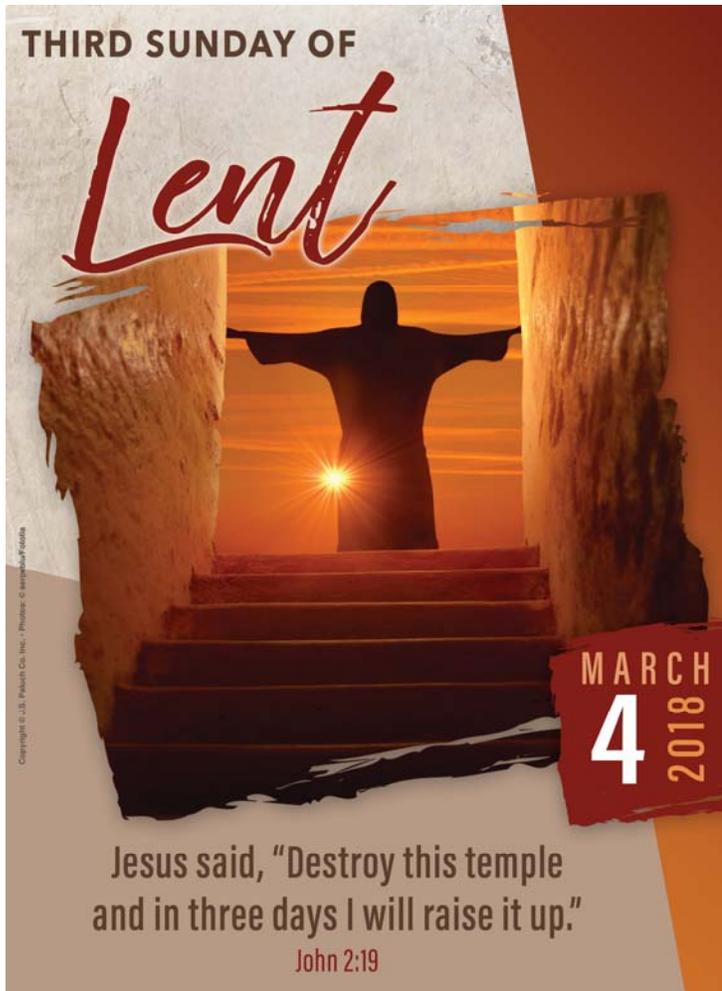


# St. JOSEPH CATHOLIC CHURCH



**Parochial Administrator**  
Rev. Manuel P. Cuizon, C.R.S.

**Pastoral Associates**  
Sr. Mary Ellen Backes, OSU      Evangelization  
*mebackes@stjoseph.dio.org*  
Sr. Martha Marie Kirbach, OP      Pastoral Care  
*mmkirbach@stjoseph.dio.org*  
Paul Johnson, *tbmusic35@aol.com*      Music Ministry

**Deacon**  
Lawrence H. Day, *lday@dio.org*

**Bereavement Minister**  
Mary-Jo Gardiner, *maryjogard@aol.com*

**Secretary/Bookkeeper**  
Pamela L. Johnson, *pljohnson@stjoseph.dio.org*

**Facilities/Maintenance**  
Devin Dudas

**Parish Office**  
**Web:** <http://stjoseph.dio.org>  
**Mobile App:** [stjoseph.growmobi.us](http://stjoseph.growmobi.us)  
**Email:** [parish@stjoseph.dio.org](mailto:parish@stjoseph.dio.org)  
**Telephone:** (217) 544-7426

**Hours:**  
Monday - Thursday 8:30 am - Noon & 1:00 - 4:30 pm  
Friday 8:30 - Noon & 1:00 - 4:00 pm

## MASS SCHEDULE

SATURDAY at 4:30 p.m.  
SUNDAY at 8:30 a.m. and 10:30 a.m.  
MONDAY, TUESDAY, THURSDAY at 7:00 am\*  
(\*If there is a Funeral, 7:00 a.m. Mass is Cancelled.)  
WEDNESDAY at 5:30 p.m.  
RECONCILIATION - SATURDAY from 3:15-4:00 p.m.  
HOLY DAYS will be announced in the bulletin and on the website.



## ST. JOSEPH PARISH MISSION STATEMENT

The Mission of St. Joseph Church is to proclaim the Good News of Jesus Christ by word and deed, to build a Christian community of faith within and beyond the parish, to serve the people of God both near and far, and to celebrate the presence of the Risen Lord among us.

### SACRAMENTS

**Rite of Christian Initiation of Adults:** Contact Sr. Mary Ellen Backes, O.S.U., for information on Inquiry Sessions and RCIA process.

**Baptism of Children under eight years old:** Contact Deacon Larry to attend pre-baptismal classes on the 4th Thursday of each month. Baptisms are usually celebrated during the weekend Masses, except for Advent and Lent.

**Reconciliation:** Saturday 3:30-4:15 pm or by appointment.

**Marriage:** Arrangements are to be made six months in advance. Call the Parish Office to schedule an appointment.

**Sacrament of the Sick:** Call the Parish Office for Fr. Manny.

**Communion for the Homebound:** Notify the Parish Office to arrange for Communion to the sick and elderly.

### New Parishioners

St. Joseph welcomes all visitors to our Church. If you would like to register, please request a Parish Registration Form from the Parish Office.

### Assisted Listening System

Personal listening instruments are available to complement our audio system. These are located in the Vesting Sacristy.

### Bulletin Announcements

Announcements are due, by email, at the Parish Office by 9:00 am on Tuesdays. The bulletin is published weekly on our parish website: <http://stjoseph.dio.org>.

### Catholic Faith Formation

The Catholic Faith Formation program provides religious instruction for St. Joseph Parishioners who do not attend Catholic schools for grades K-8. Classes meet Monday evenings from 6:30 pm-7:30 pm September - May.

### Hospitalized Parishioners

Families and friends are asked to please keep the parish staff informed regarding parishioners who are hospitalized.

### Prayer Requests

St. Joseph Prayer Chain is composed of members of the parish who pray for the needs of fellow parishioners and their families and friends. Please call or email Linda at 481-4320, [linda.medlock@comcast.net](mailto:linda.medlock@comcast.net) or the Parish Office. All requests are confidential.

### Pastoral Council

The St. Joseph Parish Pastoral Council is called by the parish to serve as consultant to the Pastor in assuring that all aspects of parish life reflect the mission and ministry of Jesus in accordance with norms determined by the diocesan Bishop.

### Members

Tim Kennedy (*Chair*), Gene Mitchell (*Vice Chair*), Barb Schmidt (*Secretary*), Linda Medlock, Frank Ramirez, Carol Greenwood, *ad hoc*.

### Standing Committees

Community Builders  
Faith Formation/Evangelization  
Health and Wellness  
Liturgy  
Social Concerns  
Stewardship

### Finance Council

The Parish Finance Council is an advisory body to assist the Pastor in the administration and management of the temporal goods of the parish.

### Members

Tom Hyde (*Chair*), Deacon Larry Day, Katherine Elsner, Rita Havrilka, Tom Niedzielski, Janet Shures

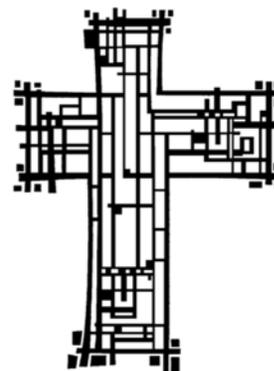
### Choir

**Director:** Deanna Kettelkamp

### P.E.P. (People Enjoying People) Club

*The PEP Club is a social group for "seniors" that meets monthly for lunch and fellowship.*

**Chair:** Gary Schmidt



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**Diocesan Child Abuse Reporting and Investigation Number: 217-321-1155.**

# Worship Schedule & Mass Intentions

## Mass Intentions

Mar. 3 - Mar. 4, 2018

Sat. 4:30 pm †Robert Havenar  
†Florence Gardiner  
†Bill Gardiner

Sun. 8:30 am People of St. Joseph  
10:30 am †Fred Wiessing

## Masses for this Week

Mar. 5 - Mar. 11, 2018

Mon. 7:00 am †Bob Olivarez  
Tue. 7:00 am †Karen Ziegler  
Wed. 5:30 pm †Carolyn Daley  
†Walter & Margaret Staten Family  
Thu. 7:00 am †Rose Mueller  
Sat. 4:30 pm †Bill Gietl  
†Teresa Mueller  
Sun. 8:30 am People of St. Joseph  
10:30 am †Evelyn Rapps



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## This Week in Our Parish

Monday, Mar. 5

NO CFF

Wednesday, Mar. 7

6:30 pm Springfield Warming Center

Thursday, Mar. 8

11:00 am Bible Study  
5:15 pm Holy Hour of Adoration  
6:15 pm Bible Study  
6:30 pm Choir practice

Friday, Mar. 9

5:30 pm Stations of the Cross

Saturday, Mar. 10

3:15-4:00 pm Sacrament of Reconciliation

Sunday, Mar. 11 - Hospitality Sunday

9:30 am Music Practice

## *From the Administrator's Desk.....!*

*"Destroy this temple and in three days I will raise it up."*

In our gospel today, we heard Jesus drive the money changers and animal vendors from the temple. But the Jews, in spite of many signs he performs, demand a sign to prove his authority.

In philosophy, **SIGN** is defined as a thing which is used to signify other thing/s and to make them present in the mind. It is very important for our understanding of the sacraments as a sign (*St. Augustin*).

The gospel for this third Sunday of Lent is taken from St. John. It's about the story of how Jesus drove the money changers and animal vendors out of the temple in Jerusalem. With this, people want to know what sign He can show to them for doing such things. In John's gospel, the notion or idea of sign is very important. It is his way of describing a miracle.

According to St. John, signs are actions which lead us to faith in God. Thus, Jesus offers a sign to his audience and us today. He said: *"destroy this Temple and in three days I will raise it up."* St. John wants us to understand that sign brings us: a) setting up the Passover. Jesus actions recall the meaning of this feast; b) a sacrificial lamb, an exodus of the people Israel, and their liberation; and c) a springtime feast of a new life.

The temple itself is the very heart of God's presence. Jesus is speaking about the temple of his own body. This sign is meant to lead us to faith in the Scripture and in the words Jesus had spoken. Jesus performed many signs, but it was on his death and resurrection that God's glory was fully revealed and made manifest.

Brothers and sisters, Lent Season is directed towards the ultimate **SIGN OF LOVE** on Good Friday. And in John's gospel we will be the climax, and Jesus is the Passover as He is lifted up on the cross. So, we are called to renew our faith and come believe in Him.

God bless us all.

*Fr. Manny*



**St. Joseph Community Builders** will host Hospitality Sunday for all parishioners after the Sunday Masses next weekend, March 11th.

Blood pressure screenings will also be held after Sunday Masses.



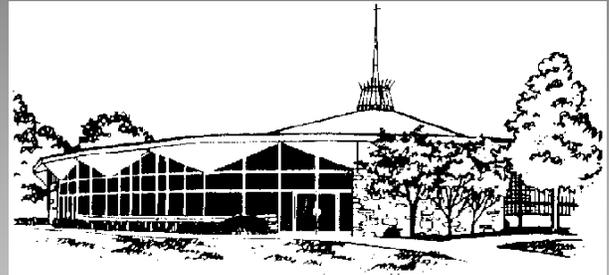
Next week, our parish will take up **The Catholic Relief Services Collection**. Funds from this collection help provide food to the hungry, support to displaced refugees, and bring Christ's love and mercy to all people here at home and abroad. Next week, please give generously to the CRSC, and **help Jesus in disguise**. Learn more about the collection at [www.usccb.org/catholic-relief](http://www.usccb.org/catholic-relief).

In **Burkin Faso**, we encounter Safiata, a mother, grandmother and farmer who relies on the money she makes from her crops to put her children through school. How can our purchases this Lent support farmers and artisans? How can you support those, worldwide, who are forced to flee their homes to find safety or better opportunities? Visit [crsricebowl.org](http://crsricebowl.org) for more.

Please join us for

## St. Joseph's Table a parish celebration

Sunday, March 18th  
11:30 am to 1:00 pm  
St. Joseph Parish Hall  
Everyone Welcome



This year is the 50th Anniversary of the dedication of the new church. The parish will provide the main dish and drinks. Sign up sheets for side dishes are in the back of church. Please call Linda at 971-9945 to volunteer to help with the celebration.

## BREADLINE SUNDAY FOR ST. JOHN'S BREADLINE

February 14, 2018

St. Joseph Church  
Father Manny Cuizon  
1345 North 6<sup>th</sup> Street  
Springfield, Illinois 62702

Dear Father Cuizon:

We want to thank you for participating in the **32nd Annual Breadline Sunday** held the weekend of Nov. 18-19, 2017. We received \$24,088.43 in donations!

This fund-raiser would not be possible without the generosity of many people. A huge thank you to Schnuck's, who so generously donated the bread, the bags, labels and transportation of the bread from St. Louis.

A big thank you to our volunteers who label and bag the bread, the church representatives who transported the hundreds of loaves of bread, and the representatives who offered the bread at each church.

And, last but not least, thanks to all of your church members who made generous donations in exchange for the symbolic loaf of bread.

On behalf of the 600 people a day that are given a hot, nutritious meal at **St. John's Breadline**, we sincerely thank you! As you can imagine, we just couldn't do it without you!

**Mark Buttell**, Area Director  
Springfield Catholic Charities

**Pat Sheehan**, Chairman  
Breadline Sunday

**Becki Doolin**, Administrative Assistant  
Catholic Charities  
Diocese of Springfield in Illinois



January 30, 2018

St. Joseph Church  
1345 N. 6th St.  
Springfield, IL 62702

Dear Sir or Madam,

Thank you for your support of Springfield Right to Life in 2017. We are pleased to provide you with a summary of you 2017 contributions to the organization. Our Federal Tax ID number is 37-1281049 and we are a registered 501(c)(3) organization. If you have any questions about this statement, please do not hesitate to call.

2017 was an eventful year for Springfield Right to Life. Because of your continued support and generosity we are pleased to share some of the highlights of the year.

- We relocated to our current home at 519 Bruns Lane, next door to Planned Parenthood. We have partnered with First Step Women's Center and with the help of their Mobil Medical Unit strategically placed in our parking lot, we can reach out directly to the women considering abortion and show them there is a better choice.
- We welcomed the Crusaders for Life in 2017 and again in 2018. Their joy and enthusiasm for the pro-life movement truly shows us that they truly are the Pro-Life Generation.
- We participated in the 2017 State Fair with the SRTL booth. The booth was a success drawing more than 10,000 visitors to hear the message of Life.
- Organized the prayer vigil during 40 Days for Life. Your participation showed Springfield that no matter what the weather, your commitment to protect the life the unborn is unshakable.

Your contributions helped us do all of these great things and with your continued support, we hope to do much more in 2018!

Thank you for your support,

Tim Moore  
President

Elena Bryjka  
Treasurer

519 Bruns Ln  
Springfield, IL 62704  
(217) 523-2700  
[info@springfieldrtl.org](mailto:info@springfieldrtl.org)  
[www.springfieldrtl.org](http://www.springfieldrtl.org)

**CFF LENTEN PROJECT:  
BLESSING WITH WATER**



CFF children will continue collecting contributions for Water-With-Blessings. So far, we have collected over \$1400.00! That is 23 filtration systems!

Thank you for your generosity!

It costs \$60 to both empower and equip a Water Woman. That's state-of-the-art filtration equipment, and state-of-the-heart training with best-quality, best-practices materials.

Last year, St. Joseph CFF children and families, partnering with parishioners, were able to provide 50 filtration systems to families in 3<sup>rd</sup> world countries thus providing them with clean water. [Waterwithblessings.org](http://Waterwithblessings.org).

**Lenten Canned/ Non-Perishable Collection**

Canned and non-perishable goods parishioners bring to the Lenten Masses will be shared with Holy Family Food Pantry, Kumler Food Collection and Helping Hands. Helpful items include: Baked Beans, Tomato Sauce, Broths, Mushroom Soup, Canned Potatoes, Egg Noodles and White Gravy Mix. Gift cards from Gordon Foods, Sam's Club or Shop and Save and Aldi's can be put into an envelope and marked "Lenten Food Collection." Sincere thanks for the generosity of our Parish Family in these social concerns projects.

Sr. Mary Ellen Backes, OSU

**MINISTER HOLY WEEK SIGN-UP**

The sign-up sheet for Holy Week is available at the Mass Coordinator's stand in the back of church. There are many opportunities for you to be part of the holiest liturgies of the year. Please take a moment to consider your schedule and volunteer where you can. Note that ministers for Easter Sunday, April 1st, are assigned in the regular Ministry Schedule. If you were assigned but will not be available Easter Sunday, please remember to arrange for a substitute.



We now have a new **sound system** designed to distribute sound evenly to all pews. If you are in a pew that does not seem to get good sound, please let the parish office know.

**EARLY BULLETIN DEADLINES**

Bulletin articles for the March 25th issue (Palm Sunday) must be submitted to the parish office on or before 9:00 am Friday, March 16th.

Bulletin articles for the Easter Sunday bulletin (April 1st) are due on or before 9:00 am Friday, March 23rd. Thank you for your cooperation!

**March 10 - March 11: Fourth Sunday of Lent**

	4:30 PM	8:30 AM	10:30 AM
<b>Eucharistic Minister</b>	Laura Neale - 1W Gene Mitchell - 2W Linda Schmidt - 3W Kathryn Gebhardt - 4W Deacon Larry Day - 5W Sean Bartlett - 1B Fr. Manny Cuizon - 2B Patricia Green - 3B Marjorie Schwager - 4B Tim Kennedy - 5B	Harold Pettinger - 1W Eileen Kuchar - 3W Deacon Larry Day - 5W Fr. Manny Cuizon - 1B Marianne Stremsterfer - 3B Tom Niedzielski - 5B	Sharon Schmitt - 1W Mary Lynn Mizeur - 2W <b>NOT FILLED</b> - 3W Debra Geist - 4W Deacon Larry Day - 5W Bev Burmeister - 1B Fr. Manny Cuizon - 2B Beth Murphy - 3B Caitlin Torrence - 4B Mike Geist - 5B
<b>Lector</b>	Lois Jirgal Laura O'Neill	David Cooper Patrick O'Donnell	Mary Thoele Mike Thoele
<b>Greeter</b>	Mary Faxon - 1D Kathy Cory - 2D Judy Mueller - 3D Paul R. Mueller - 4D	Leanne Hopwood - 1D Diane Best - 2D Vera O'Donnell - 3D Jan Haines - 4D	Mary Bonner - 1D Josh Grey - 2D <b>NOT FILLED</b> - 3D Dianne Grey - 4D
<b>Mass Coordinator</b>	Rita Havrilka Karen Siciliano	Sr. Mary Ellen Backes <b>NOT FILLED</b>	Gloria Humphries Henry Humphries
<b>Altar Server</b>	Gloria Ayilisunger Luke Hildebrand Wesley Koontz	<b>NOT FILLED</b> <b>NOT FILLED</b> <b>NOT FILLED</b>	Lisa Sabo <b>NOT FILLED</b> <b>NOT FILLED</b>



## SACRIFICIAL GIVING

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<u>Week 35 of fiscal year</u>	<u>2/25/2018</u>	<u>Fiscal YTD</u>
Budgeted	\$ 10,385.57	\$363,494.95
Sunday Collection	\$ 6,652.00	\$273,011.05
5th Week	\$ 795.00	\$ 14,355.00
Automated Giving	\$ 3,376.33	\$ 27,380.97
Overage/(Shortfall)	\$ 437.76	\$(48,747.93)

### Music for 3<sup>rd</sup> Sunday of Lent Masses

March 4, 2018

Choir 10:30

Gathering: *'Penitential Rite'*; Psalm 19: *'Lord, you have the words'* by David Haas, #781; *'Lenten Gospel Acclamation'* from Mass of Renewal by Curtis Stephan; Presentation: *'Your Words Are Spirit and Life'* by Farrell, #593; Mass of Spirit and Grace *'Holy'*, Acc of Faith *'When we eat this bread'*, *'Amen'* & *'Lamb of God'* #931, 933, 935 & 936; Communion: *'Ubi Caritas'* by Rosania, #480; Sending Forth: *'We Are Called'* by David Haas, #617.

### Music for 4<sup>th</sup> Sunday of Lent Masses

March 11, 2018

Choir 10:30

Gathering: *'Penitential Rite'*; Psalm 137: *'Let my tongue be silenced if I ever forget you'* by Paul H. Johnson; *'Lenten Gospel Acclamation'* from Mass of Renewal by Curtis Stephan; Presentation: 4:30 & 8:30 *'Amazing Grace'* #433 / 10:30 *'Hold On To Love'* by Manibusan; Mass of Spirit and Grace *'Holy'*, Acc of Faith *'When we eat this bread'*, *'Amen'* & *'Lamb of God'* #931, 933, 935 & 936; Communion: *'Christ Be Our Light'* by Farrell, #596; Sending Forth: *'Stand By Me'* by Kendzia, #633.

### READINGS FOR THE WEEK

Monday: 2 Kgs 5:1-15b; Ps 42:2, 3; 43:3, 4; Lk 4:24-30  
 Tuesday: Dn 3:25, 34-43; Ps 25:4-5ab, 6-7bc, 8-9; Mt 18:21-35  
 Wednesday: Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19  
 Thursday: Jer 7:23-28; Ps 95:1-2, 6-9; Lk 11:14-23  
 Friday: Hos 14:2-10; Ps 81:6c-11ab, 14, 17; Mk 12:28-34  
 Saturday: Hos 6:1-6; Ps 51:3-4, 18-21ab; Lk 18:9-14  
 Sunday: 2 Chr 36:14-16, 19-23; Ps 137:1-6; Eph 2:4-10; Jn 3:14-21  
 Alternate readings (Year A):  
 1 Sm 16:1b, 6-7, 10-13a; Ps 23:1-6;  
 Eph 5:8-14; Jn 9:1-41 [1, 6-9, 13-17, 34-38]

## Good News Reflection

4th Sunday of Lent

March 11, 2018

### Rescued from shame

Why do we hide in darkness? Why do we prefer to conceal our sins rather than face them and go to the Sacrament of Reconciliation and speak about them out loud?

It's Jesus who meets us in the confessional, appearing to us in the form of a priest who's sworn to secrecy. In the Gospel reading, Jesus assures us that he did not come to condemn us. It is safe to come into the light where our sins are exposed.

However, we don't like going to Confession when guilt is driving us deeper into the darkness of low self-esteem, the fear of being unlovable, or an inability to forgive ourselves.

Guilt is a good motivator for repentance, and regret motivates us to change, but low self-esteem triggers shame, which says that we are undeserving of forgiveness. Shame makes us even more afraid to face the truth about our sins. Guilt tells us we have done evil, regret motivates us, and shame tells us that *we* are evil.

However, God's image of you is not poor: He sees what is wonderful about you. He says you do deserve forgiveness. He wants to replace shame with joy. What keeps you from repenting? Perhaps you would benefit from a therapist or spiritual director who helps you heal from low self-esteem. Whatever opportunity will help you get into the confessional, this is where your healing begins.

Jesus completes the healing by curing your spirit with forgiveness, mercy, and unconditional love through the words of absolution that he speaks to you through the priest.

In today's Gospel passage, Jesus points out that whoever lives the truth (whoever is honest about themselves) "comes to the light" to be rescued. When we admit our sins, speaking it out loud to the ears of one of Christ's servants, we are rescued by Jesus. We hear Jesus minister to us through the vocal chords of the priest, and we receive from Jesus the power to resist the same sins in the future.

Why suffer any longer, hiding in the darkness of fear and a poor self-image? Jesus has come to rescue you!

### Questions for Personal Reflection:

What do you feel ashamed about? Have you taken this to the Sacrament of Reconciliation? If yes, remember that since God has forgiven you and the Church has forgiven you, they do not condemn you, so stop condemning yourself! If not, what are you waiting for? Blessings and healing await you!

### Questions for Community Faith Sharing:

Why does admitting our sins and receiving the Sacrament of Reconciliation set us free to live in joy and peace? How have you experienced special graces from going to Confession? Describe a time when you lived in darkness; how did Jesus bring you into the light?

# Holy Hour of Adoration Prayer Request

*Please pray for:*

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*Please return this form in the collection basket. We are honored to pray for your specific needs.*

## OTHER PARISHES AND EVENTS ELSEWHERE

For inspiration during the Lenten season listen to Catholic radio on **88.1 FM**. Listen to daily Holy Mass, the Rosary, and the Divine Mercy Chaplet along with other inspiring programs. For a program schedule and a free CD, please call 314-752-7000.

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**Butler Funeral Home** March 8, 2018- An Open Door Session on Funerals, Cremation, Cemetery and Advance Planning. When it comes to burial, cremation and advance funeral planning, we know that people have many questions. As funeral and cremation specialists, we're happy to provide answers during our FREE program. Join us for a complimentary lunch at Boccardi's Italian Restaurant from 11:30 am-1:30 pm and a brief, interactive, and open discussion forum for questions regarding these and other topics. This event is free: no cost or obligation. Call Butler Funeral Home at 544-4646 to reserve your seat by March 5th.

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**St. Patrick's Catholic School in Springfield is hosting its 5<sup>th</sup> Annual Blarney Bash** party and auction on Friday, March 16, 2018. The "best pre-party for St. Patrick's Day in town" will be held at the LRS Hangar at Abraham Lincoln Capital Airport from 5:30 to 8:30 PM. Tickets, tables, and sponsorships for the St. Patrick's Catholic School Blarney Bash can be purchased online at [www.st-patrick.org](http://www.st-patrick.org), by calling 217-523-7670, or at the door.

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**Enjoy a Couple's Spiritual Get-Away**, March 23-25, Villa Maria Conference and Retreat Center. Facilitated by Andrew and Terri Lyke, who focus on strengthening marriage in the African American Community. To register, call 217-321-1161, or go to: <https://www.dio.org/plasm/events.html>.

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**Saturday, March 24, 2018 – Rosary and Pro-Life Stations of the Cross**, St. Agnes Parish, Springfield, 9 a.m. For flyer and further information go to the following website: <http://www.dio.org/plasm/events.html>.

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**Pilgrimage to the Holy Land** - You are invited to join us on a once-in-a-lifetime Pilgrimage of Peace to the Holy Land, Nov 26- Dec 7, 2018. Includes visits to Nazareth, Capernaum, Jordan River, Sea of Galilee, Cana, Jerusalem, Bethlehem & more! Under the Spiritual Direction of Rev. Msgr. David Hoefler, VG. To download the free color brochure and registration form, visit <http://www.dio.org/missions/mission-trips.html> or for more information, please contact Vicki Compton at (217) 698-8500. Space is limited. Register today!

**CALVARY CEMETERY SPRING CLEAN-UP** – Please remove **ALL** decorations that you would like to save by March 18<sup>th</sup>. Cemetery staff will remove **ALL** remaining decorations during the period of March 19<sup>th</sup>-31<sup>st</sup>. Decorations may be replaced beginning April 1<sup>st</sup>. If you have any questions or concerns, please contact the cemetery office at 523-3726. Thank you for your cooperation in keeping our cemetery well-kempt and beautiful.

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**St. Patrick School in Springfield is seeking a principal** for the school year of 2018-2019. Applicants must be Catholic, have teaching experience; administrative experience preferred. Send resume to Jeff Hamrick. [hamrick1@comcast.net](mailto:hamrick1@comcast.net).

### LENTEN REGULATIONS

Lent began on Ash Wednesday, February 14, 2018 and ends just prior to the evening Mass of the Lord's Supper on Holy Thursday, March 29, 2018.

**ABSTINENCE:** Everyone 14 years of age and over is bound to abstain from meat on Ash Wednesday, all the Fridays of Lent, and Good Friday.

**FAST:** Everyone between 18 and 59 years of age is required to fast on Ash Wednesday and Good Friday. On these two days of fast and abstinence, only one full meatless meal is permitted. Two other meatless meals, sufficient to maintain strength may be taken according to each one's needs, but together these two should not equal another full meal. Eating between meals is not permitted, but liquids (including milk and fruit juices) are allowed.

**ATTENTION BUSINESS OWNERS and GENEROUS PARISHIONERS!** Mary Ottenberg from JS Paluch sets up the advertising sponsorships for our bulletin. Advertisements can be purchased for a business, family or a sponsor ad. Please support our sponsors! Their generosity helps us to enjoy our FREE bulletin publication every week throughout the year! If you would like to have your business card handed out on a weekly basis and can help this effort, please call Mary Ottenberg at 314-757-7598, or email [ottenberg@jspaluch.com](mailto:ottenberg@jspaluch.com).