

March 1, 2009

First Sunday of Lent

Saint John Vianney

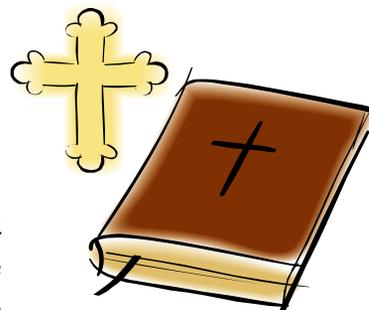
A Mission Church of St. Thomas Aquinas Parish serving you since August 10, 1997
1000 26th Ave NE, Rio Rancho, NM 87144

www.sjvnm.org

Friends in Christ Jesus,

Lent has commenced.

Through the Scripture our Lord tells us to "repent and believe the Gospel." When a person opens a window, he or she allows fresh air to enter the room. At the same time, bad air exits the room. Lent is a time for getting bad air out, and a time for letting good air in. In other words Lent is a time for us to get rid of sin, which allows God's grace to enter. Repentance is like opening a window--getting the bad out and bringing the good in. This being said, don't forget this Lent the Sacrament of Confession. Also, don't forget that the Stations of the Cross will be prayed each Friday night beginning at 7PM. Benediction follows.



Have a blessed Lent.

Fr Scott Mansfield

Please be respectful and keep food in the lobby and out of the Church. Be sure and remember the reverence of Church.

Receive our bulletin via eMail
Visit our website at www.sjvnm.org and click on **Subscribe** to be added to the eMailing list.

4PM Saturday Mass is in need of Lectors, Ushers and Rosary Leaders. If you are able and interested please volunteer. There should be a sign up sheet in the lobby, at the Church entrance.

Holy Rosary
20 Minutes before every mass
Holy Masses
Saturday 4:00PM
Sunday 8:00AM
Sunday 10:00AM
Sacrament of Confession
Saturday 3:00-3:45PM
Stations of the Cross
Friday 7PM

Fasting - by Carl E Beyer

This will be my last teenage year of Lent. Those who know me are saying I did not think Carl was that young. Well I am; it will be twenty years ago this June that I was baptized.

During my first Lenten season I was introduced to fasting by my wife and I was amazed. In my young baptism age and my naïve country background I thought fasting was to go completely without food. My wife had informed me that a considerable number of Roman Catholics fasted during Lent. Just the thought of going without one meal sends shivers down my spine to my ever increasing waist line. Upon being educated a little more about what fasting encompass in relation to Lent, I bought a book to better understanding fasting.

Let me remind those that had forgotten that fasting has been intertwined in this nation since its beginning. Tuesday, the 24th of May 1774, the Journal of the House of Burgesses of Virginia stated; *“This House, being deeply impressed with Apprehension of the great Dangers, to be derived to British America, from the hostile Invasion of the City of Boston, in our Sister Colony of Massachusetts Bay, whose Commerce and Harbour are, on the first Day of June next, to be stopped by an armed Force, deem it highly necessary that the said first Day of June be set apart, by the Members of this House, as a Day of Fasting, Humiliation, and Prayer, devoutly to implore the Divine Interposition, for averting heavy Calamity which threatens Destruction to our civil Rights, and the Evils of civil War; to give us one Heart and one Mind to oppose, by all just and proper Means, every injury to America Rights.....”*. Can you image our current President or any President of recent age asking for the people to have a Day of Fasting, Humiliation, and Prayer?

In biblical references to fasting this usually referred to either a 24 hour period of fasting or from sunrise to sunset. When Jesus went into the desert and fasted for forty days and forty nights he was not eating one full meal and two optional small meals, not to be larger than the full meal of that day.

From the Merriam-Webster dictionary.

Fast

1. *To abstain from food : omit to take nourishment in whole or in part : go hungry*
2. *To practice abstinence from food voluntarily for a time as a religious exercise or duty <to counsel men to fast and pray>*
3. *To restrict one's diet by eating sparingly or by abstaining from certain foods <fast in Lent>*

We obviously think of the third definition of fast during the Lenten season. Not to abstain from food but to restrict one's diet and abstain from certain food. No less noble is the third definition of fasting than the first definition. What often is not understood about fasting is the reason to fast. To fast is not so God can look down upon us and smile because we are hungry. God is not looking for a bunch of skinny followers. No, the meaning goes back to the three actions mention previously; Fasting, Humiliation, and Prayer. Lent is the season to combine these three actions to grow closer to God.

Fasting is to remind us that our earthly needs can impede our prayer life. Fasting is a means of cleansing the body from the common bad items we put into our earthen shells.

Continued on next page

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Common items that people give up are items related to caffeine or sugar. In my case I will be combining these two by giving up my much beloved Pepsi. Fasting of certain items remind us that these items are not really needed in our life. We are able to survive without our coffee, sodas, candy, tobacco, alcohol, etc. While we need food to survive, we are able to survive on much less food than we Americans commonly eat. By fasting we tend to sharpen our minds to be able to have a better, clearer prayer life.

Humiliation has become a bad word. After all who want to be humiliated? But in a prayerful reference, it means to humble oneself. Many of us tend to like to stand on a soap box and instruct others on bettering themselves while being unable to see our own failings. Only by humbling, self humiliation, do we step back, step down and see our failings. Some failings we can work on, some we may just have to accept but acknowledge. My favorite failing is impatience. The trap of praying for patience is being sent more lessons to be patience in and it goes on and on. So I accept that I am impatience. Are you done yet, are you ready, are you These are words I need to avoid so my patience doesn't have to be tested. Other failings can be worked on. Being judgmental is one I work on. Simple judgments such as wondering why that parent in front of me in Church is not teaching their kids reverence in Church. No, I need to be thankful that the parent and her kid are in Church. I step back and off my soap box and see the blessing that the parent and kids are at Church and Father can gently mention proper protocols to be followed.

Prayer is an easy one but easy in a number of ways; easy to get busy and forget to make time for...; easy to make repetitious and therefore meaningless; easy to make short; easy to remember when we need things; easy in hard times; easy during major events. What is not always easy is to remember how and what to pray for. If saying St. Michael's prayer gives strength to you and St. Michael to battle evil, then you fulfilled that prayer. If you forget the meaning and just say the words then it is not a prayer. If all your prayers center around yourself and what is in it for you, then again your prayers will not be fulfilling. Jesus said to pray for ones enemies. Prayers specific for one family and community members are great, but they should also be combined for all those in need. Generally, for us lay persons, it is recommended we pray morning and night. I find nights prayers easy and mornings difficult because I wake up and think of all the things I want to accomplish and forget the prayers. Nights are easy because I am winding down and give God thanks for the day.

In short, during Lenten season please try to fast. Fast not for the sole purpose of fasting but for the combination of Fasting, Humiliation and Prayer. Fasting cleanse the body. Fast to clean the mind. Fast as a sacrifice to our Lord and Savior Jesus Christ. Remember Matthew 6:16-18: *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*

Go forth in the name of our Lord. May this be the best Lenten season ever for you and our community. May God smile with your abundance of prayer sent his way. God Bless You.

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Letter used:

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Answer in next week bulletin. Some Hints on back page.

Send solution to bulletin@sjvnm.org and we will post your name next week.

Solution submissions by: James Cutler, Manuel Cruz and Tom Medrano

"Do not withhold your mercy from me O Lord; May your love and your truth always protect me"

8 Reason to Become Catholic (or Stay That Way) by Michael Matthews

In the last few decades, it has become commonplace for many Protestants to view Catholicism as a dead tradition, perhaps even as a cult. This may be your view of the Catholic Church. You may have had some bad experiences with Catholics in your past; or you may just find all that Catholic dogma a bit much to swallow.

At the same time, many Catholics have left the Church for what they perceive as greener spiritual pastures elsewhere. Perhaps you were raised Catholics, but find yourself experiencing the Lord's presence in a more powerful way in a church of a different tradition.

Whatever your reason for avoiding, leaving or considering leaving the Catholic Church, there are a few facts about the Church that you may interest you in your spiritual journey.

1, 2. In previous bulletins found at sjvnm.org

3. A Consistent Pro-Life Stand.

As late as 50 years ago, all Christian denominations held the same views on contraception, abortion and euthanasia. Today, only the Catholic Church remains steadfast and consistent in its stand for life and the dignity of the human person; nearly every other Christian body has changed in one or more of these areas.

(Reason 4-8 coming in the following weeks)



**HELPERS
OF
GOD'S
PRECIOUS
INFANTS**

COME PRAY AND SACRIFICE FOR THE UNBORN

Saturday, March 14th, 2009

Monthly Mass and Procession

Father Bennett J. Voorhies celebrant

Mass at 8:00 a.m. at San Ignacio Church

Our Lady of the Annunciation Parish, co- sponsor



Little Tony is always being teased by the other neighborhood boys for being stupid. Their favorite joke is to offer Tony his choice between a nickel and a dime -- Little Tony always takes the nickel.

One day, after Tony takes the nickel, a neighbor man takes him aside and says, "Tony, those boys are making fun of you. Don't you know that a dime is worth more than a nickel, even though the nickel's bigger?"

Tony grins and says, "Well, if I took the dime, they'd stop doing it, and so far I've made \$20!"

	Sacristans	Ushers	EM of Holy Communion	Rosary Leader	Altar Servers	Lectors
Sat Feb 28th 4:00PM		Carl Beyer Tom Medrano	Rosie Root		Jorden Juarez	Rosie Root Rosie Root
Sun Mar 1st 8:00AM	Julie Burnside	Tom Anderson Juan Serna John Christensen	Harlan Harrington	Sheila Howard	Shane Herrera Charles Lucero	Jose Guillen Geneva Torres
Sun Mar 1st 10:00AM	Geri Hoover	Aaron Quinones Gary Vigil Frank Charles Bill Deneen	Loretta Tafuro John Lombardo Margaret Chavez	Pinky Bjornstad	Jessica VLS Jamie VLS Drew Garcia Kevin Savela	Lillian Ortiz Michael Tafuro
Sat Mar 7th 4:00PM	David Crawford	Ed Uhrich Tom Medrano Nick Coca III	Ana Marie Hartenhoff	Ed Uhrich	Jorden Juarez James Uhrich	Vicky Howell David Crawford
Sun Mar 8th 8:00AM	Margaret Chavez	James E Dory John Christensen Jim Cutler	April McClellan	Frances Perko	Charles Lucero Fernando Lucero	David Schutten Peggy Riley
Sun Mar 8th 10:00AM	Donna Madrid	Tony Quinones Aaron Quinones Gary Vigil Ariana Eck	Carrie Jenkins Coz Madrid John Jenkins	Rochelle Quinones	Victoria Perez Krista Savela Kevin Savela Angela Jenkins	Pinky Bjornstad Connie Dudon

Prayer Corner

Let us join as a community in prayer for our fellow parishioners and/or their family members.

- ◆ Narciso Aragon for his eternal soul as he passed on January 30th.
- ◆ Manuel Romero - For a liver transplant / recovery.
- ◆ Healing and God's care for Ken Mayer, Sydney Mayer, and Mary Q. Haygood.
- ◆ For our country leaders to make the right decision for the well being of our country.
- ◆ For guidance to our leaders for the removal of the stain of abortion from our country.
- ◆ All our brave men and women of the world keeping their country free.

Thank you for your prayers.

Thank you for reading our bulletin.

Any suggestions, comments, prayers or articles can be sent to bulletin@sjvnm.org. We also like to hear about births, baptisms, marriages or other news about our church members.

Saint Rose of Viterbo

Memorial 6 March

Profile

Franciscan tertiary. At age three she brought a person back from death. Preached in the streets from age ten. Prophetess. Had the friendship of birds. Was repeatedly refused entrance to the Poor Clares. After her death, Pope Alexander IV ordered her body laid to rest in the convent that had refused her.

Born 1234 at Viterbo, Italy

Died 6 March 1252 of natural causes

Canonized 1457

Patronage exiles, people rejected by religious orders, tertiaries, Viterbo, Italy



The biggest drawback to fasting for seven days is that it makes one weak.

Parish Directory

Vicar	Rev. Scott Mansfield
Coordinator.....	Ed Uhrich
Communications.....	Carl E. Beyer
Finance Building Chair.....	James Sandoval
Pastoral Chair	Ed Uhrich
Head Sacristan.....	Gerry Hoover
Head Usher & Altar Servers.....	Ed Uhrich
Head Lector	Peggy Riley
Head EM.....	Pinky Bjornstad
Head CCD	Edwinna Herrera
Head Snacker.....	Harlan Harrington
Parish Website.....	www.sjvnm.org
Concerns / Questions (Leave a Message).....	974-1778
Baptisms, Marriages, Funeral.....	St Thomas Parish - 892-1511

Debi Wendt - Realtor

Discovery I

263-7095 Cellular
898-4660 Direct
mariska564@aol.com



I had some words with my wife, and
she had some paragraphs with me.
Sigmund Freud

Holy Family

Catholic Religious Supplies
9469 Coors Blvd NW, Albuquerque 87114
505-898-4659

Crypto Hints: F=i D=w O=g

**Five-O-Five
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parish mbr 891-9718**

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<p><i>Prayers to Jesus</i></p>  <p><i>Jesus, I Trust In You!</i></p>	<p><i>Prayers to Jesus</i></p> <p>THE CHAPLET OF THE DIVINE MERCY (For private recitation on ordinary rosary beads)</p> <p>Our Father..., Hail Mary..., The Apostles' Creed. THEN, ON THE OUR FATHER BEADS YOU WILL SAY THE FOLLOWING WORDS</p> <p>Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.</p> <p>On the HAIL MARY BEADS you will say the following words: For the sake of His sorrowful Passion have mercy on us and on the whole world.</p> <p>In conclusion THREE TIMES you will recite these words: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.</p> <p><small>(From the Diary of the Servant of God St. Faustina - Note Book I, p. 197 IMPRIMATUR: +Joseph E Maguire November 17, 1979 Bishop of Springfield, Mass.</small></p>
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IN GOD WE TRUST