

Grieving with Great HOPE

A Five Week Video Based Workshop

Sunday Evenings

February 26-March 26 5:30 pm

Sacred Heart Church Burke, SD

There is no charge for the workshop and everyone is welcome to attend,

whether your loss has been recent or has been years ago.

Refreshments will be served.

*For more information and to sign up please
contact one of the following Local Leader-Hosts:*

*Roberta Witt 308-672-6671
Sherry Opbroek 605-830-0247
Joanie Grim 605-830-9384
Bev Keegan 605-390-8887*



*"I found that comfort is discussing grief
in the context of my Catholic faith"*

There are no stages to grief. We all experience loss in our own unique way. Healing is an intentional process, where we gather as a community of faith to become disciples of hope. It is through prayerful reflection, practical learning and personal fellowship that we mourn. "Grieving with Great HOPE" is a five-week grief support, video-based workshop, for anyone who is grieving the death of a loved one.

Video presenters include Fr. Bill Tindall, Fr. John Riccardo, as well as John & Sandy O'Shaughnessy from Good Mourning Ministry, a Catholic bereavement apostolate.

More info on the Good Mourning Ministry can be found at www.goodmourningsministry.net

Our Lady of Good Counsel

406 W. Main St. Wood, SD

Church of St. Isidore

301 Carr Street PO Box 405 Colome, SD

Church of Immaculate Conception

325 S Van Buren Street 302 W. 4th St. Winner, SD



AND FROM HIS FULLNESS WE HAVE RECEIVED.

Bulletin Date: February 19, 2023



Parents of newborns should make arrangements for baptism as soon as possible by calling the parish office.

BAPTISM

Godparents are to be confirmed in the Catholic Church, and they must be actively practicing their faith, living in full communion with the teaching of the Church.

PENANCE

Tuesday, 5:00pm @ St. Isidore
Friday, after mass @ Immaculate Conception
Saturday, 5:30pm @ Immaculate Conception
Sunday, after mass @ St. Isidore
Sunday, after mass @ Immaculate Conception



MATRIMONY

Couples planning to get married should contact the parish office at least six months in advance to begin preparations.

...**GRACE**
UPON
GRACE



HOLY ORDERS

Fr. Zane Pekron, Pastor
zpekron@diorc.org 605-842-3520

IMMACULATE CONCEPTION PARISH COUNCIL

Scott Schramm, Chair
Jason Bartels
Deb Fisher
Charlie Grossenburg
Kristen Hausmann
John Kocer
Tim Pravecsek
Jonah Sachtjen
Rona Volmer

Next Meeting

APRIL
Wednesday
26

Parish Office Address 302 W. 4th St.
Winner, SD 57580
Open T-F, 9am-4pm
Parish Phone 605-842-3520
Parish e-mail parishsec@gwtc.net
Parish Website CatholicTripp.org
ICC Facebook
St. Isidore Facebook Mary Immaculate
St. Isidore the Farmer

Meeting on:

APRIL
Thursday
20

THE HOLY SACRIFICE OF THE MASS

Monday, February 20, Weekday
NO MASS

Tuesday, February 21, Saint Peter Damian
4:30pm @ St. Isidore

Wednesday, February 22, ASH WEDNESDAY
5:30pm @ St. Isidore
7:15pm @ Immaculate Conception

Thursday, February 23, Saint Polycarp
12:15pm @ Immaculate Conception

Friday, February 24, Friday after Ash Wednesday
7:15am @ Immaculate Conception

Saturday, February 25, First Sunday of Lent
6:00pm @ Immaculate Conception

Sunday, February 26, First Sunday of Lent
8:30am @ St. Isidore
10:30am @ Immaculate Conception
2:00pm @ Our Lady of Good Counsel



ADORATION

Tuesday, 5 -- 6:00pm @ St. Isidore



ANOINTING

If you or a loved one are seriously ill or anticipating surgery, call and arrange to receive the sacrament of anointing.



ST. ISIDORE PARISH COUNCIL

Ryan DeSmet, Chair
Chase Hrabanek
Carol King
Holly Pechota
Leslie Petersek
Cole Shippy

DAILY MASS INTENTIONS

Saturday - February 18

Pro Life for Unborn Children

Sunday - February 19

For the Parish

Dan Ernest⁺ by Ron & Kathleen Ernest

Special Intention

Monday - February 20

Tuesday - February 21

Eric Greenfield⁺ by Kathy Jensen

Wednesday - February 22

Jim Pravecek⁺ by Tim Pravecek

For the Parish

Thursday - February 23

Robert & Vera Mansheim⁺ by Don Mansheim

Friday - February 24

Dave Turgeon⁺ by Marty & Karleen Flakus

Saturday - February 25

Roger Turnquist⁺ by Helen Turnquist

Sunday - February 26

Ronald Smith⁺ by Todd & Janette Shippy

For the Parish

Special Intention

Join us to
Pray the
Divine Mercy Chaplet
Thurs., 10:00am
@ Immaculate Conception



Do you or someone you know, want to join the
Catholic Church or learn more about the Catholic
faith? Call the office at 605-840-3520.



Men's Group
Men of all ages are invited to join
together each **Thursday** morning for breakfast and
scripture study. It's a great way to grow in our
knowledge of God's eternal Word speaking to
the particular challenges of our lives today.
Also, an amazing way to start the day! Come
to the front door of the rectory at 6:30am.
Lasts 1 hour.



**If you have an emergency
for which you are in need of a Priest,**
please call Fr. Zane at 605-842-3520, Ext. 13.
If Father does not answer, leave your name,
number and your request. Father will get back to you
as soon as possible. Thank you!

Requiem Pacem

It is our custom: To pray three 'Hail Marys' after Mass is
completed, for the next person to die, to have a peaceful
death. And to die with the sacraments of the church.

LENT PENANCE SERVICE

February 28	Tuesday	Colome	5:00pm
<i>Adoration and Penance at St. Isidore, Colome</i>			
March 2	Thursday	Bonesteel	6:30pm
March 14	Tuesday	Presho	6:30pm
March 16	Thursday	Gregory	6:30pm
March 21	Tuesday	White River	6:30pm
March 23	Thursday	Ft. Pierre	6:30pm
March 30	Thursday	Winner	6:30pm

No Penance Service in Murdo



Each day the priest offers the sacrifice of the Mass for one
special intention. These intentions can be for
anyone living or deceased, Catholic or Non-Catholic.
To arrange a mass with your own intention, please
fill out an envelope, which can be found in the church
entrance, and drop it in the collection basket. Or you may
simply contact the parish office to arrange a mass or
masses. The parish asks for a \$10 donation per Mass.



Fasting & Abstinence
Fasting means having one full meal a day.
Abstaining means we are giving up meat.
Fridays of lent we observe Abstaining
but are encouraged to fast.

'Saint Juliana's Prayer List'

Lord, hear our prayers for the sick of our parish and for those in need of our prayers.

Avery Eddie	Donna Sealey	Fr. Tony Grossenburg
Joel Keierleber	Jenny Turgeon	Wendy Smith
Connie Vaughn	Janet DeMers	Leonard Gehlsen
Moni Stiehl	Jolene Corkle	Jonathan Perez
Eric Connot	Cindy Swartz	Ruthie Storms Joachim
Kathy Jensen	Tessa Jatton	Carley Fisher
Pam Ekberg	Jane Moser	Sandra Hubbard
Carol Turgeon		

Prayers for our Family Members in the Military

Jacob Debus	Dylan Doering	Gene Fisher	Jeff Butler
Daysha DeMers	Spencer Hughes	Jacque Miller	

We continue to pray for our sick and for the hope of healing. May God
remain with them in their suffering and give them comfort in His love.
Please call the office (605-842-3520) to request continued prayers. To
preserve the dignity and privacy of individuals, we ask that only an
immediate family member call to request publication of names. We
will presume they have permission from the individual to do so.

WEEKEND COLLECTION REPORTS

IMMACULATE CONCEPTION

February 11 & 12, 2023: Envelopes \$2,075.97 Loose \$1,251.00

Total \$3,326.97

ST. ISIDORE

February 12, 2023: Total \$833.75

COLLECTION:	February 19	~	Carol & Holly
	February 26	~	Leslie & Cole
	March 5	~	Ryan & Chase

Come and Pray The Rosary before Mass

Saturday, 5:30pm @ Immaculate Conception

Sunday, 8:00am @ St. Isidore

Honor our Blessed Mother.



CHURCH CLEANING

St. Isidore — **February:** Jody Burger, Chair
Renee Sherman, Cindy Sealy, Marilyn Haukaas



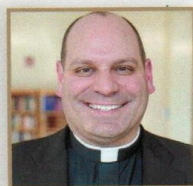
*St. Isidore church cleaning volunteers, if you cannot make it to clean
the church at your scheduled time, please notify the chairperson of
your month. Thank you!*



This week we pray for these vocations:

Monday - Fr. Brad Held, SJ and Fr. Ron Seminara, SJ
Tuesday - Fr. Peter Klink, SJ and Fr. Edmund Yainao, SJ
Wednesday - Fr. Jim Lafontaine, SJ
and Fr. Jean Claude Mbassi, SCJ
Thursday - Fr. Christianus Hendrik, SCJ
and Fr. David Mastrangelo, SJ
Friday - Fr. Collins Igwilo, Fr. Francis Nsubuga
and Fr. Leonard Ssenyonjo
Saturday - Robert Kinyon & Max Vetch
Sunday - Jesse Willis & Todd VanderMay

PASTORAL MINISTRY DAYS 2023
MARCH 5-7, 2023 | TERRA SANCTA RETREAT CENTER | \$95*



PRESENTATIONS BY:

FR. LUKE SPANNAGEL

Diocese of Peoria, National Eucharistic Revival preacher
Fr. Luke Spannagel is a member of the team of
National Eucharistic Preachers which is part of
the National Eucharistic Revival of the United
States Conference of Catholic Bishops. Fr. Luke
currently assists at St. Mary's Cathedral and the
Heart of Peoria Parishes in downtown Peoria, IL.

REGISTER ONLINE AT: WWW.PMD2023.COM

We would like to invite you to attend this year's Pastoral Ministry Days. This event
is held on March 5-7 at Terra Sancta. This year's theme is centered around the
Eucharistic Revival and is applicable to everyone, so we would like to extend the
invitation to anyone who might be interested.

The talks are focused on a simple methodology which Bishop Peter has shared with
us to promote Eucharistic devotion (**Turn to Jesus—Open Your Heart to Him—
Experience the Peace He Can Bring**). John 4 (the woman at the well) will be an
overarching theme to help connect this methodology and its personal implication
for participants with the call to be active missionaries within your parish family. Our
speaker will be a national Eucharistic Revival preacher, Fr. Luke Spannagel from the
Diocese of Peoria, IL.

If you are interested in attending, go to rapidcitydiocese.org and go to Pastoral
Ministry Days 2023. There is a link to register. All are welcome to attend.

YOUTH INFORMATION



Faith Formation

St. Isidore

Immaculate Conception

No class on February 22nd

ASH WEDNESDAY MASSES

February 22nd St. Isidore - 5:30pm

Immaculate Conception - 7:15pm



Winner & Colome

Knights of Columbus Meeting

Tues., February 21st - 7:00 pm — St. Mary's Hall

**STATIONS OF THE CROSS
FRIDAY**

5:00pm - St. Isidore

6:00pm - Immaculate Conception

All are Welcome to attend!



CATHOLIC DAUGHTERS



Colome - Wednesday, March 1st - 6:30 pm ~ Rosary in the
church — Meeting ~ 7:00 pm in the St. Isidore Church Rectory.

CONTACT INFORMATION

ST. ISIDORE OR ICC PARISHIONERS

**Have you moved, changed your phone number, would like your
birthday or anniversary added to the list, or you haven't registered
with the church? Contact us at the parish office,
605-842-3520, or email parishsec@gwtc.net.**

Buy your chance to win!!

2022 Chevy Trax



\$50 / raffle ticket

Maximum sales: 600 tickets

Drawing to be held during
Immaculate Conception Catholic Church Springfest
at St. Mary's Hall on June 3, 2023

2nd Place Prize = \$2000

3rd Place Prize = \$1000

(Must be present to win cash prizes)

Donated by
Frontier Motors / Frontier Ford

Tickets available at:
Frontier Motors/Frontier Ford
Hobby Shoppe
Marty's
Immaculate Conception Parish Office

ASH WEDNESDAY

2023 COLLECTION



Your Lenten sacrifice touches those most in need, extending Christ's compassion throughout all of western South Dakota.

Return Address

☐ Check Box if New Address

PLACE
STAMP
HERE



529 Kansas City Street, Suite 100 • Rapid City, SD 57701

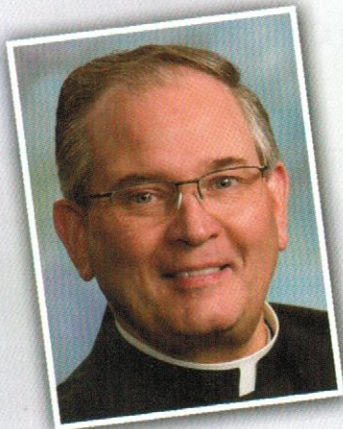
Courtesy of



www.cssrapidcity.com

			ASH WEDNESDAY FEBRUARY 22 Attend Ash Wednesday service	THURSDAY FEBRUARY 23 Donate a bag of possessions each week to those in need	FRIDAY FEBRUARY 24 Make time to volunteer	SATURDAY FEBRUARY 25 Everyone makes their bed and asks God for order in their life
SUNDAY FEBRUARY 26 Read & Reflect Matthew 6:16-18 "And when you fast, do not look gloomy like the hypocrites..."	MONDAY FEBRUARY 27 Commit to the healthy habit & give up an unhealthy one	TUESDAY FEBRUARY 28 Give a neighbor a hand in their yard or home	WEDNESDAY March 1 Pray to thank God for shelter, food and clothes. Put your belongings away	THURSDAY MARCH 2 Make pretzels. The twisted shape of pretzels resembles arms crossed in prayer	FRIDAY MARCH 3 Walk around your block and say Hail Mary's the whole time	SATURDAY MARCH 4 Pray for God's guidance in every aspect of your life
SUNDAY MARCH 5 Give up something (coffee) for a week and donate to Catholic Social Services	MONDAY MARCH 6 Donate a bag of possessions each week to those in need	TUESDAY MARCH 7 Make a commitment to fast from insensitive comments about others	WEDNESDAY MARCH 8 Pray for strength and protection and fast from television	THURSDAY MARCH 9 Look at your hands and decide to use them in 2 acts of kindness for others	FRIDAY MARCH 10 Invite friends and have a fish fry	SATURDAY MARCH 11 Lent Prayer for the comfort of God's grace and fast from social media
SUNDAY MARCH 12 Reach out to someone in your past that you haven't spoken to in awhile	MONDAY MARCH 13 Pray for the CSS families at Trinity Adoption & Pregnancy	TUESDAY MARCH 14 Instead of your next binge-watching session, read the entire Gospel According to Mark in one sitting	WEDNESDAY MARCH 15 Donate a bag of possessions each week to those in need	THURSDAY MARCH 16 Read & Reflect Daniel 10:3 - "I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks."	FRIDAY MARCH 17 Purchase tickets to CSS Palm Sunday Brunch 605-716-6336	SATURDAY MARCH 18 Pray the rosary
SUNDAY MARCH 19 Turn off devices as you drive and see what new thing you notice	MONDAY MARCH 20 Notice someone doing a good deed and thank them	TUESDAY MARCH 21 Pray for students and faculty at our Catholic schools	WEDNESDAY MARCH 22 Read & reflect "Devote yourselves to prayer, being watchful and thankful" (Col. 4:2)	THURSDAY MARCH 23 Think of someone who hurt or offended you - forgive them	FRIDAY MARCH 24 Donate a bag of possessions each week to those in need	SATURDAY MARCH 25 Give support to local groups such as UpLifting Parents at CSS
SUNDAY MARCH 26 Bring someone to Mass	MONDAY MARCH 27 As a part of your Lenten almsgiving, make a point to learn more about a particular social issue	TUESDAY MARCH 28 Pray for forgiveness	WEDNESDAY MARCH 29 Go to Mass and fast from TV	THURSDAY MARCH 30 Smile and say hello to everyone you see today	FRIDAY MARCH 31 Read & Reflect Matthew 4:4 - "But he answered, "It is written, "Man shall not live by bread alone..."	SATURDAY APRIL 1 Pray for the mental health of those served by Catholic Social Services
PALM SUNDAY APRIL 2 Put the blessed palm you receive at Mass in a place where you can see it daily	MONDAY APRIL 3 Take time to reflect on how Mary, our Holy Mother, felt after Jesus died. Say a prayer for your family members	TUESDAY APRIL 4 Pray for a specific someone	WEDNESDAY APRIL 5 Celebrate the Sacrament of Reconciliation	THURSDAY APRIL 6 Attend Thursday Maundy Mass	GOOD FRIDAY APRIL 7 Read the Works of Mercy as Jesus describes them in Matthew 25:31-46	SATURDAY APRIL 8 Set aside time for contemplation of Jesus' sacrifice for us
EASTER SUNDAY APRIL 9 Rejoice and Celebrate Jesus has risen	"...for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry" (Luke 4:2).					

For your support of Catholic Social Services please enjoy this Lenten calendar



ASH WEDNESDAY, FEBRUARY 22, 2023

As we enter into the season of Lent, we are invited to fast, pray and give alms. Through these actions, we set ourselves aside for the sake of God and others, especially those who are struggling with the circumstances of their lives. The Ash Wednesday Collection for Catholic Social Services is a great way to help others in our communities. Please join me in generously supporting this crucial work.

**Bishop Peter Muhich,
Diocese of Rapid City**

happy
birthday
i thank God
for you.

IMMACULATE CONCEPTION & ST. ISIDORE MARCH BIRTHDAYS & ANNIVERSARIES

If you would like your name on this list,
please call the Parish Office 842-3520.

happy
birthday
i thank God
for you.

HAPPY BIRTHDAY

Amy Engel	March	1	Dennis DeMers	March	21
Kylie Sachtjen	March	1	Lynn DeMers	March	21
Travis Kubal	March	2	Tanya Fletcher	March	21
Bayley O'Bryan	March	3	Alexis Richey	March	21
Gracie Root	March	3	Lyndsey Tegethoff	March	21
Nick Jorgensen	March	5	John Ishmael	March	22
Allan Varilek	March	5	Amanda Sachtjen	March	22
Toni Donovan	March	6	Samuel Sachtjen	March	22
Dr. Teresa Marts	March	6	Lillian Barfuss	March	23
Coy Assman	March	7	Jennifer Butcher	March	23
Ivy Novotny	March	7	Jenny Engel	March	23
Heather Russel	March	7	Lauren Mayes	March	23
Ruth Novotny	March	8	Tim Meiners	March	23
Paityn Burnham	March	10	Danielle Kartak	March	24
Jim Fritz	March	10	Grady Myers	March	24
Moni Stiehl	March	10	Harvey Naasz	March	24
Duane Brunkow	March	11	Barb Leeds	March	26
Owen Duffy	March	11	Dawson Peppel	March	26
Raelen Heinzman	March	11	Ryan Sell	March	26
Ronald Long Crow	March	11	Matt Brozik	March	27
Janette Shippy	March	11	Aissa Long Crow	March	27
Jack Williams	March	11	Fr. Zane Pekron	March	27
A. J. Davis	March	12	Steve Tritle	March	28
Audrey Keierleber	March	12	Austin Davis	March	29
Leonard Kourt	March	12	Mason Shippy	March	29
Tanner Elder	March	13	Jack Arthur	March	30
Deb Hannett	March	13	Skyler Long Crow	March	30
Sharon Naasz	March	13	Browdy Kocer	March	31
Jacob Soesbe	March	13	Sarah Novotny	March	31
Taylor Chasing Hawk	March	14			
Aiden Barfuss	March	15			
Cooper Craven	March	15			
Ethan Ernest	March	16			
Kristen Hausmann	March	16			
Bryan Jorgensen	March	16			
Terry Mayes	March	16			
Karen Naasz	March	17			
Mark Winter	March	17			
Haley DeMers	March	18			
Sophie Engel	March	18	John & Deb Fisher	March	1
Hannah Hanson	March	18	Steve & McKayla Tritle	March	2
Jean Audiss	March	19	Rodney & Colleen Farley	March	5
Mary Elder	March	19	Wes & Lori DeMers	March	6
Sydney Fritz	March	19	Scott & Dori Docken	March	11
Tanner Fritz	March	20	Cody & Brandy Osborn	March	11
Phillip Jorgensen	March	20	Greg & Ann English	March	19
Mabel Schmit	March	20	Richard & Mary Donovan	March	28
Athena Willuweit	March	20	Larry, Jr. & Karen O'Connor	March	29



Church of Immaculate Conception
Fr. Zane Pekron, Pastor

= a day of abstinence from meat

= a day of fasting and abstinence from meat



LENT 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>).</p> <p>26 Imagine being responsible for all the souls in the world. Offer a Rosary for the intentions of the pope.</p> <p>5 After Mass today, go out to eat with other parishioners from church.</p> <p>12 Reread John 4:5-30. How is Christ calling you closer to Him? What "jug" would you leave behind?</p> <p>19 <i>Laetare Sunday</i> Unless it's sinful, enjoy something you gave up for Lent in joyful anticipation of Easter!</p> <p>26 Fast from unnecessary screen use today. Use the time to read a book, walk outside, pray.</p> <p>2 <i>Palm Sunday</i> Display blessed palms around your home, "that the King of Glory may come in!" (Psalm 24:7)</p>	<p>Ask God to show you what is keeping you from experiencing His love fully - worry, fears, sin. Resolve to deal with it by Easter.</p> <p>6 Dive deeper into your faith. Skim the glossary in the Catechism for an unfamiliar term and learn the Church's teaching about it.</p> <p>13 Refuse to gossip, either in person or on screen. Affirm every person or keep silent.</p> <p>20 <i>St. Joseph's Day</i> St. Joseph silently, selflessly cared for Mary and Jesus. Pray for fathers and entrust them to St. Joseph's care.</p> <p>27 This week, get up when the alarm goes off and offer your day to God's service.</p> <p>3 Holy Week is a busy time for parishes. Stop by your parish office and ask how you can help.</p>	<p>Offer an extra small sacrifice for God, just for today - coffee without cream, lukewarm shower, no snacking, etc.</p> <p>7 Pick an issue in the news and pray over it today.</p> <p>14 Write down your worries. Place the list under a statue or image of Jesus. Pray, "Jesus, I surrender this to You. Take care of everything."</p> <p>21 Do an act of kindness. Whether openly or secretly, do it for God's glory. It's really Him you're serving.</p> <p>28 Send your parish priests a "spiritual bouquet" - listing the prayers you'll offer for them (e.g. three Hail Marys, an Our Father).</p> <p>4 Pray for those who are coming into the Church at the Easter Vigil.</p>	<p>22 <i>Ash Wednesday</i> Wear ashes today as a sign that you are seeking both forgiveness and eternal life from Christ.</p> <p>1 <i>March</i> Enjoy pretzels -- a traditional Lenten snack. The "crossed" arms of the pretzel recalled monks at prayer.</p> <p>8 Figure out on which luxuries you spend the most money. Take a tenth of that amount and put it in the poor box at church.</p> <p>15 Attend Confession and experience God's mercy. Resolve to make amends where you can.</p> <p>22 Take the box of clothes you set up on March 4 to a clothing drive.</p> <p>29 Today, complete an errand or chore you've been putting off.</p> <p>5 Judas betrayed Christ. Consider how our sins betray Jesus and make a sincere Act of Contrition.</p>	<p>23 Start a prayer book and record those for whom you pray or for what you pray. Also keep track of how God answers your prayers.</p> <p>2 Today, look for opportunities to practice the virtues humility, patience, and kindness.</p> <p>9 Pray the Chaplet of Divine Mercy for those who have no one to pray for them. Look here: https://www.usccb.org/prayers/divine-mercy-chaplet.</p> <p>16 Check out Catholic Relief Services to see how you can support their projects. Look here: https://www.crs.org.</p> <p>23 Pray for an increased faith throughout the Church in the Real Presence of Christ in the Eucharist.</p> <p>30 The Our Father is the prayer given to us by Jesus. Pray each line slowly. Really think about what you are saying.</p> <p>6 <i>Holy Thursday</i> Visit the Blessed Sacrament. Offer Him your love for the "lost hour" of Gethsemane (Matthew 26:40).</p>	<p>24 Catholics are required to abstain from meat on Fridays during Lent as a form of penance.</p> <p>3 <i>First Friday</i> Attend Mass or visit the Blessed Sacrament (find the red candle). Be present to Him who is present to you.</p> <p>10 Resist "idle curiosity." Don't research trivial questions or follow every browser thread. Unless it's important, it's okay not knowing.</p> <p>17 <i>St. Patrick's Day</i> In honor of St. Patrick, evangelize silently by wearing a symbol of your faith (e.g. a cross, medal).</p> <p>24 Practice patience... patiently. "Be patient with everyone, but first of all with yourself" (St. Francis de Sales).</p> <p>31 Today, fast from complaining. Cultivate gratitude instead.</p> <p>7 <i>Good Friday</i> Read the Passion Narrative, John 18, 19. See Jesus' offering of love for you. How will you respond?</p>	<p>25 The Bible teaches us to deny ourselves and give instead to those in need. Read Matthew 6:1-4 to learn more about sacrificial almsgiving.</p> <p>4 Set up an empty box or bin. Throughout Lent, fill it with gently used clothes. Bring it to a local charity at the end of Lent.</p> <p>11 Pray for pregnant mothers and their babies. Consider donating to pro-life charities that help women in crisis.</p> <p>18 Contact local shelters and soup kitchens and ask if they need volunteers.</p> <p>25 <i>Annunciation of the Lord</i> Mary said "Yes!" to God's plan. Pray three Hail Marys, for the grace to give your "Yes" to Him, too.</p> <p>1 <i>April</i> Declutter, dust, and clean the house in preparation for Holy Week -- the holiest time of the year.</p> <p>8 <i>Holy Saturday</i> Renew your baptismal vows and commit to living your faith more fully this year.</p>