



February 21, 2021
First Sunday of Lent

<u>Collection February 14, 2021</u>	
Collection	\$1215.00
Maintenance	\$ 50.00
Solemnity of Mary	\$ 20.00
Attendance	26

February 28, 2021 Ministers

Lector: Guenter Schlottmann
 Commentator: John Balconi

Please be respectful and quiet for those praying before Mass as you enter the sanctuary.

Readings for February 28, 2021

Reading 1: Genesis 22:1-2, 9a, 10-13, 15-18
 Reading 2: Romans 8:31b-34
 Gospel: Mark 9:2-10

Information about St. Edward- Daily readings, the bulletin, and other information can be found on our webpage at: <https://stedwardpulaski.org>

Donations- please mail your regular donations to St. Edward's Catholic Church, PO Box 1670, Pulaski, VA 24301 if you are not attending Mass.

Mass Live-Stream- Mass is still live-streamed every Sunday morning at 9:00 at <http://www.facebook.com/stmaryschurchwytheville>

Prayer List- Mike Malloy, Tim Kimbleton, Doug Waldrop, Carol Luttrell, Brenda Lee, Brenda McLawhorn, John Balconi, John McNair, Joan Jennings, Amanda Linkous, Sharon Dalton, Jerry Dalton, Bill Jennings, Angelo LoMascolo, Lynn Canty, Rick Yost, Carrie Lane, Connie Armentrout, Gerald Kellar, Eileen Coleman, and Father Bernie.
 (Please contact Stan Stanley if you have additions or deletions)

Welcome- A special welcome to Father Boat who has been assigned as our Priest here at St. Edward's and at St. Mary's.

Increment Weather- Any time Mass has to be cancelled, an email will be sent out as soon as possible. Also, cancellation will be posted on WSLs 10 and WDBJ 7.

Diocese of Richmond- Check out the website for the Richmond Diocese for what's happening, and updated information on issues that affect Catholics. <https://richmonddiocese.org>

Happy February Birthdays!

Cole Trail	Feb. 1
Jennie Willett	Feb. 5
Stephanie Tedesco	Feb. 9
Nancy Bishop	Feb. 9
Melody Riffey	Feb. 11
Amanda Williams	Feb. 11
Karen Audas	Feb. 14
Rebecca Harriman	Feb. 15
Hannah Fleenor	Feb. 18
Dan Butler	Feb. 20
Emelda Tabar	Feb. 27

Happy February Anniversaries

John & Mickey Balconi	Feb. 4
Pam & Lee Crowder	Feb. 15
Tim & Mariah Taylor	Feb. 29

Covid Tip of the Week- Emotionally, the pandemic has taken a toll on each one of us in ways we might not even realize. As a natural time of reflection, use this Lent as an opportunity for deeper prayer and/or spiritual readings.

What Needs Changing in My Life?

We start to come to know that by asking for help. "Lord, help me to know what needs changing." It is often said, "Be careful about what you ask for." This is one of those requests that God must surely want to answer.

Then, we have to listen. With a little bit of reflection, most of us will just begin to "name" things that make up our ordinary habits and ways of being who we are, that we aren't very proud of. Things we do and things we never get around to doing. We can "feel" the call to change our attitudes, our self-absorption, or our way of interacting with others. Perhaps a spouse, a loved one, a friend, a family member, a co-worker has told me something about myself that gets in the way of communication, that makes relating to them difficult. Maybe I don't take God very seriously. I go to Church on Sunday, and contribute my share, but I don't really take time to deal with my relationship with God. Perhaps I've let my mind and fantasy get cluttered with escapist litter. I might begin to name a number of self-indulgent habits. I may realize I rarely, if ever, hear the cry of the poor, and can't remember when I've answered that cry. It could be that dishonesty on all kinds of levels has become a way of life. One of the roadblocks in my relationship with God and others may be deep wounds or resentments from the past, things I continue to hold against others or myself.

Praying

Lent is the time to start new patterns of prayer. Perhaps I haven't been praying at all. This is a great time to choose to begin. It is important to begin realistically. I can start by simply pausing when I get up and taking a slow, deep breath, and recalling what I have to do this day, and asking for grace to do it as a child of God. I

may want to go to bed a half an hour earlier, and get up a half an hour earlier and give myself some time alone to read the readings for the day, and just talk with the Lord about those readings or about the stuff of the day. I may choose to go to Mass each day during Lent. I may choose to get to church on Sunday, just 15 minutes earlier, so I can reflect a bit. Lent may be a time I would want to choose to start to journal the day to day reflections that are coming, the desires I'm naming and asking for, the graces I am being given.

Eating

Lent is a great time to change our eating patterns. This is not about "losing weight" or "getting in shape," though for most of us, paying attention to what we eat, will make a difference in our overall health. This is about being more alert. Anyone who has tried to diet knows that something changes in us when we try to avoid eating. The monks in the desert, centuries ago, discovered that fasting - simply not eating - caused a tremendous boost to their consciousness. Not only did their bodies go on "alert," but their whole person seemed to be in a more heightened state of attention. The whole purpose of fasting was to aid prayer - to make it easier to listen to God more openly, especially in times of need.

Among Catholics, only Ash Wednesday and Good Friday are named as days of fast we all do together. (And that fast is simply to eat only one full meal in the day, with the other two meals combined, not equal to the one.) On the Wednesdays and Fridays of Lent, we may want to try to fast more intentionally. Of course, always conscious of our health and individual nutrition needs, we may want to try to eat very little, except some juices, or perhaps a small amount of beans and rice. We will experience how powerfully open and alert we feel and how much easier it is to pray and to name deeper desires. Not only will I feel less sluggish and tired, I will feel simply freer and more energized.

The other powerful advantage of fasting is that it can be a very simple gesture that places me in greater solidarity with the poor of the earth, who often have very little more than a little rice and beans each day. Powerful things happen in me, when I think about those people in the world who have so much less than I do. And, it's a great cure for self-pity.