor, then congregation repeat)



One does not live on bread alone, but on every word that comes forth from the mouth of God. **R.**

GOSPEL

Luke 4:1-13

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." Jesus answered him, "It is written, *One does not live on bread alone.*" Then he took him up and showed him all the

kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me." Jesus said to him in reply, "It is written *You shall worship the Lord, your God, and him alone shall you serve.*" Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, for it is written: *He will command his angels concerning you, to guard you, and: with their hands they will support you, lest you dash your foot against a stone.*" Jesus said to him in reply, "It also says, *You shall not put the Lord, your God, to the test.*" When the devil had finished every temptation, he departed from him for a time.

PROFESSION OF FAITH

Please Stand

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
(bow here) and by the Holy Spirit
was incarnate of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.



THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND GIFTS

OFFERTORY HYMN (4PM & 7:30AM)
526

HEINLEIN

Forty Days and Forty Nights

OFFERTORY ANTIPHON (9:15AM)

*Scapulis suis obumbrabit tibi
Dominus, et sub pennis eius
sperabis; scuto circumdabit te
veritas eius.*

The Lord will conceal you
with his pinions, and under
his wings you will trust. His
faithfulness will encompass
you with a shield.

OFFERTORY MOTET (11AM)
Scapulis suis

Orlande de Lassus
(1534-1594)

*Scapulis suis obumbrabit tibi
Dominus, et sub pennis eius
sperabis; scuto circumdabit te
veritas eius.*

The Lord will conceal you
with his pinions, and under
his wings you will trust. His
faithfulness will encompass
you with a shield.

Celebrant: Pray brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

R. May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

SANCTUS

San-ctus, San-ctus, San-ctus Do-mi-nus De-us Sa-ba-oth.
Ple-ni sunt cae-li et ter-ra glo-ri-a tu-a. Ho-san-na
in ex-cel-sis. Be-ne-di-ctus qui ve-nit in no-mi-ne
Do-mi-ni. Ho-san-na in ex-cel-sis.

MEMORIAL ACCLAMATION

We proclaim your Death, O Lord, and profess your Re-sur-rec-tion un-til you come a-gain.

AGNUS DEI

A-gnus De-i, qui tol-lis pec-ca-ta mun-di: mi-se-re-re no-bis.
A-gnus De-i, qui tol-lis pec-ca-ta mun-di: do-na no-bis pa-cem.

ECCE AGNUS DEI

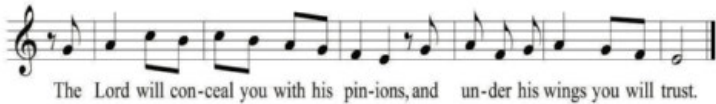
Celebrant: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

R. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

HOLY COMMUNION

All Catholics who have prepared themselves to receive Holy Communion are invited to come forward. Our brothers and sisters of other faiths are invited to approach with arms crossed over the chest to signal their desire to receive a blessing.

COMMUNION ANTIPHON (4PM, 7:30AM)



COMMUNION ANTIPHON (9:15AM, 11AM)

Scapulis suis obumbrabit tibi, et sub pennis eius sperabis; scuto circumdabit te veritas eius.

The Lord will conceal you with his pinions, and under his wings you will trust. His faithfulness will encompass you with a shield.

COMMUNION MEDITATION (11AM)

Ave Verum Corpus

William Byrd
(1540-1623)

Ave, verum corpus natum de Maria Virgine: vere passum, immolatum in cruce pro homine: cuius latus perforatum unda fluxit sanguine: esto nobis praegustatum, in mortis examine.

Hail, true Body, born of the Virgin Mary, who having truly suffered, was sacrificed on the cross for mankind, whose pierced side flowed with blood: May this be for us a foretaste of the Heavenly banquet in the trial of death.

O dulcis, O pie, O Jesu, Fili Mariae. Miserere mei.

O sweet, O holy, O Jesus Son of Mary, have mercy on me.

HYMN OF THANKSGIVING

746

ST AGNES
Shepherd of Souls, Refresh and Bless

CLOSING HYMN (4PM, 7:30AM)

560

STUTTGART
Heart of Christ

RECESSIONAL (9:15AM)

443

Ave Regina Caelorum

Ave, Regina Caelorum, Ave, Domina Angelorum; Salve, radix, salve, porta Ex qua mundo lux est orta:

Hail, O Queen of Heaven
Hail, O Lady of Angels Hail!
Thou root, hail! Thou gate
from whom unto the world, a
light has arisen:

Gaude, Virgo gloriosa, Super omnes speciose, Vale, o valde decora, Et pro nobis Christum exora.

Rejoice, O glorious Virgin,
Lovely beyond all others,
Farewell, most beautiful maiden,
And pray for us to Christ.

RECESSIONAL (11AM)

Adoramus Te

G.P. da Palestrina
(1525-1594)

Adoramus te Christe, et benedicimus tibi; quia per sanctam crucem tuam redemisti mundum.

We adore thee, O Christ, and
we bless thee: because by thy
holy cross thou hast re-
deemed the world.



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PRAYER FOR THE SYNOD

We stand before You, Holy Spirit, as we gather together in Your name.

With You alone to guide us, make Yourself at home in our hearts;

Teach us the way we must go and how we are to pursue it.

We are weak and sinful; do not let us promote disorder.

Do not let ignorance lead us down the wrong path nor partiality influence our actions.

Let us find in You our unity so that we may journey together to eternal life

and not stray from the way of truth and what is right.

All this we ask of You, who are at work in every place and time,
in the communion of the Father and the Son, forever and ever.

Amen.

COMMUNITY NEWS

Job Openings in the Diocese

The following positions can be found at ogknights.org

- After School Teacher Assistants: PT/Seasonal (2:45-6pm) for St. Michael and Holy Spirit.
- Summer Care Program at Holy Spirit Elementary: Hiring teachers and aides.

The following positions can be found at sfatholic.org

- Catholic Family Services: Clinical Counselor
- Catholic Chancery: Marketing Strategist
- Catholic Chancery: Accounts Payable Specialist
- Catholic Foundation Office: Administrative Assistant
- Catholic Foundation Office: Marketing Specialist
- Catholic Foundation Office: Gift and Data Coordinator
- Catholic Foundation Office: Gift Planning Officer



Volunteers Needed

The Cathedral Parish through its Outreach Ministry is serving breakfast at *The Banquet* on Friday, March 18th.

There are 5-6 openings for the preparation shift (5:30 am to 6:30 am) and 14

openings for the serving shift (6:30 am to 8:30 am). Everyone is welcome! Kids (preferably 12 or older) may leave early for school. An excellent way for almsgiving during Lent. If you wish to volunteer, please contact Sandy Lown at jlown@sio.midco.net or Chris Lent at clentsd@gmail.com.

3rd Annual Aquinas Lecture

The Deposit of Faith - Why 2,000 Years of Art, Architecture and Thought Matter will take place at the Cathedral Parish Hall on Wednesday, March 23rd with a Mount Marty social at 6pm and public lecture at 7pm. Featuring Dr. Joseph Bottum, Director of the Classics Institute at Dakota State University

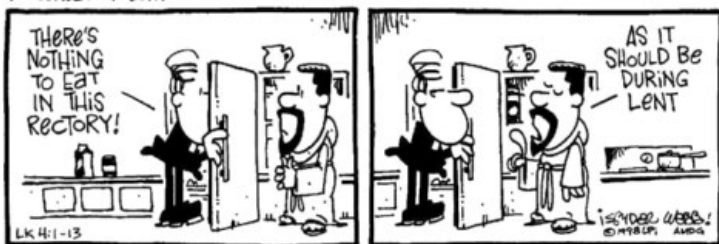
Gift of Hope



The Cathedral parish, through its Outreach Ministry, is excited to offer Cathedral parishioners a volunteer opportunity during Lent on Saturday, March 26th at 10am. We will be unloading the *Unspoken* band trucks for the Gift of Hope benefit concert to support Catholic Family Services (now

known as The Lourdes Center). The trucks will be located at the O'Gorman Performing Arts Center. Volunteers will need to be able to lift 25 pounds and be ready to spend a couple of hours preparing the concert. If you are able to share your time, please contact John and Barbara Lockwood via email:

1st SUNDAY OF LENT



Liturgical Roles

Daily Mass Reader—

March 9-12

6:45 am Michelle Sletten

12:00 pm As Scheduled



March 12/13

Extraordinary Ministers of Holy Communion

4:00 pm Mark & Carolee Weber

7:30 am Gerald & Sharon Frisbie

9:15 am Bonnie Poppenga, Hannah & Brandon Schmit

11:00 am Laura Barnett, Mary & Matt Enderson

4:00 pm Ministers as Scheduled

Lectors

4:00 pm Julie & Shawn Cleary

7:30 am Kym Osterberg

9:15 am Ruth Bordewyk, Jeff Heron

11:00 am Max Boyum, Thomas Strombaugh

4:00 pm Readers as Scheduled

Altar Servers

4:00 pm Pontifical Servers

7:30 am Servers Needed

9:15 am John Paul Beaner, Asher Hunt

11:00 am Karl Benz, Dominic Ostermann

4:00 pm Servers as Scheduled

Mini-Bus Driver

4:00 pm Denise Rotert

Dow Rummel

Diane Bauch

Good Sam

Betty Barto-Smith

Readings for the week of March 6, 2022

Sunday: Dt 26:4-10/Ps 91:1-2, 10-15/Rom 10:8-13/
Lk 4:1-13

Mon: Lv 19:1-2, 11-18/Ps 19:8-10, 15/Mt 25:31-46

Tues: Is 55:10-11/Ps 34:4-7, 16-19/Mt 6:7-15

Wed: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

Thurs: Est:12, 14-16, 23-25/Ps 138:1-3, 7c-8/Mt 7:7-12

Fri: Ez 18:21-28/Ps 130:1-8/Mt 5:20-26

Sat: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

Next Sunday: Gn 15:5-12, 17-18/Ps 27:1, 7-9, 13-14/
Phil 3:17-4:1/Lk 9:28b-36

CONGRATULATIONS

The 500 Club

The first winner of the 500 club for March 2022 is Pam Greiner. We sent her a check for \$99 and gave Father \$430 for the church. At present we have 172 members. If you not a member and would like to join it's only \$5/month. Our hope is to have 200 members so that we can give \$500 a month to the church. So far we have given the Church over \$87,000 the last 22 years. Applications are available in the Narthex (Duluth Ave. entrance) or the Parish Office. Those received by March 28 will be eligible for the April 2022 drawings. For more information, call Verlyn Curley at 334-2305.

Mass Intentions

Mon, March 7 • *St's Perpetua and Felicity, Martyrs*

12:00 pm † Michael Ryan

Tues, March 8 • *St. John of God, Religious*

12:00 pm † Jason Nolte

Wed, March 9 • *St. Frances of Rome, Religious*

6:45 am Dominican Sisters of Mary Mother of the Eucharist

12:00 pm † Mary Ryan

Thurs, March 10 • *Lenten Weekday*

6:45 am † Robert Feterl

12:00 pm † Fern and E.B. McKeown

Fri, March 11 • *Lenten Weekday*

6:45 am William Ulin

12:00 pm † Ted Pins

Sat, March 12 • *Lenten Weekday*

9:00 am † Anne Frankman

Sat, March 12 • *Mass of Anticipation*

4:00 pm Grace Hong Nguyen & Hang

Sun, March 13 • *Second Sunday of Lent*

7:30 am † Vernon Clasen

9:15 am Grace Hong Nguyen & Hang

11:00 am † Lloyd Schoenfelder

4:00 pm Pro Populo

Sanctuary Candles

This week the five sanctuary candles in the Eucharistic Chapel have been requested for the following intentions:

- 1.) Connie Grassel
- 2.) Safe Birth of Baby Bennett
- 3.) Special Intention for Katie
- 4.) Holy Souls in Purgatory
- 5.) The Unborn

Cathedral Events Calendar

Sunday, March 6

Cathedral Confirmation at the 11am Mass

No Family Program

Vespers, 6pm

Monday, March 7

Young Adults Small Group, 6:30pm

Tuesday, March 8

Women's Group, 10am

Thursday, March 10

Adoration & Confessions, 7pm

Friday, March 11

Stations of the Cross, 7pm

PARISH ANNOUNCEMENTS

No Family Program This Sunday!

Family program will not meet this Sunday due to Confirmation Mass. See you on March 13th!

Lenten Mission

Mary's Role in Salvation History, the Healing Presence of Christ in the Confessional, and the Healing Power of the Eucharist. The Cathedral Lenten Mission will be held the evenings of March 20th-22nd with Father John Anthony Boughton, CFR of the Franciscan Friars of the Renewal presenting.

Parish Breakfasts

Mark your calendars for our last Parish Breakfast of the season on March 20th after all the Sunday morning Masses!

Catholic Daughters Potato Bake

Court St. Patricia, Catholic Daughters of America, invite all to the Annual Irish Potato Bake and Bingo at the Cathedral Parish Hall March 15th at 6 pm. Cost is \$10. For reservations contact Pat at 605-351-5217.

CSFA 2022

This month we begin the Catholic Family Sharing Appeal 2022. Your gift helps each of the diocesan ministries reach out to thousands, including training our future priests, a respect for life, education in our faith and ministry to the homebound, helping hurting marriages and more. This week you will receive a letter from Bishop DeGrood asking for your support for this year's Catholic Family Sharing Appeal. Please prayerfully consider a gift to this year's appeal, fill out your pledge card and bring it to church next week-end. Our parish share for 2022 is \$110,000. Please return your pledge card and your gift of prayer. As always any amount raised above our share stays in this parish. Thank you for being a part of Catholic Family Sharing Appeal!

Olive Wood Items

A representative will be at the Cathedral the weekend of March 26th-27th selling hand carved olive wood religious articles from the Holy Land.

Sacred Arts Series

The next Sacred Arts Series concerts are scheduled for the following dates:

March 5th 7:30pm *Univ. of Northwestern St. Paul - Men's Choir*

March 12th 7:30pm *Trancept, Tickets \$25/\$5*

March 19th 7pm *Univ. of Sioux Falls Concert Chorale*

WEEKLY OFFERING

	Envelopes	\$	10,444.00
February 27	Online/EFT	\$	3,514.63
	Visitors/Loose Cash	\$	4,519.68
	Total	\$	18,478.31

Parish Office: 605-336-7390

Parish Office Email: cathedral@sfcatholic.org

Office Hours: 8:30am-5pm M-Th, 8:30am-3pm Friday

Cathedral Church Hours:

8am-5pm Monday-Saturday

7am-Noon & 3:30-5:00 Sunday

Weekend Mass Schedule

Saturday 4:00pm

Sunday 7:30am, 9:15am, 11:00am,
& 4:00pm (St. J. Bakhita)

Weekday Masses

Wednesday - Friday 6:45am

& Monday - Friday 12 Noon

Saturday 9:00am in Cathedral

Confessions

Thursday 7:00pm

Saturday 12 Noon & 3:00-3:30pm in Cathedral
(Chapel if a Wedding is scheduled)

Adoration

Thursdays 7pm-8pm

First Friday of the month at 11am
in Cathedral

Self Guided Tours

1:00pm Monday-Friday (except Holy Days)

Parish Staff

Rector, Very Rev. James P. Morgan

Assistant to the Rector, Rev. Jeff Norfolk

Deacon, William Radio

Deacon, Tim Dickes (Prison Ministry)

Administrative Assistant, Vacant

Director of Operations & Finance, Heidi Solem

Director of Liturgical Music, Dr. Jared Ostermann

Director of Faith Formation, Abigail Budan

Counseling Services

The Lourdes Center (Previously Catholic Family Services)

Counseling 988-3775

Retrouaille Help for hurting marriages 988-3755

Birthingright 977-4781

Sacraments

Baptism The sacrament of Baptism is celebrated for our parishioners on Sundays after the 11AM Mass. Parents must attend a Baptism preparation meeting. To schedule preparation, contact the parish office.

Matrimony Six months preparation required. Registered parishioners, please contact parish office. All others, contact the pastor of your home church. For wedding information, go to www.stjosephcathedral.net, under Sacraments.

Anointing of the Sick

Please call the parish office to request the Sacrament if you have been diagnosed with an illness, in preparation for surgery, or in case of serious illness.

Catholic Burial—St. Michael’s Cemetery, (605) 338-3376

The Season of Lent is not well understood by many people outside of the Catholic Church as to why we do what we do. For those of us who are members of the Church it is important also to be reminded of the meaning and intention of our actions during Lent. **Why do we put ashes on our forehead?** In Genesis we are taught that God created Adam out of the dirt/dust of the earth. During Lent we are reminded when the ashes are put on our foreheads, "remember that you are dust and to dust you shall return". We are all going to die and be put back into the earth from which we originated. This symbol of ashes on our foreheads is a helpful reminder to be humble before our God. Also, putting ashes on one's head was a sign of repentance for the Israelite people when they were turning back to God by acknowledging their sins. Lent is a time of important repentance as we acknowledge the pride of our sins and turn back to Him asking for His mercy. **Why is Lent 40 days?** A lot of events in the Bible happened for 40 days as the people were growing closer in relationship with God so we also spend 40 days as part of our spiritual journey growing in relationship with God: Noah was on the ark for 40 days and 40 nights, when Moses went up the mountain twice to get the tablets with the 10 Commandments both times he was on the mountain for 40 days, when Jesus fasted and prayed in the desert showing us how to fight against Satan and temptations He did so for 40 days. **Why do we focus on the disciplines of prayer, fasting and almsgiving during Lent?** Jesus teaches in Matthew 6 on the spiritual disciplines of prayer, fasting and almsgiving and He lived these 3 disciplines as part of His experience in the desert for 40 days. During Lent we choose to imitate Him by living through Him, with Him and in Him the disciplines of prayer, fasting and almsgiving. May the ideas below help inspire you of ways that you may grow deeper in prayer, fasting and almsgiving with Jesus during these 40 days of Lent.

PRAY – Asking for the grace to pray daily and more deeply, Ask for the grace to pray daily and to spend some time daily in silent prayer, Ask for the grace to meditate on the Scriptures for example by using the method of Lectio Divina, Daily/Sunday Mass readings, Pray the Rosary, Pray the Divine Mercy Chaplet
4 steps for daily prayer:

- **Acknowledge** – thoughts, feelings and desires. Anger, frustration, anxiety, etc. that you are feeling; acknowledge it is real.
- **Relate** – Tell the Lord all about whatever is bothering you. This step of relating gets it off your chest and places it in the hands of the Lord.
- **Receive** - Ask Him for His grace, His guidance as to what to do with the struggle you are having, what direction to go to find freedom, how to let go. Pray the grace: “Jesus, I give You permission to love me.”
- **Respond** – Only once you have **received** the grace or the direction the Lord wants you to go can you respond and take the necessary steps forward to freedom.

FAST or ABSTAIN – Asking for the grace of discipline to overcome comfort with your sin. **Giving up SIN is the goal:** find new strength by giving up a particular food/dessert, give up a hobby, take a lukewarm shower once a week. **Media:** Give up your favorite TV program, choose one day of the week where you don't use the internet for leisure only for work. Ask for the grace not to waste time. Set an earlier bedtime and stick to it each night.

ALMSGIVING – Asking for the grace to be more generous: Share your time and finances to those in need, volunteer, write a letter, send an email or make a phone call to someone you need to forgive or ask forgiveness from, go out of your normal routine to encourage someone, take time to have a conversation with someone you know is struggling.

HOMEWORK: Choose 1 way from each discipline to grow in prayer, fasting and almsgiving during Lent.

Fr. Jeff Norfolk

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