



THE CATHOLIC COMMUNITY OF

# ST. GABRIEL

BEING CHRIST • EVERY DAY • EVERYWHERE

FEBRUARY 28, 2021

**God bless our 2nd graders making their First Reconciliation  
February 20th and February 27th!**



## Pastoral Staff

Deacon Ronald Adkins.....	Deacon
Reverend Jozef Bozek.....	Parochial Vicar
Mrs. Allison Capella.....	Volunteer Coordinator
Deacon Daniel P. Clavin .....	Deacon
Mr. Kevin Donahue.....	Music Ministry Coordinator
Ms. Maureen Dowd.....	Pastoral Associate
Deacon Robert Grgic.....	Deacon/ Pastoral Associate
Mrs. Paula Haumesser.....	Administrative Secretary
Mrs. Alicia Henrikson .....	Marketing Coordinator
Miss Linda Hlebak.....	Business Manager
Mr. Paul Kelly.....	Pastoral Associate
Mr. Robert Kumazec.....	School Principal (5th-8th grade)
Reverend Frederick F. Pausche .....	Pastor
Mrs. Ann Silvester.....	Learning Loft Preschool Director
Reverend David Stavarz.....	Parochial Vicar
Mrs. Ann Ulrich.....	School Principal (JK-4th grade)
Mr. Michael Ulrich .....	Supervisor of Maintenance, Buildings and Grounds



### Parish Phone Numbers

Parish Office .....(440) 352-8282  
 School Office .....(440) 352-6169  
 PSR Office .....(440) 354-7551  
 The Learning Loft .....(440) 354-7574  
 Parish Fax .....(440) 354-7558  
 Website .....www.st-gabriel.org

### New Parishioners:

Welcome to our parish! Please call the Parish Office for an appointment to register.

### Baptism:

Parents are required to attend a preparation class. Next dates at St. Gabriel: March 3, 2021, July 14, 2021 and Nov. 10, 2021. Please call the parish office to register. During January, May, and September the classes are held at St. Mary Church in Chardon, 401 North Street. Call 440-285-7051 for times and to register.

### Reconciliation:

The sacrament of Reconciliation is celebrated every Saturday from 3:45 - 4:30 pm, or by appointment.

### Marriage:

Diocesan policy directs couples to arrange for marriage at least six months prior to the intended wedding ceremony. Please call the priest or deacon of your choice for an appointment to make arrangements.

### Holy Orders and Vowed Religious Life:

Anyone interested in ordained or vowed religious life is invited to talk to one of the parish priests, pastoral staff members or Fr. Michael McCandless, Director, Diocesan Vocation Office (440-943-7660).

### Hospitalized and Homebound Parishioners:

In case of emergency, call the Parish Office immediately. If you or someone you know would like a friendly visit and/or communion brought to the hospital or home, please call the parish office.

**Funerals:** Please call the Parish Office to make arrangements before any publication in the newspaper.

### Catholic Information and Referral Service:

(CIRS) refers persons to the Catholic and Community services that best respond to your church, personal, or life crisis needs. "Help is just a call away" 1-800-869-6525

My Sisters and Brothers,

From the desert to the top of the mountain, our Lenten journey continues. Each week the Lord has a valuable lesson for us as we follow Him to Calvary, and ultimately find the way to New Life. This week, He gives us a glimpse of His full glory as He is transfigured in their sight. It is not very hard to understand why Peter wanted to pitch a few tents and just stay there. For now, often all we get is a “glimpse”—in many different forms—but it comes with the realization that the journey through this life must still continue. It is a journey of enlightenment and a time for us to discover a deeper and new understanding of what it means to be a true follower of Christ. One of the things that strikes me is the effort it takes to climb the mountain. If we are unwilling to climb, we may never be in a position to see that glimpse of glory. It also strikes me, especially having gone through some of the challenges of my own foot and ankle, that coming down could be even more difficult. However, the physical or material challenges of our lives, and they come in many forms, are certainly overshadowed by the spiritual benefits of sharing in the Lord’s plans for us. Although there are times when it is good to stop and savor the moment, one of the keys of life is to just keep on going. On the top of the mountain they heard the voice of God proclaiming, “**This is my beloved Son, Listen to Him**”. What could be more vital to heed as we continue this most important journey of life?

Thank you for your continued prayers and support for our **Elect and Candidates** as we walk with them during this very important time of final preparation for the sacraments of Initiation. This Sunday at the 9:30 Mass, the Candidates, those already baptized and seeking to become fully Catholic through Confirmation and Eucharist, participate in the Penitential Rite, and along with all of us, hear the comforting message of pardon for sin, and we join them praising God for His abundant mercy. They will at some point before Easter be celebrating the sacrament of Reconciliation. Most of them will be celebrating this great sacrament with us at our **Communal Reconciliation on Monday, March 22<sup>nd</sup>**. My prayer is that they will move us to a greater appreciation for this wonderful sacrament of God’s mercy, and that we will show them our support as they come for the first time. Please continue to pray for all our Elect and Candidates. Take a card with a picture of one of them, and let that person know that you are praying and supporting them as they seek to become a part of the Church. The next three Sundays, the Elect will be celebrating the Scrutinies as they prepare for the waters of Baptism. We are so blessed by the faith and enthusiasm of these twelve new members of the Church. Praise God and continue to show them your love.

Our second graders and their families have done a great job celebrating Reconciliation these past two Saturdays. I want to not only congratulate them, but thank them for being such an example of how God touches our hearts with his love and mercy if we allow Him to. I am especially grateful to so many parents who also shared in the sacrament. Their example speaks louder than anything we could ever say or do to prepare

our children. It will be a tremendous joy to welcome them to God’s Table for the Eucharist after Easter. Although we take things one year at a time and do what we need to do to respond to the times, the adjustments we have made during this pandemic are teaching us many valuable lessons. I really like the concept of “Covid-keeper”. God continues to do amazing things and teaches us important lessons, even in the most challenging of times.

I hope by now that everyone has had a chance to pray over and respond to the annual **Catholic Charities Appeal** in whatever way is best for you. I know the process is different this year, but the need is even greater. Please respond in one way or another. As you know, there are several ways you can choose to make your pledge or donation. We will wait another week until we get as many envelopes in as possible to send them to the diocese. If you did not receive one yet, please be sure to take one this weekend and to respond from the goodness of your heart. When Jesus was asked which is the greatest commandment, He was very clear in saying, “Love God with all you’ve got, and **Love your Neighbor**”. The two are inseparable. Reaching out and taking care of the least among us is the greatest way of showing God our love. Thank you for your generosity.

Just spending time with the Lord, listening or pouring our hearts out, offering our praise and adoration, or just feeling the Lord’s love, is so valuable. We can do that in many ways and in many places, but certainly through **Eucharistic Adoration**. We have special times in which the Blessed Sacrament is exposed—Friday mornings after the 7 am Mass until 10:30 am, Sunday evenings in Lent from 7 until 8 followed by Night Prayer, and at St. Anthony Parish in Fairport on Wednesdays from 3 til 7 pm (St. Anthony’s is only twelve minutes from here, and you are always welcome). Or, come to our chapel any time. Jesus is just as present in the Blessed Sacrament whether in the tabernacle or the monstrance. The most important thing is to make time to spend with the Lord, and especially open your heart and listen to Him.

This Monday is March 1. Spring is coming. Lent seems to go by more quickly every year. Last year, we were unable to celebrate the Triduum and Easter in person as a community. Although there will still be some changes and restrictions, we are so looking forward to celebrating New Life and welcoming people home. We will be sharing some slight modifications with you, but in general, we are looking forward to celebrating the holiest and most important days of the liturgical year with you. We truly need to rise with Christ and feel the effects of New Life. May you prepare well and anticipate deeply that gift of new and renewed life, and may the Lord lead you soon to the top of the mountain to experience a glimpse of His glory. Never lose hope. The Lord is always near. Be at peace.

In God’s love,



## Second Sunday of Lent February 28, 2021

### MONDAY - March 1—Lenten Weekday

7:00AM Private Intentions—Fr. Joe  
11:00AM Christopher Kowalski—Veronica Akers  
11:30AM Stations

### TUESDAY - March 2—Lenten Weekday

7:00AM Marcy Bohn—Richard  
7:00PM Dorothy Dunsworth—Mazzone Family

### WEDNESDAY - March 3—Lenten Weekday

7:00AM Christopher Kowalski—Veronica Akers  
10:00AM Carol Hammer—Janet Brunnett

### THURSDAY - March 4—Lenten Weekday

7:00AM Ann Kamesis—Mary Ellen Godic  
7:00PM Lucille Pausche—Family  
7:00PM Family Mass and Rosary

### FRIDAY - March 5—Lenten Weekday

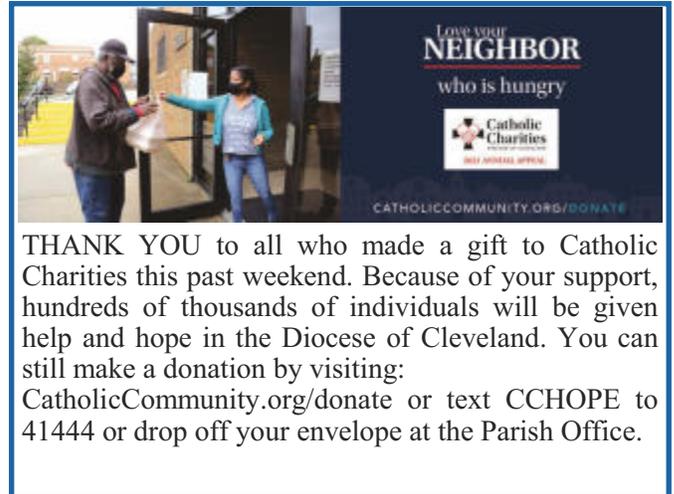
7:00AM Ronald Gall—Link Family  
11:00AM Anna & Joseph Linsky—Mary Jane Linsky  
7:00PM Stations

### SATURDAY - March 6—Lenten Weekday

8:30AM Al, Lil, & Nettie Vidmar—Strnad Family  
5:00PM Arthur Morgan—Joan Hollis

### SUNDAY - March 7—Third Sunday of Lent

7:30AM Margie Deak—Husband  
9:30AM Attilio & Antoinette Pizzi—Family  
11:30AM Sally Dolfi—Barb & Neil Brandt  
5:00PM For the Health & Well Being of our Parish Family  
7:00PM Night Prayer with Eucharistic Adoration



Love your **NEIGHBOR**  
who is hungry

Catholic Charities  
CATHOLICCOMMUNITY.ORG/DONATE

THANK YOU to all who made a gift to Catholic Charities this past weekend. Because of your support, hundreds of thousands of individuals will be given help and hope in the Diocese of Cleveland. You can still make a donation by visiting: CatholicCommunity.org/donate or text CCHOPE to 41444 or drop off your envelope at the Parish Office.



Disciple Maker Index  
**SURVEY**

Please join our parish and take this survey that will:

- Allow St. Gabriel parishioners to reflect upon their spiritual growth
- Identify the ways in which the parish effectively supports that growth and look at opportunities to support that growth more in the future;
- Provide valuable input to help Fr. Fred and parish leaders make decisions and plan effectively.
- Help St. Gabriel serve you and your family!

Survey at [St-Gabriel.org](http://St-Gabriel.org)  
Hard Copy at Office/Gathering Area



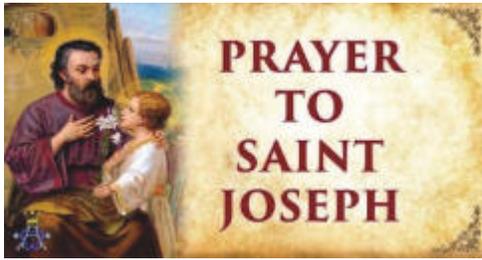
**All Surveys Due March 22**

Please help us by participating in this 10-15 minute online survey. The survey can be accessed through an online link on our website. We will also send the link to you by our usual communication outlets. This survey will ask you to reflect on your own spiritual growth and enable you to provide feedback on our parish's efforts to help you grow. All responses will be confidential and the parish will only receive information about the community as a whole. Please respond by March 22nd and help us with future planning for our Parish. Thank you!

*In Spirit, We remember...*



Please remember Mary Snyder, Robert Bowins, Jennifer Gruver, Ron DeCaro and their families in your prayers.



## THE MONTH OF MARCH: ST. JOSEPH, PROTECTOR OF THE CHURCH

Holy Mother Church in Her liturgical tradition has ascribed the month of March as being associated with St. Joseph, the husband of the Virgin Mary and the foster father of Jesus Christ.

St. Teresa of Avila tells us, *“I took for my advocate and lord the glorious Saint Joseph and commended myself earnestly to him...he gave me greater blessings than I could ask of him. I do not remember even now that I have ever asked anything of him which he has failed to grant.”*

While the Bible tells so little about St. Joseph’s life, in prayers to him, we discover many of his virtues and are challenged to imitate them. As patron not only of fathers and of the worker, but of the universal church, all of us—men and women, old and young—would do well to look to him in our every need.

Traditionally, Wednesdays are the weekday devoted to St. Joseph, the most chaste spouse of the Blessed Virgin Mary, and his feast day is March 19. If you already know much about St. Joseph, it is time to learn more! **Not only is the entire month of March traditionally dedicated to him, but Pope Francis has also dedicated this ENTIRE YEAR to St. Joseph.**

We invite you to our Parish Website where you can find a novena and different prayers to St. Joseph.

## OLD PALMS

We are collecting old palms now until Palm Sunday, March 28. There is a box in the Gathering Area to place the old palms. **We will not be collecting them after Palm Sunday.** If you find old palms after that time, you can burn them to dispose of them.



## LITURGY CORNER



During Lent, we are to spend time in prayer, fasting and almsgiving. Fasting has been a tradition early in Church history. The Catechism of the Catholic Church states: “By the solemn forty days of Lent, the Church unites herself each year to the mystery of Jesus in the desert.” (CCC 540). The Apostles themselves, at the very beginning of the Church, had periods of fasting and penance. The tradition of forty days of Lent to prepare for Easter evolved in the first centuries of the early Church. The forty days mirror the forty days chosen by Christ for his own period of fasting in the desert. The Church today requires us only to fast on Ash Wednesday and Good Friday and to abstain from eating meat on Ash Wednesday and the Fridays during Lent, but it is up to us to find our own ways of fasting during this period so that we can understand our own frailties and therefore draw closer to God. Fasting can be accomplished by foregoing a meal or a particular food during this period. It can also be a time when we focus on doing away with certain behaviors that may be drawing us away from God. We can use Lent as a way to alter our behavior and develop new habits that draw us closer to God. Hopefully, those new habits developed during Lent can become a permanent part of our lives.



Please continue to pray for our Elect and Candidates. If you haven’t already done so, please take a card with their picture as a reminder to pray for a particular person and consider writing that person a note of welcome closer to Easter.

**February 21, 2021**

**SUNDAY**

**YOUR GIFT TO THE PARISH**

	<b>Last Sunday</b>	<b>Year To Date</b>
Electronic Giving	15,581	403,999
<b>Total Sunday Collection</b>	<u>33,172</u>	<u>1,026,543</u>
Operating Budget	30,770	1,046,180
Collection Over/(Under) Budgets	2,402	(19,637)
	<b>Number</b>	<b>Amount</b>
Children's Envelopes	1	1.00
Ash Wednesday	2,783	

We trust that God will give us the plans and blueprints to continue His work in a fiscally sound manner. We ask for your continued support, and humbly ask, if at all possible, to increase your contribution, and more importantly we ask for your prayers. If we all do a little more, it can make a BIG difference! May God bless you for your generosity.

Remember, you can mail your envelopes to the Church: 9925 Johnnycake Ridge Rd, Concord, OH 44060 or donate online - <https://www.osvhub.com/st-gabrielchurch/funds> or [www.st-gabriel.org](http://www.st-gabriel.org).



**St. Gabriel will be participating in Concord Township's Easter Egg Hunt!**  
Saturday, March 27 - 10am-Noon

Follow the Bunny Trail Map to collect Easter Eggs around Beautiful Concord Township! Put on your Easter Bonnet, hop in the car and have fun on a safe, leisurely drive around our beautiful township! Download the Concord Township Bunny Trail Map from [www.concordtwp.com](http://www.concordtwp.com) (available in March) and head out on a family-friendly adventure. Visit each location listed on the map and collect prize-filled Easter Eggs while staying inside your car.



**MESSAGES** now

**St. Gabriel**  
Let's pull together to support local restaurants this Lent and pay it forward! Each week we will feature 'This Week's Catch' of restaurants who support St. Gabriel in many ways! Thank you for helping!

**THIS WEEK'S CATCH**



Working from St. John Vianney Cater to You will be serving Lenten specials that have to be preordered online at SJV:  
[www.sjvmentor.org](http://www.sjvmentor.org)  
Delicious Fish Dinners  
Convenient Curbside Carry Out



## Volunteer Opportunities

**St. Philomena/Father Michael Ozanam Center**  
Tasks include: Distribute food bags (outside)  
Pack bags for clients (inside—no client contact)  
Sort/hang clothes (inside—no client contact)  
Saturdays (9:30am to 1pm) - March 20, Apr 24, May 15, June 19.

**Food Pantry Subs** needed to help take client orders in a non-contact environment. If you are interested, please contact Allison at the parish office or email [acapella@st-gabriel.org](mailto:acapella@st-gabriel.org)

**Visit the Parish office or our website under Volunteer Opportunities to sign up**



Men of St. Gabriel, the Catholic Men's Fellowship of Northeast Ohio will be holding this year's "Answer the Call" Conference on Saturday March 13, 2021. While it was hoped we would be able to offer the option of "in-person" or "virtual" attendance, because of the COVID-19 pandemic, we are going with an all virtual format. We will still have our roster of Speakers: our new Bishop, Edward Malesic, who will both speak and have the concluding Mass, Deacon Larry Oney from the diocese of New Orleans, Louisiana, and Fr. Michael McCandless from the Diocese of Cleveland. For more information, check the Catholic Men's Fellowship of Northeast Ohio website at: [www.cmfneo.com](http://www.cmfneo.com). As a variation on attending "in-person", arrangements have been made for the Community Room here at St. Gabriel so a number of men can view the virtual presentation together. The number will be limited; you must sign up through the link on the St. Gabriel website. For questions, please check with Dave Deschler by phone at 216-337-0865.

## Job Opening

### Coordinator of Youth Ministry - St. Gabriel Parish.

We are currently looking to hire a Coordinator of Youth Ministry for St. Gabriel Parish. This position is 30 hours per week and includes benefits. Candidates interested in this position must have:

- Welcoming, positive attitude with strong communication skills in order to work with and engage youth, parents, volunteers and staff.
- Comprehensive theological background.
- Practicing and active member of the Catholic Community.
- Ability to relate to youth and build healthy relationships with them.
- Must enjoy and excel at working with others and desire to make a difference!
- This position requires two-three evenings per week including Sundays.
- Salary range is \$20,000.00 to \$22,000.00 negotiable. Position includes benefits.

If you are interested in this position please e-mail a cover letter and resume to Paul Kelly at [pkelly@st-gabriel.org](mailto:pkelly@st-gabriel.org) by March 22nd



**LENTEN  
NIGHT PRAYER  
W/ ADORATION**

Sundays, February 21-April 4 | 7 - 8:15 PM  
Adoration | 7 PM  
Night Prayer | 8 PM

## Family Prayer Nights

Family Prayer Night consists of Mass at 7:00pm followed by the Rosary on Thursdays during the season of Lent. It is an opportunity for families to come together in the presence of the Lord, to pray and be in fellowship with one another. There is no better way to prepare for the Easter season as a family.



### **STATIONS OF THE CROSS**

We will pray the Stations of the Cross as a community after the 11:00am Mass on Mondays and on Fridays at 7:00pm. Please consider coming to pray and meditate on the last hours of the life of Jesus.

**Music Notes**

Jesus, God's beloved son, reveals his glory to the disciples at the Transfiguration. Abraham, God's devoted servant, is ready to sacrifice Isaac to do the will of God. God spared Isaac seeing that Abraham was poised to sacrifice his son. This Second Sunday of Lent reminds us that Jesus died for our sins as the spotless sacrifice and will rise on the third day - Easter. "Spare your people Lord in your loving kindness."



If you join a public Mass or worship with Mass online, sing from your heart.

**Readings**  **Week** G.L.P.

**Readings for the week of February 28, 2021**

**Sunday:** Gn 22:1-2, 9a, 10-13, 15-18/Ps 116:10, 15, 16-17, 18-19 [9]/Rom 8:31b-34/Mk 9:2-10

**Monday:** Dn 9:4b-10/Ps 79:8, 9 11 and 13 [cf. 103:10a]/Lk 6:36-38

**Tuesday:** Is 1:10, 16-20/Ps 50:8-9, 16bc-17, 21 and 23 [23b]/Mt 23:1-12

**Wednesday:** Jer 18:18-20/Ps 31:5-6, 14, 15-16 [17b]/Mt 20:17-28

**Thursday:** Jer 17:5-10/Ps 1:1-2, 3, 4 and 6 [40:5a]/Lk 16:19-31

**Friday:** Gn 37:3-4, 12-13a, 17b-28a/Ps 105:16-17, 18-19, 20-21 [5a]/Mt 21:33-43, 45-46

**Saturday:** Mi 7:14-15, 18-20/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Lk 15:1-3, 11-32

**Next Sunday:** Ex 20:1-17 or 20:1-3, 7-8, 12-17/Ps 19:8, 9, 10, 11 [Jn 6:68c]/1 Cor 1:22-25/Jn 2:13-25 or Ex 17:3-7/Ps 95:1-2, 6-7, 8-9 [8]/Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42



**Intentions For Friday Eucharistic Adoration**

We continue to encourage you to come and pray during our time of Eucharistic Adoration on Friday mornings. Every Friday we have a particular intention that we will silently offer our prayer for. On **March 5 & 7, we will pray for all who are struggling with their relationship with God.** Please take advantage of this prayerful, peaceful time.



If you are struggling with a sickness or ailment in body or mind, please consider joining the Healing Prayer Ministry in the Chapel after Mass to encounter the transformative power of God's love and mercy.

March 6—after 8:30am Mass

March 26—after 11am Mass



40 Days for Life is an internationally coordinated 40-day campaign that aims to end abortion locally through prayer and fasting, community outreach, and a peaceful all-day vigil in front of abortion businesses. The next campaign starts on Ash Wednesday February 17th and continues until Sunday March 28th. Mark your calendar to join with supporters of 40 Days for Life and Lake County Right to Life at the Kickoff Rally/Winter Event beginning at 2 PM in the gym at Our Lady of Mount Carmel Church. Participants will head outside to Euclid Ave. for a sidewalk witness to LIFE! Signs will be provided, but don't forget your winter coat! Everyone will head back inside the gym of Our Lady of Mount Carmel Church for pizza and beverages. Sarah Quale will be the Keynote Speaker and the topic is "Human Sex Trafficking and its Link to Abortion." Due to limited seating, you are asked to RSVP for this event before February 7. You can RSVP by calling or texting John Noall at 440-585-5317. We invite you to join the Respect Life Committee as we mark this campaign. If you have any questions please contact Chris Siemen at [cws8729@gmail.com](mailto:cws8729@gmail.com).



## Important Announcement from Youth Faith Formation

This coming Fall, PSR/Crossings grades 1-8 will be meeting together on Wednesday evenings from 6-7:30pm for the 2021-2022 school year. As our students move up to the middle school years, it becomes time for them to share their faith and give back to others. This change provides leadership opportunities for our 7<sup>th</sup> and 8<sup>th</sup> grade students to be buddies to our 1<sup>st</sup> and 2<sup>nd</sup> grade students during PSR. Our 7<sup>th</sup> and 8<sup>th</sup> graders will also have the opportunity to volunteer with **Special Sports Basketball** during PSR (6 - 8 students per week.) After we experience these service projects we will then discuss in our classrooms how Jesus calls us to **“love our neighbors as ourselves.”** We hope to see you this Fall! Open Registration begins March 29th. Watch the bulletin for more information or contact Rachel Troha at [rtroha@st-gabriel.org](mailto:rtroha@st-gabriel.org).

# IMPORTANT

The registration deadline is soon approaching for Catholic Youth Summer Camp!!! **Limited spots are available** and registration ends on **March 14<sup>th</sup>**. Please see the parish website for links and registration or contact Fr. David for any details.

## YOUTH SUMMER 2021



### KINGDOM CAMP

POSTPONED TO  
SUMMER 2022



### VBS VOLUNTEER

JUNE 14 - 18TH  
ST. GABRIEL'S



### JUNE 20 - 25TH

OUR LADY OF SORROWS  
FARMINGTON, MI



### JULY 25 - 30TH

DAMASCUS CATHOLIC MISSION  
CAMPUS CENTERBURG, OH

For more information visit:  
<https://www.st-gabriel.org/youth-summer-2021-opportunities.html>



Sponsored by St Gabriel School  
Junior Girl Scout Troop 70600

St Gabriel Church - Church Parking Lot-- 9935 Johnnycake Ridge Rd, Concord, Twp.

Date: Sunday March 14th, 2021

Time: Immediately following both masses - 10:30 AM & 12:30 PM  
(we will on site in between mass as well)

Accepted Payments: **CASH Only!** \* 8 Varieties to choose from!

Visit our Cookie Webpage to Order NOW and Ship direct to you!

Credit Cards accepted online!

<https://digitalcookie.girlscouts.org/scout/troop70600-234>



\* If you can't eat them, Donate them to the military troops!

\*Portion of proceeds will go to St Gabriel Food Pantry!

See attached Order Sheet, to place order! →

A pre-order cookie form can be found on our website or in the Parish Office.



BOK Night Sunday, February 28

7:00 pm Online

“Adventures in Attitude/Just Keep Smiling”



Please email Mrs. Veronica Huber at [vhuber@st-gabriel.org](mailto:vhuber@st-gabriel.org) for details and the online meeting link.

## Friday Foods



Lent is here and with that abstaining from meat on Fridays. For many that means high carb and fat calories of pizza, pasta and tuna noodle casserole. But there are other heart healthy Friday meal choices. Fish is a great option provided it is not breaded or deep fried. It can be delicious pan fried, broiled or grilled using various spices. Legumes such as red or black beans, lentils and chick peas are excellent sources of protein. They can be added to soups, salads, in meatless chili or added to rice with peppers, tomatoes, onions and spices to make a filling black beans and rice dish. Mushrooms like portabella can be a nice substitute with a meat like texture but lack protein so add a side of lentils, nuts or quinoa. With the increase in vegetarianism there are now many plant based “meat” options that are hard to distinguish from actual meat once sauces or condiments are added. Whatever foods are on the menu for Fridays during lent try to focus on less carbs and fat and more protein and other nutrients.

*Here's to our health! Pam Lewis, Parish Nurse*



**Please pray for those serving in the armed forces here and abroad** including US Army Spc. Sean McIntyre, SSGT Alexander Skorupski, USAF, SSGT Nathaniel Galecki, USAF, US Army, 2nd Lt. Patrick McDonnell, US Army, Sgt. William McDonnell, USMC, Captain Steven Convery, US Army, Major Sean Huss, USAF, Captain R. Andrew Iafelice, USMC, 2nd Lt Nelson Liuzzo, Spc. Nicholas Lemmo, Major Michael Ficznar, Capt. Matthew Convery, US Army Jag Corp. Sgt. Stephen Calderone, US Army, US Army Jag Corp. William Bruce Speirs, Captain, U.S. Navy, Sgt. Joseph A. Wilder, US Army, Private Eric Myllyoski, Maj. Kristine Yearwood CNP, Phd. US Army, USAF SSGT Sterling Hill, SSGT Nick Wilson, US Army, PFC Tim Lazuka, 1st Lt. William Patterson, US Army, and USMC Lt. Col. Kevin Walsh



Please pray for the ill and hospitalized members of our Parish, their families and caregivers. Pray for an end to abortion and for the respect of all life. God bless our elderly and homebound.

### *February*

*Maureen DeCaro  
Carolyn Kaim  
Barb Brickman*

### *September*

*Tim Ryan  
Bradley Hill  
Bill Gallagher*

### *January, 2021*

*Sam  
Michael Lipphardt  
Lauren Landgraf  
Marshall Family  
Max Sumer*

### *August, 2020*

*Bill Skoch  
Marie O'Connell  
Stephanie Royko  
Jordan Gale  
John Burnhan*

### *December, 2020*

*Joe Dietrich  
Larry Dean*

### *June, 2020*

*Denny Brickman*

### *November, 2020*

*Tony  
Terry Larch*

### *May, 2020*

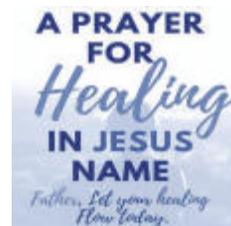
### *October, 2020*

*Evelyn Kiffmeyer*

### *April, 2020*

### *March, 2020*

*Kenny Zayes  
Carmel Aborsceski  
Nichole Byrnes*



OPEN DAILY 6:30AM TO 3PM



Bring this ad for **10% OFF!**  
Not Valid Sundays or Holidays

**BREAKFAST • BRUNCH • LUNCH**

PRIVATE PARTIES - Rehearsal Dinners, Baptisms, First Communions, Graduations, etc.

9570 Mentor Ave., Mentor 440-350-6272

**Thai 999 Express**



9853 Johnnycake Rd., #15, Concord Twp. OH 44060  
Concord Plaza - 440-350-1458 • www.thai999express.com

Vegan Dishes Available

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