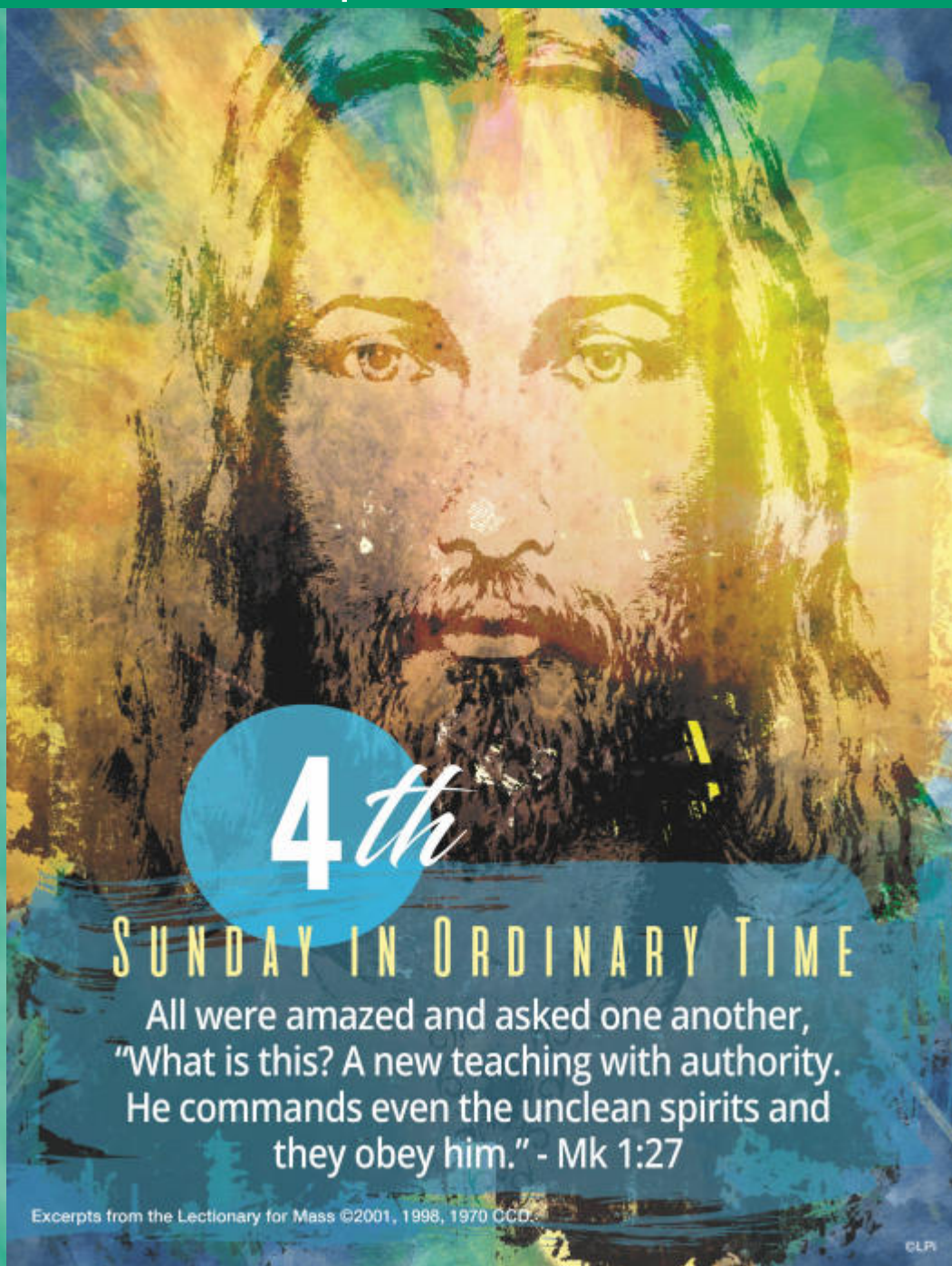


January 31, 2021 | Fourth Sunday in Ordinary Time

St. Frances Cabrini



PARISH OFFICE

6673 West Chatfield Avenue • Littleton, CO 80128

www.sfcparish.org

303-979-7688 Parish Office
Open: Monday-Friday, 8:30am-5:00pm
(closed 12:00 noon-1:00pm daily)

303-979-7688 Voice mail access after 5:00pm

303-953-7777 Youth Office (Jr. & Sr. High, Young Adult)

303-972-8566 Fax Line

303-979-7688 SACRAMENTAL EMERGENCIES
24 hrs/day

303-953-7770 Weather/Emergency Hotline
(for schedule changes due to inclement
weather/emergency situations)

Pastor

Rev. John Paul Leyba

Parochial Vicars

Rev. Israel Gonsalves, O.C.D.

Rev. Ron Sequeira, O.C.D.

Deacons

Rev. Mr. Chet Ubowski

Rev. Mr. Marc Nestorick

Rev. Mr. Brian Kerby

Rev. Mr. Paul Grimm (retired)

Rev. Mr. Witold Engel (retired)

SACRAMENTAL INFORMATION

Infant Baptism: Please contact Deacon Chet at 303-953-7783.

Marriage Preparation: Please contact Trudy at 303-953-7769 at least 9-12 months prior to your wedding to make arrangements.

RCIA: Interested in becoming Catholic or questions about the faith? Call Deacon Chet at 303-953-7783.

Care of the Sick / Dying: Please call if someone is ill or hospitalized and would like the Sacrament for the Anointing of the Sick. *In case of death, call the Parish Office immediately.*

Home Communion: Visits may be scheduled through the Parish Office.

MASS SCHEDULE

Weekend ...Saturday (Anticipatory) 4:15 pm;
Sunday 7:15, 9:15, 11:15am & 5:15pm

Weekday.....Monday-Friday 9:00 am;
Mon., Tues., Thurs., Fri. 6:30am

Thurs., 1pm for those 65+ and/or immunocompromised

First Saturday 9:30am

Holy Day(Vigil) 5:30pm;
(Day) 9:00am & 7:00pm

SACRAMENT OF RECONCILIATION

Saturdays: 8-9:30am

Tuesdays: 6:30-7:30pm

ADORATION in the Church

Monday-Friday, 1-7 pm

Adoration will begin after the 1pm Mass on Thursdays

Come, spend some time with Jesus!



**Mass for 65+ and for
Those Who Are
Immunocompromised**

Thursdays at 1:00pm in the Church

Meditating on the Gospel *Fourth Sunday in Ordinary Time*

Most of us are quiet people who desire to live a good and holy life, promote the values and mission of the Gospel as best we can and desire to one day inherit the surprise of life eternal God promises to us. We are not trail blazers. We are simple people who want to do the simple things of life well. But there are others who left a more profound impact along the way of the paths they walked. Folks like Dorothy Day, Martin Luther King, Thomas Merton, Gandhi, St. Teresa of Calcutta, and many others left lasting impacts and legacies. Like Moses, they show us by word and deed who God is and what integrity and a purpose driven life look like. They show us how to be holy. We need Moses people like these to give us inspiration, hope and an example of holy living.

We do not need to do what they did or even mirror their relationship with God. Each one of us is God's special creation, with a purpose and soul known only to us. We need to learn how to open up and bring, without compromise, our soul-ness to life. We know when someone is authentic and centered because they always point to truth, even though they struggle and sin themselves, and they embody an unspoken timeless wisdom that just sounds and feels right. Jesus taught with this same type of authority and it astonished many who listened. We do not need to move mountains, advance a cause, write books or become notable. All we have to do is become credible witnesses of the faith we profess. Moses people can teach us how to do this.

St. Oscar Romero was an amazing man and a Moses figure for sure. He saw God in the burning bush and brought the flame of Gospel faith to the poorest of the poor, challenging the evils of the society in which he lived. He was tireless and persistent. He must have gotten very close to the problem because it cost him his life. He suspected it would. St. Romero said, "When we leave Mass, we ought to go out the way Moses descended Mt Sinai: with his face shining, with his heart brave and strong to face the world's difficulties." We can learn from this wisdom. If we allow the power of the Mass to truly transform us, we will leave that holy encounter changed. Our face will shine, and we will have courage. We can then bring what we have received to life's challenges. That sounds doable, doesn't it? Because of the example of our simple holiness, people will be amazed. ©LPi

**A Credible
Witness of
Faith**

*We must pray without tiring,
for the salvation of mankind does not
depend on material success; nor on
sciences that cloud the intellect.*

*Neither does it depend on arms and
human industries, but on Jesus alone.*

- St. Frances Xavier Cabrini

Welcome to Our Parish!

*If you are a visitor and would like to join
our parish family, please pick up a
registration form in the gathering space,
visit the parish office during the week or you
may visit our website to register.*

*Our Parish Mission: To **EMBRACE** our
Faith, to **NOURISH** our formation as
Catholics and to **SERVE** in a community
filled with the Holy Spirit."*

For daily reflections, masses and
liturgical videos, visit our website:



WWW.SFCPPARISH.ORG

**If you are not receiving the clergy's
daily Spiritual Encouragement
emails from the parish, and would
like to, you may sign up at
sfcpparish.org/flocknote.**

SPECIAL ANNOUNCEMENTS

Ongoing Mass Guidelines

Whether you have been regularly attending Mass or if you have been sidelined by the pandemic or by choice, we are glad you are here. As the Christmas season ends, we enter into a short period of Ordinary Time before we begin our Lenten journey. And, as the vaccine rollout advances and the restrictions appear to be lifting slightly, we can expect to see an increase in Mass attendance.

St. Frances Cabrini continues to maintain a rigorous schedule of disinfecting of the church and meeting rooms after each use and the expectation that participants will wear masks and maintain physical distancing requirements continues. We continue to provide our overflow space where the Mass is simulcast so that we can accommodate more persons safely. Holy Communion is brought to the simulcast space so all may participate fully.

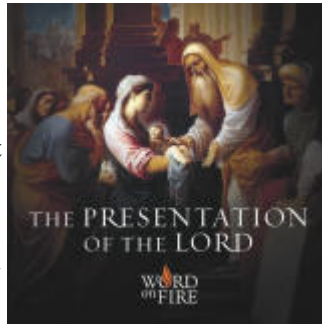
It remains important that you properly sign up at sfcp parish.org for all weekend Masses. **Please do not come to church without having signed up.** And it is important that you arrive to Mass early to ensure you can safely access a place to sit in the church or in the hall.

In a spirit of compliance with local governance and out of an abundance of caution and Christian charity, **masks should be worn at all times**, while entering, exiting and sitting in the church, as well as going forward and returning from Holy Communion.

Please continue to pray for a timely end to the virus threat and for a full resumption of the life of the Church, especially here at St. Frances Cabrini. May God bless you all! - Deacon Chet

The Presentation of the Lord / Candlemas

The celebration of **The Presentation of the Lord** (also known as Candlemas) is celebrated on February 2nd. This feast day commemorates the ritual purification of Mary forty days after the birth of her son, Jesus, and His first public appearance at the Jewish temple with Simeon's prophecy that Jesus would be "a light to the revelation of the gentiles." On this day, Christians all over the world remember the events of Scripture (Luke 2:22-39) and in commemoration have brought their candles for blessing. Candles are still a reminder that Jesus is a guiding light in the darkness, The Light of the World. If you would like to have your candles used in prayer and time of need blessed, you may bring them to the Parish Office.



Feast Day of St. Blaise

This **Wed., Feb. 3rd**, is the Feast Day of St. Blaise, Bishop and Martyr. The *Blessing of the Throats* will take place after the 9am Mass. Although we know few facts about Saint Blaise, stories about him have long been part of our revered and received Christian tradition. He was said to have been not only a bishop, but also a physician. One story handed down to us says he miraculously saved a boy who was choking to death on a fish bone. As this story spread, people began praying to Saint Blaise for healing, especially from diseases of the throat. To this day, we still celebrate Saint Blaise's feast day on February 3rd with the Blessing of Throats. Two candles which were blessed the day before (February 2nd - the Feast of the Presentation of the Lord) are joined together (often tied together with red ribbon) in the shape of a cross. These candles are then touched to our throats as Saint Blaise is invoked to intercede for us that God may deliver us from diseases of the throat and all other illnesses.



The Parish Directories Have Arrived!!!

If you had your picture taken for the parish directory, you may pick up your copy of the directory in the Prayer Room. Please contact JoAnn in the Parish Office at 303-979-7688 if you have any questions or would like to purchase a directory.

Knights of Columbus Lenten Fish Fry Dinner

The Knights of Columbus will be serving a Fish Fry Dinner each Friday during Lent through March 26th. This year's fish fry dinner will be carry out only.

Desserts are extra and will be served by the Ladies of Charity.



Msgr. Ken Leone is Turning 80!!

Our beloved former Pastor, Msgr. Ken Leone, is turning 80 on his upcoming birthday on **February 24th, 2021**. He does not use email, so if you would like to send him a "love letter" or a birthday card, you may send it to his home address:

Msgr. Ken Leone
2850 Classic Dr., #2803
Highlands Ranch, CO 80126

If you prefer, you may also call him with birthday wishes at his home number, 303-471-1568. Will he love hearing from you? You betcha!!

FAITH DIRECT

St. Frances Cabrini Parish continues to depend on your donations to continue our ministry.

We prayerfully invite you to sign up for eGiving from your computer, smartphone or tablet and set up a recurring donation or make a one-time gift.

Sign up today by visiting sfcp parish.org/give or text "enroll" to 720-713-3309.

Thank you for your continued generous support of our parish family!

OUTREACH & ASSISTANCE

Lunch Bunch is This Weekend, Jan. 30th/31st Open for Entire Parish Participation



The collection of sack lunches to feed the homeless is **this weekend, Jan. 30th/31st**. Each lunch should contain **2 plain sandwiches, a piece of fruit (no bananas), chips and a sweet of some kind**. No mayo or mustard except in little separate packages!!! Please bring lunches to the Gathering Space **before 4:15pm Mass on Saturday or between 7am-11:15am on Sunday only**. Parish volunteers take the lunches collected to the Volunteers of America Shelter on Lawrence Street where they are then distributed to the homeless throughout the week. If you have any questions, please contact Karen L at 303-953-7765 or klotspeich@sfcparish.org.

January Project to Focus on the Corporal Work of Mercy, Shelter the Homeless



Thank you to everyone who participated in this project, from those who contributed, those who helped collect, those who helped sort and to those who delivered the items to different recipient charities. Your generosity was overflowing. We were able to send one truckload to Haven of Hope, a truck load to Golden Spike senior housing, an SUV full to Sacred Heart House and another truckload to Samaritan House. We distributed the hygiene kits to Samaritan House, Haven of Hope and Severe Weather Shelter Network. What an amazingly generous parish we have.



February Mercy in Motion

Our February *Mercy in Motion* project is - *Feed the Hungry*. The "Share Your Love" food drive will be before and after all Masses on **Sat., Feb. 13th and Sun., Feb. 14th**. This year's list is smaller so that we can meet the needs we have on a daily basis. The list includes: **Canned soup/chili, canned fruit/veggies, canned fish/meat, cereal/oatmeal, peanut butter/jelly, mac n cheese, pasta helpers, soap, toothpaste, toilet paper and smaller-sized laundry soap**. Bring any non-perishable food or personal care items with you when you come to Mass and drop it off at a table by the truck or in the Gathering Space. One additional; special collection time will be during the Mardi Gras Party from 1-2pm on Sunday. All foods collected will go to Cabrini's Cupboard and other, small, local church food pantries. Any questions, please contact Karen L at klotspeich@sfcparish.org.



Share Your Love

Cabrini Rosary Makers



The rosary mystically transports us to Mary's side as she is busy watching over the human growth of Christ in the home of Nazareth. This enables her to train us and to mold us with the same care, until Christ is "fully formed" in us. - Rosarium Virginis Mariae by St. Pope JPII

Please stop by Parish Halls B & C on **Tues. Feb. 2nd, any time between 9:30-11:30am** to replenish your supplies and drop off rosaries for distribution and stay if you would like. We will be praying the Rosary. The set-up has been changed to round tables with 3 to a table spread out between 2 rooms. You are welcome to stay if you are comfortable with the physical distancing. Remember to wear your mask. For more information, please call Teresa at 303-988-6517, Loretta at 720-981-5114 or Sandy at 303-932-1501.



Cabrini Piecemakers Quilt Group

Fri., Feb. 5th, 9:30am-2pm, Parish Hall B
Sat., Feb. 20th, 9:30am-3pm, Frassati Room

We invite new members to join us! When attending a meeting, please wear a mask at all times and be prepared to socially distance at the tables that will be set up in that manner. Bring a lunch if you plan to stay all day. For more information, please contact Karen at klotspeich@sfcparish.org.



A great big "shout out" to the 6th grade Foundations class! They tirelessly sorted and assembled personal hygiene kits for the homeless. These kits were distributed to shelters who provide shower areas for the homeless, emergency shelter in severe weather or temporary housing for families. The accessibility to cleanse our bodies on a daily basis is a personal dignity which many of us take for granted. Thank you 6th grade Foundations class. You are awesome!!



Cabrini Loving Hands

The next gathering will be **Sat., Feb. 6th**. The Loving Hands Knitting and Crocheting group meets once a month (Jan.-Nov.) on Saturday between 10am-3pm in Parish Halls B & C. Join us if you would like to learn to knit or crochet or to share your talents and socialize as we make a variety of items for those in need. Contact Karen S at 303-588-0461 for more information on this ministry.

Cabrini's Cupboard

Give us this day our daily bread...

We are definitely in winter! It's snowing outside and current temperature is 22 degrees. The house was cold this morning, car was cold, my hands were cold scraping off snow on my way to work. I realized I absolutely don't like being cold! I also turned up the heat in house, warmed up the car and put gloves on to warm my hands. Three blessings God has provided, I certainly take for granted: shelter, transportation and employment. This cold snowy morning, we had 3 visits from folks living in their cars. We may wonder how did this person let this happen, why don't they just get a job, where is their family? Jesus speaks to us again and again about taking care of our neighbor, the poor and the widow. Every time you pray for Cabrini's Cupboard's families, bring in food or donate to Cabrini's Cupboard, you are serving those most in need. We can not thank you enough for your generous giving and warm hearts.

Current needs: Because of the upcoming *Share Your Love* food drive, our needs will be focused more on personal hygiene supplies for families such as shampoo, conditioner, bar soap, toothpaste, smaller-sized laundry soap, size 5/6 diapers and wipes.

Please be sure to double check expiration dates, as we are not able to shelve or distribute expired food. Please keep the clients of Cabrini's Cupboard in your prayers! Thank you!!

Thank you for your continued support and generosity!

WORSHIP MINISTRY



Act of Spiritual Communion

My Jesus,
I believe that You are present
in the Most Holy Sacrament.
I love You above all things, and
I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally, come
at least spiritually into my heart.
I embrace You as if You were
already there and unite myself
wholly to You.
Never permit me to be separated
from You. Amen.

Healing Masses at St. Frances Cabrini

The next Healing Mass will be on Mon., Feb. 15th, 7pm.

God is always with us to heal us and comfort us in our sufferings. These Masses are special opportunities to invite the Holy Spirit to touch you deeply and heal those emotional, physical or spiritual places that are in need of God's healing graces. Please join us to praise God and be open to how He wishes to work in our lives as we humbly come before Him, who is rich in mercy. If you have any questions, please contact Fr. Israel at frisrael@sfcparish.org.

Weekly Vocation Prayer Intentions

Sunday: Seminarians in their 2nd Theology and 1st Theology years
Monday: 2nd Philosophy and 1st Philosophy
Tuesday: Spirituality Year and Itinerancy
Wednesday: College Sophomores and Freshmen
Thursday: Vocations Ministry
Friday: Applicants and Prospective Seminarians
Saturday: 4th Theology and 3rd Theology

Holy Father's February Prayer Intention:

We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.



Deacon Brian, with the Intercessors of the Trinity, has been live streaming every Tuesday from 7-8:30 pm. They are able to take your prayer requests and pray live with you. You can connect at their website: IntercessorsoftheTrinity.org.

Readings for the Week of January 31, 2021

Sunday: Dt 18:15-20/Ps 95:1-2, 6-9 [8]/1 Cor 7:32-35/Mk 1:21-28
Monday: Heb 11:32-40/Ps 31:20-24 [25]/Mk 5:1-20
Tuesday: Mal 3:1-4/Ps 24:7-10 [8]/Heb 2:14-18/Lk 2:22-40
Wednesday: Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a [cf. 17]/Mk 6:1-6
Thursday: Heb 12:18-19, 21-24/Ps 48:2-4, 9-11 [cf. 10]/Mk 6:7-13
Friday: Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc [1a]/Mk 6:14-29
Saturday: Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-6 [1]/Mk 6:30-34
Next Sunday: Jb 7:1-4, 6-7/Ps 147:1-6 [cf. 3a]/1 Cor 9:16-19, 22-23/Mk 1:29-39

Your word is a lamp for my feet, a light for my path. - Psalm 119:105

A Request from Fr. Ron

Dear Parishioners,

I realize that this is not a very good time for travel since the pandemic is spreading globally, but my dad's health condition is deteriorating and I desire to be with him at his difficult time and spend some quality time with him. So from January 28th to February 28th, I will be in India. I will see you in March!

So my humble request to you all is to please remember my dad, David, in your prayers. Thank you. Love you all. God bless.

Fr. Ron, Ocd.

Mass Intentions for the Week

Monday February 1
6:30A Ed Mochetti†
9:00A Joe Rotole†
Tuesday February 2
6:30A Pete Segura†
9:00A Tony Smoody - SI
Gale J. Venrick†
Wednesday February 3
9:00A Bert Burton†
Thursday February 4
6:30A Jeanne Peters†
9:00A Anne Wagner - SI
Ken Jolly†
Friday February 5
6:30A Joan Johnson†
9:00A Dolan Family - SI
Saturday February 6
4:15P Daniel Sullivan†
Sunday February 7
7:15A Julius Toth†
9:15A Ginny Gleason†
11:15A Donald & Dolores Diroll†
5:15P Parishioners

Please pray for the souls
of our recently deceased loved ones,
that they may rejoice in the gift
of eternal life: *Armando Salzano,*
Bill Robinson, Margaret Rule, Dennis
Lewandowski, Virginia Stefanich,
Tony Malara and Rosemary Tikka.

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May the souls of the faithful departed,
through the mercy of God, rest in peace. Amen.

Prayer Line

If you have a prayer request for yourself or for someone else, call the prayer line at 303-953-7794 and leave your name, phone number and prayer intention (spelling all names for clarity) on the voice mail. Also, if you would like to join our ministry, please leave your name and phone number on the voice mail and Karen Smoody will contact you.

ADULT FAITH FORMATION

Come Join Us on Tuesday Evenings!!



The RCIA process is for anyone (adults, children, teens) who was baptized Catholic and never received their First Holy Communion or the Sacrament of Confirmation. It is also for our brothers and sisters who were baptized in a different Christian faith and would like to be received into the Catholic Church and for those who were never baptized and would like to be baptized into the Catholic faith. **We meet on Tuesday evenings at 6:30pm in the Frassati Room!** For more information, please contact Deacon Chet at 303-953-7783.

What's In The Lighthouse Kiosk?



There are many new CDs and books in the kiosk.

Recent popes have challenged all Catholics to participate in the New Evangelization. But most Catholics feel ill-equipped to take up the challenge. Terry Barber, founder of St. Joseph Communications, has written a practical guide that takes much of the pain and uncertainty out of sharing one's faith. Based on Barber's decades of personal experience as an effective evangelist and masterful communicator, and drawing on the perceptions, examples, and lessons of other great evangelists and apologist, *How To Share Your Faith With Anyone* informs, entertains, and inspires would-be, as well as, seasoned evangelists and teachers. For more information about Lighthouse offerings, contact DeAnn at 303-953-7792.



A Free Gift for You from St. Frances Cabrini!



Already have a FORMED Account? Follow these steps:

1) Visit FORMED.org, 2) Click SIGN IN, 3) Enter your email, 4) Click the link in your email, 5) You're in! No more passwords! (Remember, when you return to FORMED, just click the **sign in** button.)

Want to create a new FORMED account with your parish? Follow these steps: 1) Visit formed.org/signup 2) Select "St. Frances Cabrini" by entering name, city or zip, 3) Register with your name and email address, 4) Check that email account for a link to begin using FORMED.

Baptism Classes

Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit and the door which gives access to the other sacraments. -ccc 1213

It is a requirement that parents attend a baptism class prior to the baptism of their child so they may be adequately prepared and understand the spiritual obligations. Godparents are welcome and encouraged to attend. Parents are also invited to register in the parish. We celebrate many baptisms in our community, so we recommend contacting us prior to the birth of your child. To register for the class or to schedule your child's baptism, call Deacon Chet at 303-953-7783.

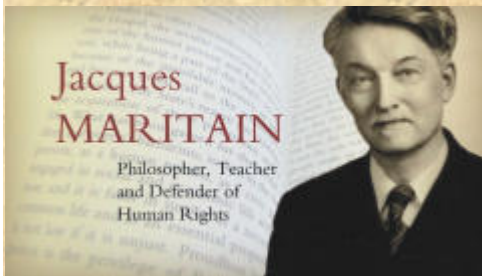
Jesus Christ, Lord of all things!
You see my heart,
you know my desires.
Possess all that I am –
you alone. I am your sheep;
make me worthy to
overcome the devil.



- St. Agatha

Feast Day: Feb. 5

Jacques Maritain on Formed.org



This film tells the story of Jacques Maritain, a highly respected French philosopher, teacher and writer in the 20th century, who was a principal exponent of Thomism and an influential interpreter of the thought of St Thomas Aquinas. He lived for many years in the United States, and taught at Princeton University and Columbia University from 1941-1944. After WWII, he served as the French ambassador to the Vatican for 5 years, and he also helped draft the United Nations Universal Declaration of Human Rights (1948).

Maritain was born in 1882 in Paris, and studied at the Lycee Henri IV and at the Sorbonne where he fell in love with Raissa Oumancoff, a Russian emigrant student of Jewish origin. This was the beginning of an extraordinary love story, and they married in 1904. In search of truth and tormented by existential questions, they decided to

search intensely for a year to discover the meaning of life, and if that meaning not found, they would commit suicide together. Through the philosophy of Henri Bergson, and the literature and friendship of Léon Bloy, they found the answers they sought, in the Catholic faith. They were baptized June 11, 1906.

Jacques became a famous philosopher and writer, teaching at the Institut Catholique from 1914 - 1939, and Raissa became a noted poet and mystic. The Maritains were friends with many well-known personalities in the arts, politics and the Church: Peguy, Bloy, Cocteau, Green, Bernanos, Rouault, Chagall, Satie, De Gaulle, Cardinal Journet, Pope Paul VI and many others. Those relationships are explored in this documentary film. Jacques was deeply engaged in the battles of his time denouncing anti-Semitism, fascism, Nazism, and during World War II the Maritains took refuge in America.

After Raissa died in 1960, Jacques lived in the religious community of the Little Brothers of Jesus in Toulouse until his death in 1973. He is buried next to Raissa in Kolbsheim, France.



Begin now to prepare your heart for Divine Mercy Sunday...

Receiving and Extending God's Mercy

Participants in this study will prepare their hearts in a special way for Divine Mercy Sunday (celebrated the first Sunday following Easter Sunday) through reflection and discussion on Gospel events. In addition to the *Bible*, other books used will include: *Real Mercy* by Fr. Jacques Philippe and *The Holy Year of Mercy* by Pope Francis. The study will conclude with a personal Divine Mercy novena from Good Friday through Divine Mercy Sunday.

Starting Soon! In-Person or as a personal home study

8 Sessions, fee \$20. Offered on Wed., 6:30 - 8:15pm, starting Feb. 3rd

Facilitated by DeAnn Larson. Register by emailing DeAnn at dlarson@sfcparish.org.

The Word 2021 - Feb. 11th-13th International Catholic Bible Summit

The WORD 2021 will help you hear God's voice and find clarity in life's endless challenges.

Join us and discover...

- How to find unshakeable hope and peace no matter what you're going through.
- How to break open the Bible and hear what God is saying to you right now.
- The keys to unlocking a deeper prayer life.
- Where to turn in times of suffering.
- The keys to overcoming doubt and share your faith with others
- How to find balance and recalibrate your family with the Word of God.

... and much more!

Featuring over 70+ presentations! Presenters include: Fr. Mike Schmitz, Chris Stefanick, Danielle Bean, Jeff Cavins, Steve Ray, Dr. Edward Sri, Dr. Scott & Kimberly Hahn, Christopher West, Curtis Martin and more!!

For more information and to register for FREE, visit <https://www.cardinalstudios.org/catholic-bible-summit-home/>.

FOCUS SEEK 21

SEEK21 is a one-of-a-kind event where thousands gather as small groups to ask the big questions about joy, peace, hope, and salvation. And this year we're bringing SEEK to you — in some cases right to your front door — for an event unlike any you've experienced before!

From February 4th-7th, 2021, we'll gather across the country in living rooms, campus centers, and parishes for a four-day live broadcast event encountering the heart of the Gospel. There has never before been a Catholic conference of this magnitude focused on the Gospel message itself. Set aside the distractions and enter a space alongside thousands of others who are seeking a new encounter with the Lord, a new chance to pursue holiness, a new moment for our Church. Come away knowing Jesus Christ and have the confidence and tools to share and live the Gospel in your day-to-day life. For more information and to register, visit <https://seek.focus.org/details/in-your-community/>



RESPECT LIFE

Do Not Conform Yourself To This Age

St Paul tells us, "Do not conform yourself to this age but ...discern...what is good and pleasing..."

Since Roe v. Wade, around 63 million innocent children have lost their God-given right to live. An entire class of persons, children in the womb, have been relegated to the status of "chattel", personal property, who can be disposed of by those more powerful than they.

They have no power to resist. They are subject to abuse and destruction by those with more power, namely the power of the State. They have no voice that can be heard except our own.

Without doubt, the killing of innocent children in the womb is the pre-eminent moral evil of our age.

It is for this reason that we must "not conform" to this grave injustice. As St Paul tells us, we must instead stand on the side of truth and justice and "what is good and pleasing to God". We must recognize what both medical science and natural justice tell us: children in the womb are human persons with an inalienable right to life.

Undoubtedly, the most important human rights issue of our age is to protect our "first neighbors" ----children in the womb. The womb is the "first home" of the whole human race and standing up for them is a matter of solidarity with our neighbor and love for the poor. We should not stand by while thousands of children every day are evicted and killed!

Our call (as St Paul reminds us) is to replace the current culture of death with a new culture of life and a civilization of love.

- Pro-Life Articles

PREGNANT?

YOU ARE NOT ALONE

CALL OR TEXT

303-731-6130

WALK-INS WELCOME

FREE pregnancy test & ultrasound

CHILDREN'S FAITH FORMATION



Foundations (6th Grade) Family Prayer Night

Our third Foundations Family Prayer Night is **this Mon., Feb. 1st, from 6:30-8pm**. We look forward to seeing our 6th graders and their families for an inspirational night on Our Lady of Fatima!

3rd Year Spiritus Week



Our third *Spiritus Week* for the 3rd Year Sacrament Prep classes is the week of **February 8th, 9th and 10th**. We invite parents and sponsors of **in-person** 3rd Year students to join their confirmandi, **during their in-person class time**, for an interactive presentation on **Prayer**. Please RSVP to Kristen at 303-953-7775 or kconrad@sfcparish.org as to how many will be in attendance from your family for set-up purposes. ****Online** 3rd Year families will receive materials for our 3rd *Spiritus Week* in their next curriculum bag.



Children's
Faith Formation

Presidents' Day – Office Closed

Due to the observance of Presidents' Day, there will be **no** Children's Faith Formation classes or 6th grade Foundations on **Mon., Feb. 15th**. All C.F.F. classes for grades 1st – 5th will meet, as scheduled, on **Tues., Feb. 16th, and Wed., Feb. 17th**. The parish office will be closed that day. If you have any questions, please contact the C.F.F. office at 303-953-7786

I OBEY CHRIST. AFTER CHRIST'S
EXAMPLE, I FORGIVE MY
PERSECUTORS. I DO NOT HATE THEM. I
ASK GOD TO HAVE PITY ON ALL, AND
I HOPE MY BLOOD WILL FALL ON MY
FELLOW MEN AS FRUITFUL RAIN."

– ST. PAUL MIKI

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Children's Liturgy of the Word (3-6 year-olds) is Back!!

Children's Liturgy of the Word (CLOW) is a program in which the Sunday Scripture readings are proclaimed and explained on a level appropriate to younger children. CLOW continues this **Sun., Jan. 31st**, and next **Sun., Feb. 7th, at the 9:15am Mass**, for children ages 3 to 6. There is no registration for CLOW and we ask families to **please check-in with our CLOW volunteers, in the Gathering Space, before Mass begins** to receive a nametag for their child. Thank you to Roxanne Elsner, Makayla Lusnia, Janet & Alyssa Schott, Joany Tisdale, Ginny Lyons, Becki Norick, Sara & Grace Schott, Anna & Andrew Austad and Christian & Liliana Tarud for leading and assisting in our CLOW ministry! We are looking forward to nourishing the souls of your young children in 2021 through this exciting ministry! Please contact Kristen at 303-953-7775 or kconrad@sfcparish.org with any questions.

TEEN/YOUNG ADULT MINISTRY

High School Spring Retreat

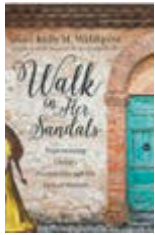
We have our High School Spring Retreat coming up on **March 5th-7th!**

The retreat will be held at Cabrini and we are hoping for good weather!

You can go to sfcparish.org/youth to sign up early.



The world promises
you comfort, but you
were not made for
comfort. You were
made for greatness.
~Pope Benedict XVI



Women's Lenten Book Study

Two paths, same destination of experiencing Holy Week in a deep and profound way. This book, *Walking in Her Sandals: Experiencing Christ's Passion through the Eyes of Women* by Kelly Wahlquist, is very different from the past books. You will imagine the experiences of the women who met Jesus and you will discover how each of them expressed one of six, distinctive, feminine gifts identified in the writings of St. John Paul II.

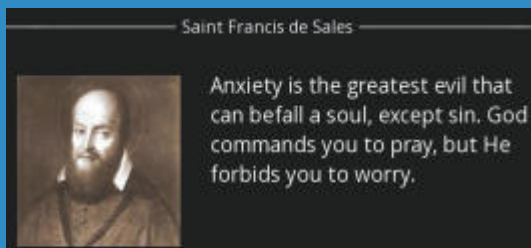
This study will be offered in two different ways: in-person and as a virtual online zoom group meeting. The in-person group will meet on **Wednesdays, from 9:45-11:30am in the Music Room, beginning on Feb. 24th through April 7th.** This session will have no homework - all the reading and discussion will happen during our sessions.

The zoom class will meet on **Tuesday evenings, from 6:30-8pm, beginning on Feb. 23rd through April 6th.** This session will be discussion only. Trust me, we will have plenty to discuss. Most of the reading will be done on your own time.

The cost of the book is \$16 (*scholarships are available*). For more information or to register, please contact Karen L at 303-953-7765 or klotspeich@sfcparish.org. **The registration deadline is Mon., Feb. 8th.**

Anxiety

Author Jennie Allen writes, "The greatest spiritual battle of our generation is being fought between our ears. The danger of toxic thinking," says Allen, "is it produces an alternate reality, one in which distorted reasoning actually seems to make sense." Our first step in battling anxiety is to become aware of the negative garbage our brain is telling our body. We then have to disrupt those thoughts and anchor them to a new thought that combats the toxic lie we believe. When I purposefully disrupt my negative thinking and anchor my mind to God's Word, I am making a choice to teach my brain and body that my anxious thoughts do not define me. Who defines me? My creator God does. And who does God say I am? *I am chosen and loved. (1 Thessalonians 1:4) I am a child of God. (John 1:12) I am secure in Him. (1 Peter 1:3-5)* **Choosing to disrupt our anxiety and replace it with healthier habits takes perseverance.** It takes patience and being gentle with ourselves, but it's so worth it. Each time we make a choice to disrupt our destructive thoughts and anchor our mind to the truth in Scripture about who God says we are, we can grow in confidence that anxiety does not have the last say. God always does. (Taken from the Walking with Purpose blog)



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Magnificat Moms: A St. Frances Cabrini Catholic Moms Group

Next Meeting: Feb. 4th, 9:45-11:45



Hello fellow mamas of Cabrini! Did you know that there is a group at Cabrini designed specifically for you? Magnificat Moms is a group of women who desire to grow in holiness and friendship as we explore our Catholic Faith together. Our group is made up of moms of all kinds - moms who work outside the home, stay-at-home moms, moms with babies and moms with school-age kiddos. There is definitely a place for you, too!

Our next meeting is Thurs., Feb. 4th, from 9:45-11:45am - in-person (Frassati Room) and via Zoom. Please join

us to hear from **Annie Powell**, a Catholic mom who has spoken at World Youth Day, Poland, EWTN's Life on the Rock, FOCUS



conferences, and in multiple Augustine Institute productions. Annie is the Executive Director and founder of Camp Wojtyla, and a former missionary with the Fellowship of Catholic University Students. In addition to her passion for the works surrounding the New Evangelization, she is passionate about adoption and adoption-related issues, wanting children everywhere to thrive despite hard beginnings. She will share her own personal testimony of infertility, adoption and trusting God in a talk titled, "Trusting God as the Ultimate Family Builder."

The group meets twice a month, offering both in-person and Zoom options, to listen to amazing guest speakers, discuss our faith and help lift each other up through friendship and prayer. You can also join our community on Facebook, Instagram or email for encouragement, connections and resources for moms. We look forward to connecting with you soon! You and your families are in our prayers!

Future meeting dates (9:45-11:45am): 2/4, 2/18, 3/4, 3/18, 4/8, 4/22, 5/6 and 5/20.

Facebook: Magnificat Moms Group St. Frances Cabrini; Instagram: cabrinimagmoms
Email: CabriniMagMoms@gmail.com

Support Groups

Groups are welcoming and offer support, prayer and fellowship to those in need. If you have general questions, please call 303-953-7765.

Abortion Healing/Forgiveness: Caring, confidential group. Open to anyone who has had or been affected by an abortion. Call Lori at 303-904-7414.

Adoptive Families: Looking for support, fellowship & education in a faith-filled atmosphere? Contact Teresa at 720-988-7847 or gogotree@q.com for more information.

Alcoholics Anonymous: For more info, call Eddie at 303-917-8992.

AI-Anon: Meetings: Fri., 9-10:30am via Zoom. Adults only. Contact Karen at 303-953-7765 for the Zoom invite.

Counseling Referrals: Our Parish has a number of counselors we refer to for a wide range of issues. For a referral, call Karen at 303-953-7765.

Sexual Purity: Join a group of men who are finding hope, healing and freedom from their sexual sin through Christ. For more information, call 303-587-6239.

Women's Lenten Book Study

Women's Book study is offered in two different ways.

In Person

Feb 24th - April 7th
Wednesday 9:45 - 11:30
Music room

Zoom meeting

Feb 23rd - April 6th
Tuesday 6:30-8:00pm



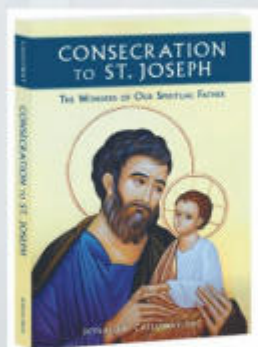
Cost of the book \$16. Registration deadline Monday Feb 8th. Contact Karen L to register at klotspeich@sfcparish.org or 303-953-7765

Year of St. Joseph

33 Days to Consecration to St. Joseph

in person and zoom

Feb 15th - Mar 22nd
Monday 9:45- 11:45
Music room



Why

God is telling his church that, in order to defend marriage and the family, elevate morals, recover lost ground, and win souls for Jesus Christ we need to bring St. Joseph to the battlefield.

Who

God desires that all children be committed to the love and care of a mother and father. So, if you have already consecrated yourself to the Blessed Virgin Mary you are absolutely invited to entrust everything to him, as well.

How

Attend 6 weekly meetings, spend 20-30 a day reading about St. Joseph and in prayer.

Cost of the book is \$15.00 Registration deadline Monday Feb 8th. Contact Karen L to register at klotspeich@sfcparish.org or 303-953-7765

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