

Our Lady of Perpetual Help

Catholic Community

Seventh Sunday in Ordinary Time, February 22, 2009

Served by the Missionary Oblates of Mary Immaculate

222 West Redoubt Avenue Soldotna, AK

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		<u>Phone</u>	<u>E-mail</u>
Marlys Verba	Parish Director	262-5542/262-4749 option 4 Home Phone: 262-8830	marlys.verba@gmail.com
Fr. Tony Dummer	Priest Moderator	262-4749, Option 3	tonyomi@ptialaska.net
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Fr. Joe	Pastor	262-4749, Option 3	joejdowling@yahoo.com
Bro. Craig	Pastoral Associate	262-4749, Option 3	cbonham081@gmail.com

SUNDAY LITURGY: Saturday 5pm, Sunday 9am and 11:30am
First Sunday of month, Youth Ministry 5pm

WEEKDAY LITURGY: Monday through Friday, 12:05pm

Sacrament of Reconciliation: Thursday 11:00 – 11:45am
Saturday 4:00 – 4:45pm

Sacrament of Anointing of Sick: Available during the Sunday masses, or as needed.

Sacrament of Baptism: for children – Parents Prep class required. Call Marlys for reservations.
Best done prior to birth.
for adults – Contact the office about RCIA

Sacrament of Marriage: 6 month process (several classes and FOCUS Test and/or Engaged Encounter, or Couple to Couple...contact a priest.

Pastoral Council: meets the 3rd Thursday of each month (usually)

Prayer Chain: pjham@att.net, Pat Hamilton 262-5250

Sexual Abuse Victim Assistance Coordinator: Marlys Verba

Please Note: Submissions/articles for the weekly bulletin via email must be in by Thursdays at noon to Marlys: marlys.verba@gmail.com and you may send a copy to: csponset@acsalaska.net

The Blessing of Release

Why do we insist on hanging onto our burden of guilt? Do we think that we will be paying for what we did wrong if we continue to carry our guilt around for the rest of our lives? In other words, are we actually punishing ourselves, so that in the end we will have taken our own sins away? If we think that there is something to gain from holding onto our sins, then we have not even begun to understand what Jesus Christ has done for us. Jesus has freed us from the evil we have done. He has forgiven our sins. We don't have the power to do that. Jesus does.

Father Anthony de Mello, in one of his books, has this short exchange between the Master and a disciple. The Master was always teaching that guilt is an evil emotion to be avoided like the very devil --- all guilt.

"But are we not to hate our sins?" a disciple said one day.

"When you are guilty, it is not your sins you hate but yourself."

Guilt is not something that we should ever have for long. It's only there to drive us to forgiveness.

In our Gospel today, Jesus makes it so clear that he has come to bring forgiveness into our lives. He is so anxious to convince those around him that he can forgive sins, that he performs a miracle of healing the paralytic man. Jesus says: *"To prove to you that the Son of Man has authority on earth to forgive sins, I order you, pick up your stretcher, and go off home."* And the man got up, picked up his stretcher at once and walked out in front of everyone.

Perhaps it is time we got up from our stretchers and walked as free women and men.

fr.tony,omi

St. Joseph Novena The Benedictine monks at Mt. Angel Abbey & Seminary, in Oregon, invite us to join their St. Joseph Novena from March 11-19. Packets are located at the entrance of the church.

Thank you to the ladies who made the nice quilt for me. I'm not sure who all were involved, besides Pat Murray, Joanne Biegel, and Tonilyn Spring, but I want to express my appreciation to any and all who worked on it. It's beautiful, and I especially enjoyed the personal messages written on the back, expressing prayerful support for me. I was extremely surprised to receive it, and will cherish it. Thank you so very much! Love, Mary Bailey.



A LOOK AHEAD:

Quilting for Octoberfest — Join the Fun

When: Thursdays

Time: 10:00am to 3:00pm

Lunch Provided (yum)

Place: O'Neill Hall

We will again be working on wool quilts. Also our wool rug. We need willing workers — no experience necessary, everyone Welcome. If questions, call **Pat Murray at 262-7801**.

We are very excited in that we have many people who are interested in another class for the Rite of Christian Initiation, to learn more about our faith. We will begin another session on March 4. If you know of anyone interested in learning more about our faith, please have them call the office at 262-5542 or Shirley at 262-9654.

Teen Night is next **Sunday, March 1st** in Soldotna.

Mass starts at 5 pm – please show up early to sign in and enjoy the praise and worship service, beginning at 4:30 – all parishioners are welcome. After the teens continue the evening with dinner in O'Neil Hall. After food, high school students will play games of fast-paced Bunko and charades – complete with prizes – and the junior school students get their turn to travel to Skyview High School for sledding and cross country skiing. Dress warm – and bring skis or a sled and a headlight or flashlight! Beemans has rental skis available; just make sure to get them on Saturday, as they are closed Sundays. We will be back at the parish for parent pick up by 8:30 pm. Cost for Teen Night is \$5. Please sign up ahead of time at the Youth Ministry table in the foyer, permission slips are required. For more information contact **Jen Ransom at 260-1678**.

Ministry of Mothers Sharing—MOMS Group.

Visit the Information & Registration Table this weekend after all the Masses.

Sessions will begin on Saturday, February 28th in O'Neill Hall. Participants **MUST** register no later than February 21st.

Questions? Call **Sheilah-Margaret Pothast at 262-8551** or email at agr8fulmom@hotmail.com.

ATTENTION all EMs & Lectors:

Please send your email addresses to make sure I have all of the correct ones for mailing out the schedules. My email address is aktbone@yahoo.com. Thanks, Tonilyn Spring.

Youth Ministry High School Retreat Saturday March 7, 9:30am to 4:30pm. Called to Action: Homelessness—What can we do about it? Retreat will focus on homeless teens on the peninsula. For more information, call **Janet Shapley at 262-7313**.

Redemptorist Center Dedication DVD are now available at the Coffee Cart — \$15.00. Proceeds to support Redemptorist Mission Orphanage in Thailand.

We are still meeting Tuesdays in the Redemptorist Center for the Children's Playdate at 10am. We would love to see you there— Please bring a toy that your child does not mind sharing (bikes, and skates okay) and a drink and/or snack for your child. If you have any questions, please call **Heather 260-6581**.

OLPH will have a team for the Relay for Life May 29th at Skyview High School. We are looking for energetic folks willing to help brainstorm fundraising ideas, recruit walkers and help guide us as "We Race for a Cure". Interested? Please call **Alyson at 389-3235** or email fishhappens@gci.net.

Parish Health Ministry is sponsoring a workshop on Diabetes for parish nurses, RN's and interested health care professionals on March 7 at O'Neill Hall from 8am-noon. The course description/objective/registration forms may be found on the Parish Health Ministry bulletin board in the foyer. Contact **Jane at 262-9009** for further info.

The Men's Group meets EVERY Thursday morning at 6am for breakfast and discussion. Anyone over 18 is welcome to come as well as those from other faiths. For more info, **Alex at 260-4413**.

Calendar for February 23, 2009 — March 1, 2009, with Daily Readings

February 23, Monday: Noon Mass Morning prayer, 7:30am	February 24, Tuesday: Noon Mass Morning prayer, 7:30am RCIA, 7pm	February 25, Ash Wednesday Noon Mass Morning prayer, 7:30am	February 26, Thursday: Noon Mass Morning prayer, 7:30am Eucharistic Adoration starts after noon service Men's Group Breakfast 6am	February 27, Friday: Noon Mass Morning prayer, 7:30am Eucharistic Adoration ends before noon service	February 28, Saturday: 5pm Mass Reconciliation 4:00pm Music practice 1pm	March 1, Sunday: 9:00am, 11:30am Masses
Sirach 1:1-10 Psalm 93:1ab, 1cd-2,5 Mark 9:14-29	Sirach 2:1-11 Psalm 37:3-4, 18- 19, 27-28, 39-40 Mark 9:30-37	Joel 2:12-18 (219) Psalm 51:3-4, 5- 6ab,12-13, 14&17 2 Corinthians 5:20-6:2 Matt 6:1-6, 16-18	Deuteronomy 30:15-20 Psalm 1:1-2, 3, 4&6 Luke 9:22-25	Isaiah 58:1-9a Psalm 51:3-4, 5- 6ab, 18-19 Matthew 9:14-15	Isaiah 58:9b-14 Psalm 86:1-2, 3-4, 5-6 Luke 5:27-32	Genesis 9:8-15 (23b) Psalm 25:4-5, 6-7, 8-9 1 Peter 3:18-22 Mark 1:12-15

Saturday, February 28, 2009, 5:00pm

Eucharistic Ministers: Cathy Atkinson, Kathy Bongiovanni, Carm Bongiovanni, Cheryl Hammarstrom, Steve Hammarstrom

Lectors: 1st. Reading: David Nelson; 2nd reading: Christine Ermold

Altar Server: Hannah Pothast

Sunday, March 1, 2009, 9:00pm

Eucharistic Ministers: Rose Henry, Joan Jones, Bob Ermold, Dave Carey, Barbara O'Lena

Lectors: 1st. Reading: Laurie Kapp; 2nd reading: Eli Woodvine

Altar Server: Server Needed

Sunday, March 1, 2009, 11:30pm

Eucharistic Ministers: Shirley Aleckson, Thelma Antila, Lucy Katzenberger, Marguerite McIntosh, Shirley Twohy

Lectors: 1st. Reading: Jackie Swanson; 2nd reading: Kathy Walker

Altar Server: Edward Johnson
Robert Johnson

Mop & Bucket 2/23—2/28: Pat Cowan Family **Collection Counters: 3/1:** Joyce & Paul Fischer

LENTEN REGULATIONS

Ash Wednesday, which is February 25th this year, marks the beginning of the six weeks of Lent. Christ calls us all to join in fasting and prayer as we prepare for Easter, April 12th.

As a foundation for our Lenten penance, the church asks us to observe the following penitential practices.

- All Fridays of Lent are days of abstinence from meat and meat products. This law obliges everyone who is 14 years of age and older.
- Good Friday, April 10th (as well as Ash Wednesday) are days of fast and abstinence (one full meal, two lesser meals, no meat, no eating between meals). The law on fasting obliges all persons between the ages of 18 and 59.

The following are some other suggested penitential practices of Lent:

- As a way to align yourself with Jesus, fast from alcoholic beverages, deserts, coffee, television, movies, eating out or some other luxury.
- Focus on one aspect of your life that you would like to change.
- Practice charity in thought, word and deed, using Jesus as your model,. Especially remember the hungry and homeless.
- Pray both in private and in communion with others. Participate in the Stations of the Cross, read Scripture, pray the rosary, meditate and go to a prayer group or Bible Study.
- Participate in the sacramental life of the church, especially Eucharist and reconciliation, perhaps attend daily Mass.

fr.tony,omi
Feb. 2009

Lenten Soup Suppers will begin on Friday February 27th at 5:45pm—6:45pm in the hall each Friday of Lent with various hosts of the supper and different parish groups facilitating the Stations of the Cross at 7pm in the Church. There is a sign up sheet to bring soups/milk/and bread for the upcoming Supper on the bulletin board. Thank you in advance for helping us.

Holly West is participating in the 2009 WOW (Way Out Woman) Run. It is a 60 mile snowmobile run with the funds going to the Oncology/Infusion Center at Central Peninsula Hospital for local individuals with cancer needs.

She has an envelope by the SCRIP table for those wanting to support this cause. Please call **Holly for further info 953-9681.**

Ash Wednesday services are: Noon Mass with distribution of Ashes at Noon and 7pm.

ASH WEDNESDAY

Ash Wednesday marks the beginning of the Lenten season, forty days that culminate with the most important event of the liturgical year: The Easter Triduum of the Passion, Death and Resurrection of Christ. Lent is also a time when through prayer, fasting, reflection and charity, we renew our baptismal commitment and strive to develop a spirit of humility and sacrifice. Just as Jesus spent 40 days in the desert before undertaking his mission, on Ash Wednesday let us pray so that the Holy Spirit may guide us on this journey toward Calvary, the joy of the Resurrection, and our mission as the children of God.

PRAYER FOR ASH WEDNESDAY

Heavenly Father,

Look upon us as we enter these forty days bearing the mark of ashes, and bless our journey through the desert of Lent to the font of rebirth.

May our fasting be hunger for justice; our alms, a making of peace; our prayer, the chant of humble and grateful hearts. All that we do and pray is in the name of Jesus, for in his cross you proclaim your love for ever and ever. AMEN

On behalf of the **YACHT Club**, I would like to thank all the parishioners who helped make this year's Valentine's Dinner a success. We raised \$4,500 with the ticket sales and auction proceeds, what an amazing gift for the Youth group. Thank you all who bought tickets and attended the auction, we really appreciate your help. I would also like to thank those who helped make the event what it was. Many thanks to Kevin Woodvine and Chuck Henry for their wonderful food (the salad was astounding), Ruthann Truesdell for running around and getting all of the wonderful auction items, Ryan and Lauri Kapp for being our auctioneers, Elaine Agosti and Karen Burger for collecting the money, Tonilyn Spring and Barb O'Lena for their wonderful job as waitresses doing the dishes, and Fr. Tony and Br. Craig for helping clean up the kitchen and serving. A very special thanks for all of the youth who helped set up and clean up the hall, and for those 5 who donated their talents as auction items. I truly appreciate all of your help and look forward to next year. Heather Stockton
