

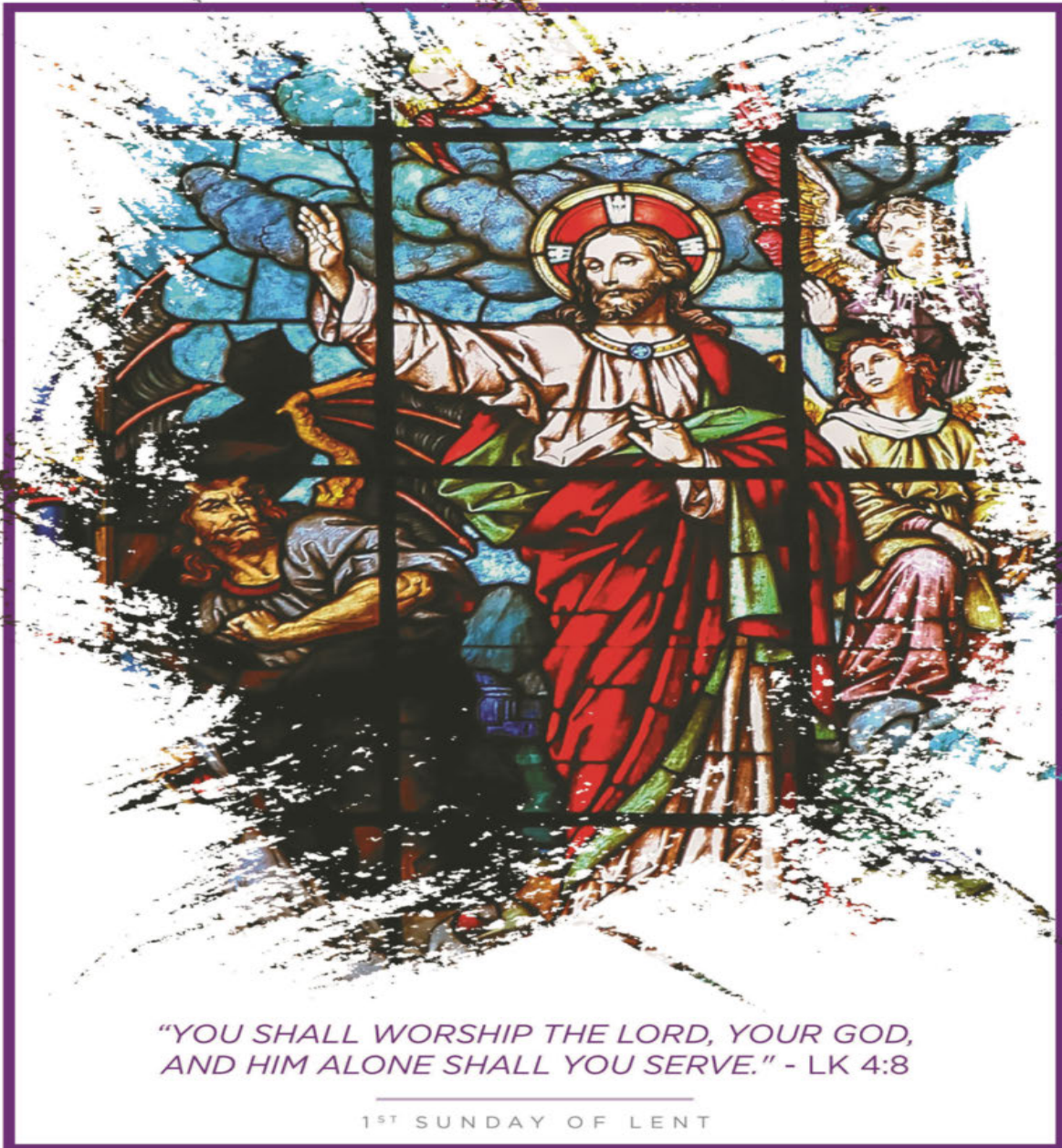
March 9, 2025 • *First Sunday of Lent*



The Cathedral of **SAINT JOSEPH**

521 North Duluth Avenue • Sioux Falls, South Dakota 57104

www.stjosephcathedral.net



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DIOCESE OF SIOUX FALLS

Most Reverend Donald E. DeGrood, *Bishop*

LITURGY GUIDE - March 9, 2025

The 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. Help keep our Cathedral tidy by utilizing the waste baskets found near the main entrances.

Please, do not take pictures during the Mass celebration. You are welcome to take pictures after Mass.

INTROIT - (At 9:15 AM & 11:00 AM THE INTROIT IS SUNG BY THE CHOIR DURING THE ENTRANCE PROCESSION)

*Invocabit me, et ego
exaudiam eum: eripiam eum
et glorificabo eum:
longitudine dierum
adimplebo eum. (Verse) Qui
habitat in adiutorio
Altissimi, in protectione Dei
caeli commorabitur.*

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days. (Verse) He who abides in the shelter of the Most High, shall remain under the protection of the God of Heaven.

**OPENING HYMN (4:00 PM & 7:30 AM) 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 Deuteronomy 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 first fruits of the products of 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)**



Be with me, Lord, when I am in troub - le.

Text: Refrain trans., Lectionary for Mass, © 1969, 1981, 1997, ICEL; verses, New American Bible, © 1970, Confraternity of Christian Doctrine
Music: Michel Gaimont, © 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 Romans 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 calls on the name of the Lord will be saved.”

**Gospel Acclamation Please Stand
(Sung first by cantor, then congregation repeat)**



Praise and hon - or to you, O Lord Je - sus Christ.

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. "

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 (4 PM & 7:30 AM) HEINLEIN
526 Forty Days and Forty Nights

OFFERTORY ANTHEM (4:00 PM) Felix Mendelssohn
 He Watching Over Israel (1809-1847)

He watching over Israel slumbers not, nor sleeps.
 Shouldst thou walking in grief, languish, he will quicken thee.
 He watching over Israel slumbers not, nor sleeps.

OFFERTORY (9:15 AM & 11:00 AM) Orlande de Lassus
Scapulis suis (1534-1594)

Scapulis suis obumbrabit tibi The Lord will conceal you
Dominus, et sub pennis eius with his pinions, and under his
sperabis; scuto circumdabit wings you will trust. His
te veritas eius. faithfulness will encompass
 you with a shield.

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

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

MEMORIAL ACCLAMATION

AGNUS DEI

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 their arms crossed over their chest to signal their desire to receive a blessing.

COMMUNION ANTIPHON (4:00PM)

Musical notation for the Communion Antiphon. Below the staff, the text reads: "The Lord will con-ceal you with his pin-ions, and un-der his wings you will trust."

Communion Meditation (4:00 PM) John Stainer
God so Loved the World (1840-1901)

God so loved the world, that he gave his only begotten Son. That whoso believeth in him, shall not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world might be saved.

COMMUNION ANTIPHON (9:15 & 11:00 AM)

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 (11:00 AM) William Byrd
Ave Verum Corpus (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 ST. AGNES
746 Shepherd of Souls, Refresh and Bless


CLOSING HYMN (4 PM & 7:30 AM) STUTTGART
560 Heart of Christ

RECESSIONAL (9:15 AM)
443 AVE REGINA CAELORUM

RECESSIONAL (11:00 AM) G.P. da Palestrina
Adoramus Te (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 redeemed the world.

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 **March 11, 2025 - Day of Recollection**
Fr. Shawn Polman - "Joyful Expectation: Meeting the Father" The day begins at **10am** and concludes at 3pm and includes 2 talks, Mass, lunch, Reconciliation and Adoration. Please register.


March 17, 2025 - St. Patrick's Celebration at the Abbey
Join the Leprechauns at the Abbey for a night of delicious delicacies from the Isles of Ireland. **WEAR YOUR GREEN!** Serving begins at **5pm** and meals are available for dine in or to go. Free Will Offering/donation & registration is required by Noon March 17th.

Register for either event at: www.abbeyofthehills.org or call **605-398-9200**.

 **Gift of Hope Concert - March 18, 2025**
Concert starts at 7:00 pm in the Bishop O'Gorman Performing Arts Center (Lorang Theater) All proceeds from the Gift of

Hope Concert will ensure that anyone who is hurting due to grief, emotional wounds, anxiety or distress can receive the support they need. Concert-related expenses are financially sponsored or donated, allowing 100% of all proceeds to benefit the Gift of Hope Fund and the immediate needs of The Lourdes Center.



 **The Catholic Daughters of America - Court St.**
Patricia will hold their monthly meeting on Tuesday, **March 18th** in the lower level of Holy Spirit Church. A rosary will be prayed at 6:15 and the meeting will begin at 6:30. Come and enjoy a little Irish fun as we warm up for our **Irish Potato Bake on Saturday, March 22nd!**

 **BISHOP O'GORMAN CATHOLIC SCHOOLS** 6 Elementary schools, O'Gorman Junior High, O'Gorman High School

Scholarships Available for grades K-12 and college! To view a complete list of available scholarships, visit <https://bit.ly/BishopOGScholarships>

We're Hiring! Apply now at www.ogknights.org/careers
Art, Technology, & Library Teacher, Part-time Latin Teacher, Chemistry Teacher, Physics Teacher, General Elementary Teacher & more!

COMMUNITY NEWS

Fr DeWayne Kayser is requesting additional help with distribution of **Holy Communion** at Avera McKennan Hospital at their main campus and at the Avera Specialty Hospital. If you are interested in helping out with this wonderful and blessed opportunity please reach out to: Fr. Kayser at [605-322-7948](tel:605-322-7948) or Julie Holms at [605-322-7897](tel:605-322-7897) or go directly to the website at <https://www.avera.org/about/volunteer/> and fill out the application. It is easy and quick.

Thank you for your prayerful consideration.

St. Joseph Academy is a hybrid, Catholic, classical school for preK Montessori to 8th grade students. Applications for the 2025-2026 school year are now being accepted.

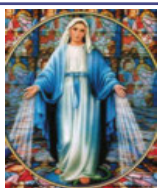
To learn more and apply, visit us online at stjosephclassicalacademy.org. Become a part of our growing and vibrant community!



Presentation Sisters Catholic School Scholarships - For 2025-2026 Catholic Tuition Assistance at any Catholic School in the Diocese is now open. Applications for these scholarships are available through the parish office or you can visit www.presentationisters.org to print out applications. Please contact Jane Schaffer at 605-229-8417 or email: jschaffer@presentationisters.org. Deadline for submitting an application is **March 21st**.

Brothers in Christ - Saturday, **March 29, 2025** at Holy Spirit Church, Sioux Falls. 1/2 Day Men's Retreat to aid in your Lenten Journey. Event starts at 7:00am with Adoration/Registration with the Retreat starting at 8:00am. Theme "Out of the Desert" Matthew 4:1. Pre-register/get more details at: <https://brothersinchrist.regfox.com/bic-12-day-spring-2025>

THE SHROUD OF TURIN - SUNDAY, MARCH 16, 2 PM sponsored by, St. Margaret's Parish at 409 S. Elm Street, Kimball, SD. Join us for an unforgettable journey into one of the greatest mysteries of faith presented by Deacon Bill Radio from Cathedral of St. Joseph, Sioux Falls. Hosted by the Kimball Catholic Daughters. Refreshments will be provided.



Moms and expectant Moms are invited to our next "**Under Mary's Mantle**" meeting of the series on topics of mothering during the early years on Tuesday, **March 11,** at 9:30 am in the Fireside Room at Holy Spirit Church in Sioux Falls. The next meeting topic is "**Caring for Ourselves and Our Families.**"

If you were unable to attend the first meeting, you may join any of the remaining ones in the series. Young children are welcome! For more information or to inquire please contact Sandy at [605-421-1104](tel:605-421-1104).

1st SUNDAY OF LENT



Liturgical Roles

Daily Mass - Ministers as Scheduled



March 15/16

Extraordinary Ministers of Holy Communion

4:00 pm Jessie Schmidt, Jon Schmidt
 7:30 am Sandy Fitzgibbons, Gerald Frisbie
 9:15 am Madyson Muller, Ruth Bordewyk, Susan Sommervold
 11:00 am Matthew Enderson, Bob Lux, Michelle Sletten
 4:00 pm Ministers as Scheduled

Lectors

4:00 pm Karen Christiansen, Mary Gayle Rogers
 7:30 am Michael Fitzgibbons
 9:15 am Jarrod Muller, Kathryn Muller
 11:00 am Eva Boyum, Max Boyum
 4:00 pm Readers as Scheduled

Altar Servers

4:00 pm Pontifical Servers
 7:30 am Thomas Mogle
 9:15 am John Paul Beaner, Jacoben Schmidt, Finnegan McManus
 11:00 am Dominic Ostermann, James Mogle
 4:00 pm Servers as Scheduled

Mini-Bus Driver

4:00 pm Jim Leyse

Dow Rummel Deb Radio

Good Sam Kathy Ellenbecker

Readings for the week of March 9, 2025

Sunday: Dt 26:4-10/Ps 91:1-2, 10-11, 12-13, 14-15 (see 5b)/Rom 10:8-13/Lk 4:1-13
Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:3-46
Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15
Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32
Thursday: Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12
Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26
Saturday: 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, 7-8, 8-9, 13-14/Phil 3:17 - 4:1 or 3:20 - 4:1/Lk 9:28b-36

CONGRATULATIONS

Carolee Weber is Cathedral 500 Club's second winner for March 2025. She has received a check for **\$87**. Anyone interested in joining will find applications at the front entrance (Duluth Ave) of the Cathedral. Cost is \$5/month. Applications must be received by **March 31** to be in the April 2025 drawings. Call the Parish Office at [605-336-7390](tel:605-336-7390) for details.

Mass Intentions:

Mon. Mar. 10•	<i>Lenten Weekday</i>
12:00 pm	✠ Jim Geraets
Tue. Mar. 11•	<i>Lenten Weekday</i>
12:00 pm	✠ Vivian Page
Wed. Mar. 12•	<i>Lenten Weekday</i>
12:00 pm	✠ Peter Lux
Thu. Mar. 13•	<i>Lenten Weekday</i>
12:00 am	Ed Guido
Fri. Mar. 14•	<i>Lenten Weekday</i>
12:00 pm	✠ Jonathan Green
Sat. Mar. 15•	<i>Lenten Weekday</i>
4:00 pm	✠ Warren Vick
Sun. Mar. 16•	<i>Second Sunday of Lent</i>
7:30 am	✠ Karla Esser
9:15 am	✠ Carol Federico
11:00 am	Jerry Abel
4:00 pm	Pro Populo

Sanctuary Candles

The five hanging Sanctuary Candles in the Sacred Heart Chapel are available for prayer intentions.

- 1.) ✠ Grandma Zobitz
- 2.) ✠ Ray Lux
- 3.) Dave & Mary Lux
- 4.) Devotion to the Sacred Heart of Jesus
- 5.) Devotion to the Immaculate Heart of Mary

Cathedral Events Calendar

Monday, March 10 -
6:30 pm - Young Adults

Tuesday, March 11-
9:00 am - Quilter's Group, School
10:00 am - Women's Group/Bible Study, School(200)
6:30 pm - 6th Annual Aquinas Lecture, Parish Hall

Wednesday, March 12 -
6:45 pm - OCIA, Parish Hall

Thursday, March 13-
7:00 pm - Adoration & Confessions, SH Chapel

Friday, March 14 -
5:30 - 6:45 pm - Lenten Soup Supper, Parish Hall
7:00 pm - Stations of the Cross, Cathedral Nave

Saturday, March 15-
12:00 & 3:00 pm - Confessions in the Cathedral Nave

Sunday, March 16 -
2:30 pm - St. Josephine Bakhita First Confessions,
Cathedral Nave

PARISH ANNOUNCEMENTS

Today! March 8, 4:00 PM Saturday Mass - University of Sioux Falls Concert Chorale is our guest choir directed by David DeHoogh-Kliwer. The Chorale will also present a **Concert** at 7:30 PM in the Cathedral.

6th Annual Aquinas Lecture - Tuesday, March 11, 7:00pm in Cathedral Parish Hall. (Doors open at 6:30.) "Educating for Transcendence" by Dr. Jennifer Frey, presented by Mount Marty University. Reception to follow.

First Confessions - March 16, 2:30pm, St. Josephine Bakhita Students, in the Main Cathedral Nave.

New Ministry Schedules -Check your emails or Sacristy Hall.



*Anointed by the Holy Spirit
through the waters of Baptism*

Emilio Ivan Tran - son of Shawn Tran & Doris Reyes

Congratulations and welcome into our Family of Faith!

If you are expecting or have a child to be baptized, please call Deacon Bill Radio **605-336-7390** for baptism planning.



Please pray for the repose of the soul of

Thomas Gallagher - husband of Linda and
brother of George Gallagher &
brother-in-law of Verlyn Curley, parishioners

May he and all of the faithful departed, through the Mercy of God, rest in peace.

LENTEN MEAL & STATIONS OF THE CROSS

A simple **Soup Supper** will be offered every Friday during Lent in the Parish Hall starting at 5:30PM. Enjoy a meal & fellowship. Free will offering. **Stations of the Cross** begin in the church at **7:00PM**.

SUPPORT THE SISTERS

The Perpetual Adoration Sisters invite you to visit the **Sardini Gift Shop** at the entrance of the Mater Ecclesiae Monastery (located on the Northwest corner of the St. Joseph Cathedral Campus). The Gift shop has many religious articles and ideas for sacrament gifts, decorating and a selection of "Sister Cookies". **Open Mon - Sat. 9:30 am - 5:30pm**. Thank you for your purchases. Your support and contributions help us to continue our Mission. Your intentions are always in our prayers. For prayer requests go to our website: www.perpetualadorationsisters.org or call **605-336-2374**.

WEEKLY OFFERING MARCH 1/2

	Envelopes	\$	14,508.00
	Online/EFT	\$	9,743.96
	Visitors/Loose Cash	\$	3,721.47
		Total \$	27,973.43

*Scan QR code to be directed to our Giving Page
Thank you for your Support and Prayers!*

CATHEDRAL INFORMATION

Parish Office: [605-336-7390](tel:605-336-7390)

Parish Office Email: cathedral@sfcatholic.org

Office Hours: 9:00am-4:00pm M-Th, 9:00am-3:00pm Friday
Closed - Saturday and Sunday

Cathedral Church Hours:

Monday-Saturday - 8:00am-4:00pm

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

Weekend Mass Schedule

Saturday 4:00pm (First Saturday of the Month Mass 9:00am)

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

Weekday Masses

Cathedral - Monday - Friday, 12:00pm (Noon)

Monastery - Monday - Saturday, 7:00am

Confessions

Thursday 7:00pm w/Adoration in the Sacred Heart Chapel

Saturday 12:00pm & 3:00-3:30pm in Cathedral

(In the Sacred Heart Chapel if a Wedding is scheduled)

Adoration

Sacred Heart Chapel - Thurs. 7:00pm-8:00pm (Confessions)

Cathedral - 11:00am, First Friday of the month

Monastery - Mon-Sat 7:45am-6:00pm, Sun 10:30am-6:00pm

Tours

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

Guided Tours-By appointment [605-336-7390](tel:605-336-7390)

Parish Staff

Rector, Very Rev. James P. Morgan

Parochial Vicar, Rev. Pasquale Armando Francesco

Weekend Sacramental Assistance, Rev. Anthony Klein

Deacon, William Radio

Deacon, Jonathan Eckrich

Director-Operations & Finance, Heidi Solem

Administrative Assistant, Mary Anne Lux

Music Director, Dr. Jared Ostermann

Assistant Music Director, Nicole Gerdes

Tour Docent/Guide, Susan Albers

Wedding Coordinator, Mary Enderson

Counseling Services, The Lourdes Center - [605-988-3775](tel:605-988-3775)

Sacramental Preparation:

Baptism - The sacrament of Baptism is celebrated for our parishioners on Sundays after the 11:AM Mass. Parents must attend a Baptism preparation meeting. To schedule a meeting for preparation contact the parish office at [605-336-7390](tel:605-336-7390).

Matrimony - Six months preparation required. Registered parishioners, please contact the parish office. All others please 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 this Sacrament if you have been diagnosed with an illness, in preparation for surgery or in the case of serious illness.

Catholic Cemetery - St. Michael's Cemetery [605-338-3376](tel:605-338-3376)

CLERGY REFLECTION

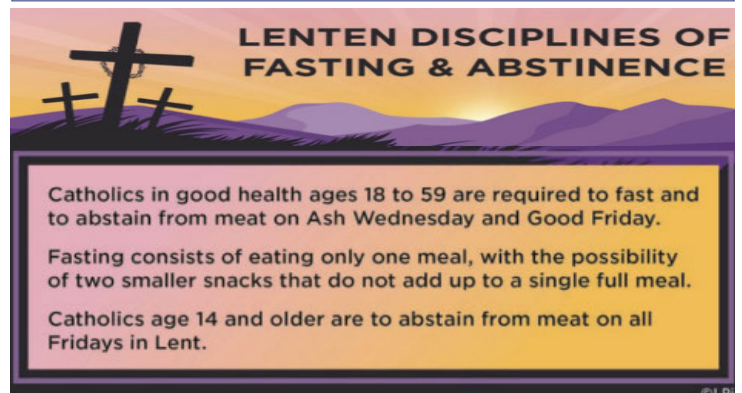
What are the tactics and tricks of the Devil in 2025 to tempt you throughout this Lent?

Where do you think the Devil gets all the scriptural verses to tempt Jesus? It is all from the Bible. If all this is from the Bible, he must have gone to church and took his time to read carefully as we know one day reading cannot help you to get all these verses, and then let me say the Devil did bible study just to tempt Jesus. He quoted, Psalms 91:12 "He shall give his angels charge over thee, to keep thee: And in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone". If there is one thing you and I must know is that he can attend higher classes than we did; just only to tempt us, so be aware of him who has tried to tempt our Lord Jesus Christ.

St. Antony began the life of a hermit, living in a tomb. He spent his time in prayer, study, and the manual work necessary to earn his living, while practicing the strictest self-denial. He ate only bread, with a little salt, and water, which he never tasted before sunset, and sometimes only once every several days. He wore sackcloth and sheepskin, and often knelt in prayer from sunset to sunrise. When he did sleep, it was on a rush mat or the bare floor. Thus, he became Antony the Great, the giant of holiness, the athlete of the spiritual order, the colossal mystic whose name dominates early Christianity in Egypt. Here the devils assaulted him most furiously, appearing as various monsters and worldly temptations such as rich clothing, delicious food, and beautiful women. They even wounded him severely. But his courage never failed, and he overcame them all by confidence in God and by the Sign of the Cross. One night many devils scourged him so terribly that he lay as if dead. A friend found him that way and, believing him dead, carried him home. When Antony awakened, he persuaded his friend to carry him, in spite of his wounds, back to his solitude. Here, prostrate from weakness, he defied the devils, saying, "I fear you not; you cannot separate me from the love of Christ."

This Lenten season is encouraging everybody to figure out the ways of temptation that the devil is going to use on us and work on it to overcome his evil ways and also temptations.

Fr. Pasquale Armando Francesco



LENTE DISCIPLINES OF FASTING & ABSTINENCE

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

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