

Our Lady of Perpetual Help

Catholic Community

First Sunday of Lent, March 1, 2009

Served by the Missionary Oblates of Mary Immaculate

222 West Redoubt Avenue Soldotna, AK

Office Phone: 262-4749

Parish Hall Phone: 262-5542

Web Site: - www.olph.cc

E-mail: olph@alaska.net

		<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
Fr. Andrew	Pastor	262-4749, Option 3	andyomi@gmail.com
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: csponsel@acsalaska.net

Lent is the 40-day period spanning from Ash Wednesday until the Holy Thursday Mass of the Lord's Supper. The church invites Christians during this period (which also includes the Easter Triduum) to reflect on the mysteries of salvation that Jesus Christ offers to all people. The 40 days symbolize the time Jesus spent in the desert preparing for his mission of proclamation of the reign of God.

What practices does the church recommend during Lent?

This is a good time to reflect on our own lives and to listen to the Word of God and God's call to live with him and in his love. To this end, the church also recommends three practices that can be of great help.

- **Fasting** --- Going without food reminds us of our deepest hunger, which is the hunger for happiness. We know that no amount of food or material possessions can satisfy that hunger. Our bodily hunger reminds us that it is only by following God's ways that we can be truly happy. Hunger also reminds us that there are many people in this world who have nothing to eat. We grow closer to them in solidarity and are moved to action for them.
- **Prayer** --- According to St. Theresa of Avila, "prayer is speaking of friendship with the One we know loves us." We pray to ask for miracles or favors, to ask for forgiveness, to praise God, or to give thanks, but above all, we pray to grow closer to the God who is the only one who can give us joy, comfort and peace.
- **Almsgiving** --- When we grow closer to God as his children, we learn that all people are sons and daughters of God and, therefore we are all brothers and sisters. Our sacrifice during Lent helps us to be closer to God and to others. The fruit of our sacrifice in abstaining from food or other things must benefit others.

Where do we send our contribution?

We will again be participating in the Catholic Charities or Catholic Relief Services programs for Lent. Operation Rice Bowl helps many people throughout the world. This program consists of people making a commitment to have simple weekly family meals during Lent and contributing what is saved to the fund. This fund also aids people who literally have a rice bowl everyday as their only meal, not as a sacrifice but as the only food available to them.

Are we a grateful people?

How can we best share our blessings? fr.tony,omi



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 this 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 parishoners 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—Spring 2009

session has begun. Please pray for all the participants, prayer sponsors, facilitators, and other support people who make the session possible.

The MOMS group is in need of childcare from 9:30am to 11:30am on specific Saturdays during the session. If you are interested in learning more about this opportunity, please contact **Sheilah-Margaret Pothast at 262-8551 or via email at agr8fulmom@hotmail.com**.

A **DORATION NEED:** Do you find yourself up in the middle of the night? Why not spend it with Jesus? We need a substitute for *March 13th and 20th from 2 a.m. until 4 a.m.* This is a great quiet hour... Please call **Maria 262-1703** if you can commit to one of these times.

O **LPH 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.

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**.

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.

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**.

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 March 2, 2009 – March 8, 2009, with Daily Readings

March 2, Monday: Noon Mass Morning prayer, 7:30am	March 3, Tuesday: Noon Mass Morning prayer, 7:30am	March 4, Wednesday: Noon Mass Morning prayer, 7:30am RCIA, 7pm	March 5, Thursday: Noon Mass Morning prayer, 7:30am Eucharistic Adoration starts after noon service Men’s Group Breakfast 6am	March 6, Friday: Noon Mass Morning prayer, 7:30am Eucharistic Adoration ends before noon service	March 7, Saturday: 5pm Mass Reconciliation 4:00pm Music practice 1pm	March 8, Sunday: 9:00am, 11:30am Masses
Leviticus 19:1-2, 11-18 Psalm 19:8, 9, 10, 15 Matthew 25:31- 46	Isaiah 55:10-11 Psalm 34:4-5, 6-7, 16-17, 18-19 Matthew 6:7-15	Jonah 3:1-10 Psalm 51:3-4, 12- 13, 18-19 Luke 11:29-32	Esther c:12, 14- 16, 23-25 Psalm 138:1-2ab, 2cde-3, 7c-8 Matthew 7:7-12	Ezekiel 18:21-28 Psalm 130:1-2, 3- 4, 5-7a, 7bc-8 Matthew 5:20-26	Deuteronomy 26- 16-19 Psalm 119:1-2, 4- 5, 7-8 Matthew 5:43-48	Genesis 22:1-2, 9a, 10-13, 15-18 Psalm 116:10, 15, 16-17, 18-19 Romans 8:31b-34 Mark 9:2-10

Saturday, March 7, 2009, 5:00pm

Eucharistic Ministers: Cathy Atkinson, John Pothast, Bill Sadler, Charlotte Sponsel, Ruthann Truesdell

Lectors: 1st. Reading: Carolyn Cannava; 2nd reading: Sheilah-Margaret Pothast

Altar Server: Grey Hansen

Sunday, March 8, 2009, 9:00pm

Eucharistic Ministers: Connie Dunn, Tonilyn Spring, Remy Spring, Eli Woodvine, Kevin Woodvine

Lectors: 1st. Reading: Charlie Miller; 2nd reading: Barbara O’Lena

Altar Server: Nathan O’Lena

Sunday, March 8, 2009, 11:30pm

Eucharistic Ministers: Tim Agosti, Karen Evans, Marylou Nushart, Lynn Senette, Dave Carey

Lectors: 1st. Reading: Scott Earsley; 2nd reading: Linda Houglum

Altar Server: Jack Navarro
Danny McIntosh

Mop & Bucket 3/2-3/7: Dan DaRaeve Family **Collection Counters: 3/8:** Kathryn Dunagan & Cathy Haas

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

Every Friday of Lent there will be a soup supper at 5:45pm—6:45pm followed by the Stations of the Cross. This coming week the Stations of the Cross will be facilitated by the Yacht Club. Sign up sheet for the Soup Supper is on the bulletin board.

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**.

A free public presentation on The Shroud of Turin, will be given by Mr. Robert Bird, MS, on Friday March 6th at Sal's Diner, 7:30pm. Mr. Bird has made a lengthy, years long study of the mystery surround the Shroud of Turin. Researchers have studied this cloth that many claim is the actual burial cloth of Jesus Christ. The talk will present the history and most up to date research. Come join us for an informative evening and a cozy meal with friends at Sal's. Any questions please call **Kris at 776-7693**.

So What Could be Left, Sister Lent?

So forty more days of repentance and ashes to renew, to strengthen and prepare for the banquet...

Is there more? Could there be?

One forgotten remnant of a life not yet surrendered, of blindness, repression?

Be it sojourn, or Passover or exodus event I stand with eyes opened, my heart in my hand...

What could be left? only **YOU** know for sure...

So do what **YOU** will, root out from the core all that might keep me from the life **YOU** intend of thanksgiving, of service and praise till the end...

Help !!

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.

Please continue to pray for those receiving Sacraments on Holy Saturday and those receiving the Rite of Election and Enrollment this Sunday at the 11:30am Mass:

Chuck Henry, Juan Rodriguez, Luis Rodriguez, Andrea Rodriguez, Jaymie Self, Dareena Doyle, Milena Doyle, Ross Self.

Follow up session of Generations of Faith will be on Sunday, March 8th at 10am in the hall. There will be a discussion group for adults and an outreach activity for the students. Please join us.

Sign up for different areas to help with upcoming Generations of Faith session on March 22 — sign up board in the foyer. Planning meeting for the upcoming session is on Friday, March 6th at 3pm. Please join us.