



308 Second Street • Irwin, PA 15642
 "A Pennsylvania Charitable Trust"

A Parish of the Diocese of Greensburg



Parish Office Hours: 8:00 am to 3:30 pm

Anointing of the Sick

The sacrament is available during Confession hour and after each Mass per request.

Sacrament of Matrimony

Couples wishing to celebrate the Sacrament of Matrimony must contact a priest of the parish one year in advance of the wedding. Diocesan regulations require that couples begin to work with the parish at least one year prior to a wedding.

Sacrament of Baptism

Families of our parish who wish to have their child baptized should call the parish office to register for Baptism Prep. Please call well in advance of birth of your child.

Confessions – Anytime by appointment

Tuesdays: 5:15 pm – 6:15 pm; Saturdays: 9:00 am – 10:00 am

March 7, 2021

The Second Sunday in Lent

MASS SCHEDULE



Sunday, March 7

- 7:00 am Kathy Montrose (Sandy)
- 8:30 am Tony Cottone (Barbara Braun)
- 10:00 am Stanley Kolosky (Barb Arendas)
- 11:30 am Anna Mae Filkosky (Phyllis Lewis & Family)

Monday, March 8

- 7:45 am Josie Piper (Friends)

Tuesday, March 9

- 7:45 am Mary Duffy (Family)
- 6:30 pm John Saunders (Family)

Wednesday, March 10

- 7:45 am George Curley (Family)

Thursday, March 11

- 7:45 am Coleman P. Keane, Sr., & Jr. (Family)

Friday, March 12

- 7:45 am James Agatucci (Patty & Paul)

Saturday, March 13

- 8:00 am Jerome Yetsko (Cathy's IC Friends)
- 4:30 pm Nora Napoleon (Balcerek Family)
- 6:00 pm Our Parish Family

Sunday, March 14

- 7:00 am Jerold Gesmond (John & Patty)
- 8:30 am Nancy Sullivan (Botti Family)
- 10:00 am Cornelius McNeil (Family)
- 11:30 am Mary Skallos (Barkac)



Parish Office
724-863-9550
www.icirwin.org



Parish Staff
Pastor

Fr. John Moineau
icfatherjohn@gmail.com

Parochial Vicar

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Regional Sr. Youth Ministry Coordinator

Susan Cheplic
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Director of Music Ministry

Tyler Randolph
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Operation Safe Mode (OSM)

Sunday 8:00 am Mass
www.YouTube.com/operationsafemode

Queen of Angels Catholic School

Jennifer Filak, Principal
One Main Street
North Huntingdon PA
724-978-0144
jfilak@queenofangelssch.org
www.queenofangelssch.org

Diocese of Greensburg

www.dioceseofgreensburg.org

Catholic Charities

724-837-1840

St. Vincent DePaul

www.svdpgreensburg.org
724-691-3711

NOTES FROM THE PASTOR



Lenten Algebraic Equation: EQ + CQ = Humility

*In Last week's article on "Inner Eyes" (Introspective vision) we discuss the Emotional Quotient and the Christian Quotient) as a way to gain better vision in relationship with one another. EQ, by definition is, a (notional) measure of a person's adequacy in such areas as self-awareness, empathy, and dealing sensitively with other people. While the Christian Quotient is the formation of our conscience with the desire to give our inside vision depth and perspective. Knowing the Truths for which Jesus put before us as a mechanism to respond is paramount. Not only to know what is morally true (Commandments) but also to know what response is necessary in the name of Charity through the corporal and spiritual works of mercy. These precepts give vision as a base line for us to measure our Christian Quotient. Our CQ is known to us by a **good examination of conscience.***

SUMMING UP HUMILITY

As we learn, somewhere in our pursuit of Knowledge, algebra is the part of mathematics in which letters and other general symbols are used to represent numbers and quantities in formulae and equations. This archaic way to solve problems is only helpful if you can assign the true value to these symbols so that the sum of such quantities can shed greater light on the value of known entity. So, in this case, the depth of our true humility can be measured by the sum of our EQ (Emotional Quotient) and our CQ (Christian Quotient). The equation works both ways for the greater your virtue of humility the greater EQ and CQ you will achieve. Now I am not sure if this is really how algebra works but it truly works for **MY LENTEN ALGEBRA!!**

HUMILITY QUOTIENT

So this week we will begin to focus on the HQ (Humility Quotient) so that with deeper humility we can understand what it means to love our neighbor as our self. True love of self = the value of our EQ, our understanding self in light of God's eyes with introspective vision. This quotient grows when humility is applied instead of pride. The loving of neighbor grows when our CQ is acted upon as a response to the needs of others and our ability to reach out to them based on humility manifested in Selfless love. Enough with the equations and rhetoric let us take a look at Humility as a virtue and how to obtain it as a gift from God.

THE VIRTUE OF HUMILITY



Deep humility is one of the most difficult virtues to understand, choose and live. As the picture of this virtue is painted for you, do not be surprised if you find yourself struggling with it. The truth is that each of us desires true humility in our lives on the deepest personal level of faith. However, we are often initially turned off by the virtue of humility on account of selfishness and basic sinfulness. It takes a very holy person to long for **humility with every passion and desire of their heart.** Therefore, as we begin to look carefully at the virtue of humility, don't be surprised if you

EMOTIONAL INTELLIGENCE QUOTIENT

We become aware how clearly we see and react in various situations. These include:

- Stressful or frustrating
- Failures or discouraging situations
- Leadership positions and methods for achieving success
- Methods for managing the emotions of others of various ages
- Methods for assessing various personality traits in others
- Dealing with diversity and culture sensitivities

CQ Examination

Did my actions Result in:

- ⇒ Charity
- ⇒ Joy
- ⇒ Generosity
- ⇒ Gentleness
- ⇒ Peace
- ⇒ Patience
- ⇒ Modesty
- ⇒ Self- Control
- ⇒ Chastity
- ⇒ Kindness
- ⇒ Goodness

find yourself struggling with it interiorly. Don't be surprised if your heart is not immediately ready to follow along and love the virtue of humility. This is a normal reaction. In fact, when you find yourself uneasy or uncertain about various aspects of humility, this is good. It's good because the uneasiness is a sign that you have discovered an area of your life that needs growth. Be open to that.

UNDERSTANDING AND OBTAINING HUMILITY

How do you obtain humility? This is a very fundamental question to answer. If you are willing to pray the "Prayer for the Embrace of Humility" with sincerity and are willing to begin the path to humility, then it is essential that a clear picture of this virtue be painted. Humility is the first and most important step toward a life of holiness. It is the foundation of all virtue.

Reflections of the Great Spiritual Writers on Humility

The Litany of Humility

O Jesus! Meek and humble of heart, *Hear me*

From the desire of:

Being esteemed,	<i>Deliver me, Jesus.</i>
Being loved,	<i>Deliver me, Jesus.</i>
Being extolled,	<i>Deliver me, Jesus.</i>
Being honored,	<i>Deliver me, Jesus.</i>
Being praised,	<i>Deliver me, Jesus.</i>
Being preferred to others,	<i>Deliver me, Jesus.</i>
Being consulted,	<i>Deliver me, Jesus.</i>
Being approved,	<i>Deliver me, Jesus.</i>
Being humiliated,	<i>Deliver me, Jesus.</i>
Being despised,	<i>Deliver me, Jesus.</i>

From the fear of

Suffering rebukes,	<i>Deliver me, Jesus.</i>
Being calumniated,	<i>Deliver me, Jesus.</i>
Being forgotten,	<i>Deliver me, Jesus.</i>
Being ridiculed,	<i>Deliver me, Jesus.</i>
Being wronged,	<i>Deliver me, Jesus.</i>
Being suspected,	<i>Deliver me, Jesus.</i>

Jesus Meek and humble of heart make my heart like unto thine, Amen.

St. Augustine said in one of his letters, "The way to Christ is first through humility, second through humility, third through humility" (Letters 118:22). He also said, "It was pride that changed angels into devils; it is humility that makes men as angels."

St. Thomas Aquinas defines it this way: "Humility means seeing ourselves as God sees us: knowing every good we have comes from Him as pure gift" (*Summa* Q161). It is pride, more than anything that tempts us to see ourselves through the eyes of the world and through the lens of others' opinions. If you want to see yourself in the light of truth, you must humbly seek to see yourself *only* as God sees you. His understanding of your soul is all that matters.

CS Lewis said that Humility is not thinking less of yourself its thinking of yourself less!

Saint Benedict, in his rule, set out 12 steps of Humility that one must strive to attain in order to the least of one's brothers and the servant of all embodying discipleship and the cross. We will spend the next several weeks looking at these 12 steps as a way to gain the 20/20 vision of humility and aiding our EQ and CQ to grow into Saintry proportions.

DISPOSE YOURSELF TO THE CALL OF HUMILITY THROUGH PRAYER

One helpful way to discover the meaning of humility is through a powerful prayer, "The Litany of Humility" Found above. By carefully looking at this litany, you will be invited to understand this virtue in a very practical way so as to more easily enable you to choose it.

Next week we will begin developing our "HQ" by looking at the first three steps to humility according to Saint Benedict.

- Step 1.** A first step is taken when one consciously obeys all of God's commandments, never ignoring them but always holding within himself a fear of God in his heart.
- Step 2.** The second step is achieved when one thinks not about pleasing himself but instead following the injunction of the Lord.
- Step 3.** The third step is reached when our of love of God, one obediently submits to a superior in imitation of the Lord.



Sanctuary Candle:

In Memory of Stanley Kolosky

Easter Flame Candle:

In Memory of John Conder

Divine Mercy Candle:

In Memory of Gloria Ann Stasko

St. Peregrine Candle:

In Memory of Cathy Brutout

Altar Candles for the Month of March:

In Thanksgiving from Family

The Third Sunday of Lent

Exodus	20:1-17
1 Corinthians	1: 22-25
John	22:13-25

The Fourth Sunday of Lent

1 Samuel	16:1b, 6-7, 10-13a
Ephesians	5:8-14
John	9:1-41

Prayers and Sympathy

Please pray for Agnes Morris on the loss of her husband Robert Morris, who died recently. Please pray for the families of Lillian Sciarretti and JoAnne Hensler who died recently. May they rest in peace.

Stewardship Corner:

Our Time, Talent and Treasures are the gifts that we share:
Sunday Offertory

The Week of February 21, 2021.....	\$12,724.08
OSV Online Giving Month of February.....	\$9,077.48
Diocesan Online Giving Feb 8-15, 2021	\$2,514.87

Eucharistic Adoration is held every Tuesday starting after 7:45 am Mass and continuing all day until 6:15 pm; confessions (5:15-6:15 pm), and Mass (6:30 pm). There are special prayer booklets available containing Prayers for Vocations during adoration. If you need to leave and there is no one else in the church during Adoration, please call the church office at 724-863-9550 and someone will come over. Thank you

Join us for the Divine Mercy Chaplet every Tuesday at 12:00 noon.

Servants of Divine Mercy Outreach - The Servants of



Divine Mercy pray the Divine Mercy Chaplet for the sick & **Sunday Mass is aired @ 8:00 am on the "Operation Safe Mode with Father John" YouTube channel.**

Reminder that the church is open for private prayer Daily. Come and spend some quiet time with the Lord.



Operation Safe Mode— Please note this change in programming. In last weeks bulletin (Feb 28) the Re-Run Tuesday schedule listed the upcoming episodes. There has been a switch in the programming for the "Our Father" and the "Sin" episodes which was done after the bulletin went to press. The revised schedule should now list:



Five Part Series of the "OUR FATHER"



February 23
March 2, 9, 16, & 23

And remember, if you missed any of the episodes, you can get caught up at any time on our YouTube Channel "Operation Safe Mode". Subscribe and hit the bell for notifications.



PARISH VOLUNTEERS - Updated Requirements for CPSL Virtus Clearances - if you have not yet completed the Virtus Recertification, please complete this as soon as possible.

- ◆ All clergy, employees, and all volunteers are required to complete VIRTUS training every five (5) years to continue to work or perform ministry in the Diocese.
- ◆ The initial course required for all employees and volunteers is "Protecting God's Children Awareness", which is already completed if you are a current volunteer.
- ◆ To meet the five-year update requirement there are two additional courses from which to choose, "VIRTUS Protecting God's Children Re-Certification for Adults" and "Keeping the Promise Alive". **(choose one)** to complete now and the other class will be done after 5 years have passed).

These requirements can be completed online by going to: www.dioceseofgreensburg.org, and selecting the Youth Protection tab.

If you need any assistance or would prefer to make an appointment to renew your clearances please contact Sharyn Gesmond at 724-863-9550 or by email: sgesmond@dioceseofgreensburg.org.



Angel's Corner

It's picture time!

All student's Pre-K 3 to Grade 8 will get their SPRING school picture taken on Thursday, March 11th. Any questions, please call the school office at 724 978-0144.



In order to keep our school and community healthy and safe, Queen of Angels Catholic School is pivoting to make our 8th Annual Walk-a-Thon a virtual 5k/1-Mile Fun Run event! We are very excited about the opportunities a virtual event will give our school and we look forward to expanding participants to include families, alumni, parishioners, and friends. The cost to register for the event is \$25 and all participants that register before the deadline will receive a t-shirt designed by one of our students. To sign-up for this event, collect pledges, or to sponsor this event, visit our race website at: <https://runsignup.com/Race/PA/NorthHuntingdon/RunningonFaith> or contact Christina at ctorok@queenofangelsch.org for more details. Thanks in advance for your support!

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Around the Diocese

'Be the Light' with 2021 Diocesan Lenten Appeal - Even a small gift can make a big difference in your parish. Donate to the "Be the Light" campaign to support God's work that is being done in the Diocese of Greensburg. Visit www.dioceseofgreensburg.org/BeTheLight.



TV Show Set to Air about Our New Bishop - "The Accent On-Air" will premiere on WTAE Channel 4 on Sunday, March 21 at 11:30 a.m. The show will re-air on Sunday, March 29 at 11:30 a.m. This special episode of "The Accent On-Air" features a video biography of newly ordained and installed Bishop Larry J. Kulick, including a visit to his hometown of Leechburg and his alma mater, St. Joseph High School in Natrona Heights. Plus, highlights from his Ordination and Installation as Sixth Bishop of the Diocese of Greensburg and a look at how his strong Slovak roots influenced his formation. **"The Accent On-Air" is always on TheAccentOnline.org.**

Stations of the Cross Videos at Diocese Parishes featured during Lent - Bishop Larry J. Kulick will celebrate Stations of the Cross each Friday during Lent from different parishes across the Diocese of Greensburg. Videos of these celebrations will premiere each Friday at 5 p.m. on the Diocese of Greensburg website, www.dioceseofgreensburg.org, Facebook page and YouTube channel. Remaining schedule is March 12: Christ Prince of Peace, Ford City; March 19: St. Francis of Assisi, Footedale, and March 26: Our Lady of Assumption, Coral.

St. Agnes Drive-through Fish Fries - St. Agnes Parish will have drive-through fish fries from 2-7 p.m. Fridays during Lent from Feb. 19 to March 26. The church will be offering delicious chef-seasoned Panko hand-breaded cod or parmesan-crust baked cod. Also available will be homemade soups of the week, haluski, pierogies and more. Orders cannot be called in ahead of time. Debit and credit cards will be accepted.

St. Barbara Parish to have Take-out only Fish Fries - St. Barbara Parish, 111 Raymaley Road, Harrison City, will be having take-out only fish fries from 3-7 p.m. Fridays during Lent, with the exception of Good Friday. Orders may be placed by calling 724-374-4166 or online at www.stbarbara.org or Facebook.com/stbarbarahc.

THE WELL Men's Conference virtual conference set for March 20 - The Diocese of Greensburg men's conference, THE WELL, will have a virtual conference from 9-11:30 a.m. March 20. The seminar is free to anyone who wishes to attend and will be available on the Diocese of Greensburg website and Facebook page. The theme of the event is "Jesus is Knocking, Open the Door!" Two dynamic speakers will be featured: Mike Aquilina of Bridgeville, an award-winning author of more than 50 books on Catholic history, and Father Boniface Hicks, O.S.B., director of spiritual formation at St. Vincent Seminary in Latrobe. Interested men are asked to register for this free event so they are able to receive detailed information. Registration can be found at www.dioceseofgreensburg.org/THEWELL. Those who have paid and registered for the in-person conference, scheduled for Sept. 25 at Christ Our Shepherd Center, 2900 Seminary Drive, Greensburg, are registered for this event.

Monthly Grief Support Prayer Gathering held the second Wednesday of the month at 6:30pm. Meetings occur either through zoom video conferencing or if permitted, in Resurrection Hall. Contact the main office at 724-863-2626 or Sandy Monier for a zoom conference link or further information, smonier@dioceseofgreensburg.org Come and encounter the Lord through the scripture and find healing through the Word of God. *One-on-One Grief Support is available upon request.



IMMACULATE CONCEPTION PARISH
Irwin, Pennsylvania

THE THIRD SUNDAY OF LENT

March 7, 2021 - Order of the Mass

PRELUDE

Meditation on the "Stabat Mater"
Alexandre Guilmant

PROCESSIONAL HYMN

You Strode Within the Temple, Lord



1. You strode with - in the Tem - ple, Lord, Where
2. The tem - ple of your bod - y, Lord, They



mer - chants vied for gain, And cried, "Your wares cor -
crushed when you were slain; But af - ter three days'



rupt God's house, This place of prayer pro - fane!" With
sleep in death, God raised it up a - gain. And



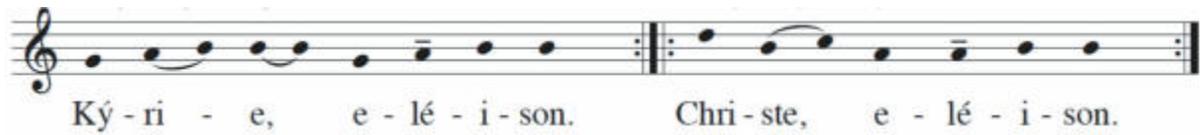
cord - ed whip and fier - y wrath You
now you have a dwell - ing place On



put God's foes to flight. They could not bear the
earth, in all its lands. Your peo - ple are your



search - ing beam Of your un - shield - ed light.
tem - ple, Lord, A house not made with hands.



(Then repeat the first Kyrie.)

THE LITURGY OF THE WORD

FIRST READING

Exodus 20:1-3,7-8,12-17

In those days, God delivered all these commandments:

"I, the LORD am your God, who brought you out of the land of Egypt, that place of slavery.

You shall not have other gods besides me."

"You shall not take the name of the LORD, your God, in vain.

For the LORD will not leave unpunished the one who takes his name in vain.

"Remember to keep holy the Sabbath day.

Honor your father and your mother,

that you may have a long life in the land which the Lord, your God, is giving you.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house.

You shall not covet your neighbor's wife,

nor his male or female slave, nor his ox or ass,

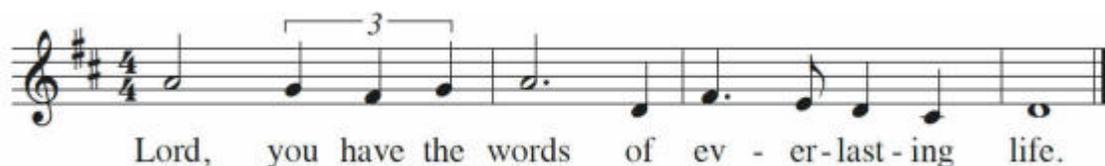
nor anything else that belongs to him."

The Word of the Lord. **Thanks be to God.**

RESPONSORIAL PSALM

Psalm 19

Michel Guimont



SECOND READING

1 Corinthians 1:22-25

Brothers and sisters: The body is not for immorality, but for the Lord, and the Lord is for the body;

God raised the Lord and will also raise us by his power.

Do you not know that your bodies are members of Christ?

But whoever is joined to the Lord becomes one Spirit with him. Avoid immorality.

Every other sin a person commits is outside the body,

but the immoral person sins against his own body.

Do you not know that your body is a temple of the Holy Spirit within you,

whom you have from God, and that you are not your own?

For you have been purchased at a price. Therefore glorify God in your body.

The Word of the Lord. **Thanks be to God.**

Since the Passover of the Jews was near, Jesus went up to Jerusalem.
 He found in the temple area those who sold oxen, sheep, and doves,
 as well as the money changers seated there.
 He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the
 coins of the money changers and overturned their tables, and to those who sold doves he said,
 "Take these out of here, and stop making my Father's house a marketplace."
 His disciples recalled the words of Scripture, Zeal for your house will consume me.
 At this the Jews answered and said to him, "What sign can you show us for doing this?"
 Jesus answered and said to them,
 "Destroy this temple and in three days I will raise it up."
 The Jews said,
 "This temple has been under construction for forty-six years, and you will raise it up in three days?"
 But he was speaking about the temple of his body.
 Therefore, when he was raised from the dead,
 his disciples remembered that he had said this,
 and they came to believe the Scripture and the word Jesus had spoken.
 While he was in Jerusalem for the feast of Passover,
 many began to believe in his name when they saw the signs he was doing.
 But Jesus would not trust himself to them because he knew them all,
 and did not need anyone to testify about human nature. He himself understood it well.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

HOMILY

CREED

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,
 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 life of the world to come. Amen.

PRAYERS OF THE FAITHFUL

THE LITURGY OF THE EUCHARIST

EUCCHARISTIC ACCLAMATIONS

Mass of Charity and Love
Steven C. Warner

Ho-ly, Ho-ly, Ho - ly Lord God of hosts. Heav'n and earth are
full of your glo - ry. Ho-san - na in the high - est.
Blessed is he who comes in the name of the Lord.
Ho-san-na in the high - est. Ho-san-na in the high - est.

When we eat this Bread and drink this Cup, we pro-claim your
Death, O Lord, un - til you come a - gain.

A - men, a - men, a - men.

Steven C. Warner
Music © 1960, 2010, WLP

AGNUS DEI

Chant, Mass XVIII

A-gnus De - i, qui tol - lis pec - cá - ta mun - di: mi - se - ré - re no - bis. *(repeat)*
A - gnus De - i, qui tol - lis pec - cá - ta mun - di: do - na no - bis pa - cem.

Music: Vatican Edition XVIII; acc. by Richard Proulx

COMMUNION HYMN

Grant to Us, O Lord

Grant to us, O Lord, a heart re - newed;
 Re - cre - ate in us your own Spir - it, Lord!

Jer 31:31-34

Lucien Deiss
 Text and music © 1965, 1966, 1968, 1973, WLP

RECESSIONAL HYMN

There's a Wideness in God's Mercy

1. There's a wide - ness in God's mer - cy Like the wide - ness
 2. For the love of God is broad - er Than the meas - ures
 of the sea; There's a kind - ness in God's jus - tice
 of the mind; And the heart of the E - ter - nal
 Which is more than lib - er - ty. There is plen - ti -
 Is most won - der - ful - ly kind. If our love were
 ful re - demp - tion In the blood that has been shed;
 but more faith - ful, We should rest up - on God's word;
 There is joy for all the mem - bers
 And our lives would be thanks - giv - ing
 In the sor - rows of the Head.
 For the good - ness of our Lord.

Text: Frederick W. Faber, 1814-1863, alt.
 Tune: IN BABILONE, 8 7 8 7 D; *Oude en Nieuwe Hollantse Boerenliedjes en Contredansen*, c.1710

POSTLUDE

Trio on "In Babilone"
 David N. Johnson



THE NORWIN HIGH SCHOOL
KNIGHTS FOR LIFE PRESENT:

HITTING FOR HOPE



Encouraging life with every swing!



Hi, my name is Ryan Scavnicky. I am a senior infielder for the Norwin Knights baseball team and a parishioner of Immaculate Conception Church. I am also the president of Knights for Life - a pro-life club at Norwin High School. This season, I am working to provide support and encouragement to women with unplanned pregnancies. For each hit that I tally, I will donate one "Love Box" to encourage a mother at a local pregnancy center. I ask that you would join me on our mission to provide encouragement to mothers and life to the unborn!

Through your support and the grace of God, my 16 hits in 2020 raised over \$5,000 to provide 280 "Love Boxes!" These were delivered to five local pregnancy centers, and each one will encourage a woman with an unplanned pregnancy!

**WANT TO CONTRIBUTE IN 2021? SEE THE
BACK PAGE FOR INFORMATION!**

For more information, visit www.hittingforhope.com

Questions? Contact Ryan Scavnicky at hittingforhopeproject@gmail.com



HOW ARE DONATIONS USED?

Donations that are received will be used toward Love Boxes, to encourage women with unplanned pregnancies. Additionally, they will benefit the Knights of Columbus Ultrasound Initiative, which purchases ultrasound machines for local pregnancy centers.



WHAT IS A LOVE BOX?

Each Love Box contains an invitation to a support group, a handwritten letter of hope, a journal, a 'Best Gift Ever' onesie, and a book of encouraging testimonies to offer hope. These boxes are gifted to women with unplanned pregnancies at local pregnancy centers.

More information at: embracegrace.com/love-box



HOW TO CONTRIBUTE

Want in on the fun? Fantastic! Please fill out the form below or visit hittingforhope.com/donate

One-time donations can be given at any time, and pledged donations will be collected at the end of the season. Any checks should be made out to "Norwin Activity Fund" with "Knights for Life" in the memo.

MAKE A CONTRIBUTION

First Name: _____

Last Name: _____

Email: _____

Pledge per hit: \$1 \$2 \$5 \$10 other: _____

OR

One-time donation: _____

Checks payable to Norwin Activity Fund.
Please indicate "Knights for Life" in the memo.

Forms should be mailed to:
Knights for Life
c/o Norwin High School
251 McMahon Drive
Irwin, PA 15642

FOLLOW HITTING FOR HOPE ON SOCIAL MEDIA FOR MORE!



@HITTINGFORHOPE



@HITTINGFORHOPEPROJECT

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

March 2021

Immaculate Conception Church

Father John Moineau, Pastor

One Minute Meditations

The Eucharist is now

During the celebration of the Eucharist, the past action of Jesus becomes present. It is a liturgical representation of His sacrifice. Not merely a commemoration, Mass makes the sacrifice truly present. When we participate in the Eucharist, the past becomes present to us and we are present at the saving event.



Live generously

In a world that judges people based on their accumulated wealth, it is easy to notice what we don't have and to wish for it. Lent, however, invites us to live in gratitude for what we do have. Gratitude then gives rise to generosity – sharing God's love and gifts with others. Generous people are encouraging, positive, and appreciative. During Lent, notice and appreciate God's gifts and share them with others.

Always ready

"God never tires of forgiving us; we are the ones who tire of seeking his mercy" (Pope Francis).



Refocus in the desert

Lent may be a time of penance and sacrifice but it doesn't have to be a time of sadness. In fact, the season brings an opportunity to become the people God created us to be.

This time in our spiritual desert can be a chance to simplify, focus, and concentrate.

Simplify. Look for areas in your life where there are excesses. When we have too much of something, it can take extra time to sort, store, and maintain the supply beyond what we need.

For example, is your clothes closet packed too tightly? Is your pantry overstocked? Can you clean out and give some gently used items to the poor? You'll spend less mental and physical energy

if you keep only what you need.

Focus. During Lent, we are called to spend more intentional time with God. To help, consider fasting from

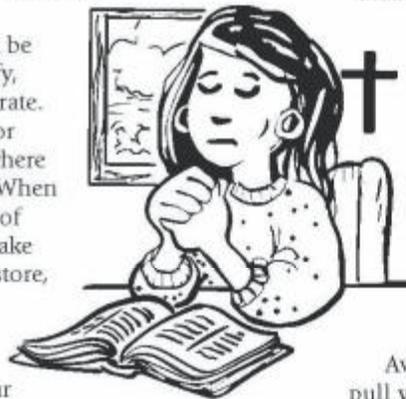
distractions. Limiting social media exposure,

controlling time spent working, or turning off the cell phone for periods of time can help you find space to add more prayer and Scripture reading to your day.

Concentrate.

Avoid influences that pull you away from God.

"... But worldly anxiety, the lure of riches, and the craving for other things intrude and choke the Word, and it bears no fruit" (Mark 4:19). Resolve to live a life that pleases God.



Why Do Catholics Do That?

Why do Catholics fast and abstain?

In preparing to begin His public ministry, Jesus spent forty days and nights in the wilderness of the desert. In the starkness of the desert, He strengthened His connection to his Father. God's love was all Jesus needed.



Fasting and abstinence also help us strengthen our connection to God. They are ways of

expressing sorrow for the ways we stray from God's friendship. By denying ourselves material comforts, we increase our dependence on God and our appreciation for His gifts.

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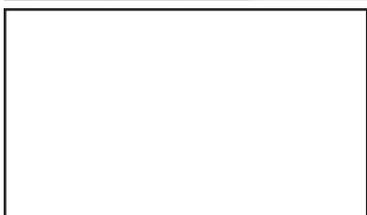
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