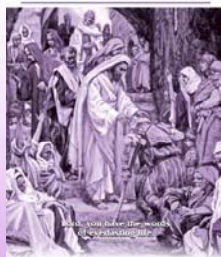




Welcome to all who celebrate the Mass with us today. May God's grace and peace fill us all so that we can serve one another in unity and love.

THIRD SUNDAY IN LENT

THIRD SUNDAY of Lent



The laws of a nation or a state often fill shelves and libraries of books. As human beings, we are tempted to define our laws in terms of every possible application. The law of God, however, as it is enshrined in the commandments and the teachings of Christ, progresses from specific cases to general principles. Ten simple commandments encapsulated all of the 647 commandments of the covenant with Moses. Two simple commands – love of God and love of neighbor – inform the teachings of Christ. Religion, like many other human occupations, can degenerate into mere business. "Zeal for your house consumes me," was the scripture that came to the disciples mind when they witnessed Jesus evicting the sellers and moneychangers

from the temple precincts. True stewardship is not about conforming religion to sound business principles. True stewardship is about conforming the whole of our lives - even our fiscal lives - to zeal for God's house.

This Sunday the readings are: (1) Exodus 20, 1-17 (2) 1 Corinthians 1, 22-25 (3) John 2, 13-25. (Gather # 1023 Year B)

Next Sunday the readings will be: (1) 2 Chronicles 36: 14-17, 19-23 (2) Ephesians 2, 4-10 (3) John 3, 14-21. (Gather # 1026 Year B)



On Saturday, March 10th Fairborn Council 3724 of the Knights of Columbus and Daughters of Isabella, Marian Circle 911 will be sponsoring a Rosary for the Unborn.

Sunday, March 25 is the Annunciation of the Lord, since it falls on Palm Sunday this year it will be celebrated on Monday, April 9.

Next Saturday, March 10th Fairborn Council 3724 and Daughters of Isabella, Marian Circle 911 will be sponsoring a Rosary at our own Memorial for the

Unborn on the right side of the Parish Center after the 4:00PM Mass. Please help us celebrate this day as a Day of the Unborn Child. Then stay for our next Parish Dinner immediately following the service.

Lectors, Eucharistic Ministers, Servers, Ushers and Sacristans You should have received your new schedule for March, April, May & June this week. If you did not receive your schedule please notify the rectory office or stop by and pick one up. **We do still need a few subs. Please check before Mass if you are available. If you are unable to serve on your scheduled date and time please find a sub. Thanks!** ☺



Masses For The Week

SAT: 4:00PM Allie Lee Lawler, off: Rick & Denise Wetzel
SUN: 11:15AM For the Parish
MON: 9:00AM David Kempf, off: Brenda Kempf
TUE: 8:30AM Mary Lu (Ambs) Miller, off: Carolyn Marth
SAT: 4:00PM John W. Tuck, off: The Tuck Family
SUN: 11:15AM For the Parish



Lenten Holy Hour and Eucharistic Adoration: You are invited to spend a holy hour of prayer with adoration every **Monday during Lent from 7:00-8:00PM in the church. All are Welcome!**

Join us this Monday, March 5, 2018.

STEWARDSHIP

Collections for February 25, 2018

Regular Collection & loose cash (152 envelopes)	\$7,085.31
Children's (3 envelopes)	\$7.00
Capital Improvement Donations (7 envelopes)	\$395.00
Total collections for February 25, 2018	\$7,487.31

THANKS FOR YOUR GENEROSITY

PLEASE REMEMBER MHC IN YOUR WILL

The parish gratefully accepts donations of stock. A tax deduction for a gift of appreciated securities to a charity equals its full fair market value.

Catholic Ministries Appeal 2018

Each year, the Catholic Ministries Appeal offers us the opportunity to **Impact the Story** by supporting ministries serving people throughout our archdiocese. Please join with your fellow parishioners of **Mary, Help of Christians** and all the other parishes in the archdiocese as we all work together to support the CMA. To date, our parish has pledged **\$12,173.00** towards our goal of **\$20,011.00**. If you have not yet made your pledge, please consider doing so this week. You will find extra pledge envelopes in the pews for your convenience. **To make your pledge securely online for the Catholic Ministries Appeal, please visit the Web at www.catholicappeal.net or make your checks payable to Catholic Ministries Appeal and mail your pledge card to 100 East Eighth Street Cincinnati, Ohio 45202 in the envelope provided in your information packet.** Please prayerfully consider supporting this year's CMA. For more information, please visit www.catholicappeal.info

The Knights of Columbus will hold our next Parish Dinner Saturday, March 10, 2018



This month we will be featuring our most popular menu from last year, cabbage rolls, mashed potatoes, corn, salad and German Chocolate Cake. You get all this for just \$10 for adults \$5 for children. We'll be serving in the Parish Center right after the 4:00PM Mass. Come and join your fellow Knights and Parishioners for some good food and even better company.



Remember To Spring Forward Next Sunday, March 11, 2018.

It's time to reset your clocks. We "spring forward" at 2:00AM on the second Sunday in March by setting our clocks **ahead** one hour and thus changing to Daylight Savings Time.

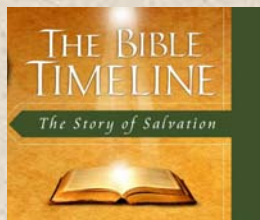
St. Vincent de Paul collects monetary donations at the doors after Mass on the 3rd weekend of every month.

Visit the parish web site at: www.mhccparish.com

BAPTISMAL PREPARATION CLASSES

The next two Baptismal Preparation Classes for parents seeking baptism for young children are being held on Sunday, March 11, 2018 at 12:30PM and Sunday, May 13, 2018 at 12:30PM in the Church. Please call the parish office @ 878-8353 to advise us if you will be attending one of these classes.

THIRD SUNDAY IN LENT



THE BIBLE TIMELINE!!
The Bible Timeline: God's Plan for our Salvation: Will return on Wednesday, April 4, 2018 at 7:00PM in St. Francis Hall at Mary Help of Christians Church.

SACRISTANS NEEDED PLEASE HELP



We are currently in need of Sacristans that would be willing to prepare for the Saturday 4:00PM and Sunday 11:15AM Masses. You'll arrive about 30 minutes before to help set up for Mass and then care for the vessels afterward and lock the church. **No experience is necessary and training is provided.** If interested please call parish office @ 878-8353. Your help would be greatly appreciated.

You're invited to participate in CRS Operation Rice Bowl!



THIRD WEEK OF LENT ENCOUNTER SAFIATA

In Burkina 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 for more information.

Pick up a cardboard rice bowl on the special display table in the back of church this weekend. Please be sure to take one home and use the easy and fun resources to deepen your family's Lenten experience.

Are you grieving the death of a loved one?

Mary, Help of Christians has a grief support group to care for people on their bereavement journey in a Christ centered environment. This is an opportunity for individuals to share their personal experience of grief with other bereaved persons who understand their pain. If you are interested, our monthly meeting is the 3rd Tuesday of each month, 10:00AM – Noon in St. Francis Hall. Call Molly Hynes Collinsworth @ 878-7325 or email @ mollymhc@gmail.com for more information. **Our next meeting will be on Tuesday, March 20, 2018**

Offering Envelopes: Did you know, if you drop your MHC offering envelope into the collection basket at any other Catholic church in the area you might attend, they will return those envelopes and offerings to us? Likewise, we will return any other church's envelopes/offerings to those parishes if placed in our collection basket. To all our parishioners: please do use your envelopes for your offerings, as this makes it easier for our money count teams to count the collection. Thank you! **If you have not yet registered at our parish,**

we invite you to become a member by picking up a registration form found in the bin on the wall near the church front doors. Your completed form can be dropped in the collection basket, or mailed to the parish office, or brought in to the parish office. We look forward to meeting you!



RECORD OF YOUR 2017 CHURCH CONTRIBUTIONS

A statement of your 2017 contributions was automatically mailed in **January 2018** to any parishioner who has made any single contribution of \$250 or more during the year. (Please do not call to request a statement if you are in that category.) Anyone else wanting a statement should use the request form below or call the parish office @ 878-8353 from 9:30AM-4:30PM, Monday through Friday. You may return your request form in the collection basket in your envelope.

2017 Contribution Statement Request

NAME: _____
ADDRESS: _____
ENVELOPE # _____



"Be still and know that I am God...." Psalm 46

CENTERING PRAYER GROUP is open to all parishioners. Centering Prayer is silent prayer that emphasizes prayer as a personal relationship with God and as a movement beyond conversation to communion with God. The focus of Centering Prayer is the deepening of our relationship with the living Christ. We often gather after morning Mass on Mondays and Tuesdays for a 20 minute period of centering prayer. **We will meet on 3rd Tuesday of every month in St. Francis Hall from 7:00-8:30PM** for prayer and continuing education. Please call Pat Scanlon at 878-0461 for more information. **No Meeting in February or March. Next meeting on Tuesday, April 17, 2018.**

Parish Satellite Library



A large number of books from the Parish Library have been relocated to the Usher's Room/ Satellite Library in the church. This move will make it more convenient for parishioners to select reading material. Access to this collection can be made online at www.mhcparish.com and click on religious library.

Come and check it out!

For more information call Carol Maiorano @340-6084.
To see all the wonderful books available go to
<http://mhc.libib.com/i/mary-help-of-christians-library>



JOY CLUB will meet **Monday, March 12 from 1:00PM-3:00PM** in St. Francis Hall.

All adults of the parish are welcome. We will have a **Chili Luncheon and a silent auction.** Bring your appetite, extra cash for bidding, and a "treasure" to donate to our auction. **JOY Club** meets the 2nd and 4th Monday of every month. Come feel the **JOY!**



HOLY THURSDAY ADORATION, March 29, 2018

After the Mass of the Lord's Supper, the Blessed Sacrament is placed in the Tabernacle in the Priest Sacristy for the faithful to adore until 9:00AM Good Friday. All are invited to come and spend some quiet moments with our Lord.

What a wonderful opportunity to pray. For more information call Carolyn Marth @ 308-4639. We need two people for each hour until 9:00AM. There is a sign-up sheet in the Sacristy.
Church will be open for prayer all night.

Mary, Help of Christians



Lent/Holy Week 2018
Pray - Fast - Give Alms

LENT

Traditional Stations of the Cross: Fridays during Lent 7:00PM in Church
Stations of the Cross: A Taizé Meditation: Friday, March 23, 2018 7:00PM in Church
PSR Shadow Stations of the Cross: Sunday, March 25, 2018 10:30AM in Parish Center

LENT HOLY HOUR WITH EUCHARISTIC ADORATION:

Monday, March 5:	7:00-8:00PM
Monday, March 12:	7:00-8:00PM
Monday, March 19:	7:00-8:00PM
Monday, March 26:	7:00-8:00PM

HOLY WEEK SCHEDULE:

So that people may engage in the especially solemn nature of Holy Week, no meetings/ activities should take place from Saturday, March 24 through Easter, except for those that are specifically related to the observance of Holy Week. Note that Holy Week starts the Saturday preceding Palm Sunday.

SERVICES:

Monday, March 26: Mass 9:00AM
Tuesday, March 27: Mass 8:30AM
Holy Thursday, March 29: Mass of The Lord's Supper 7:00PM
(SVDP food drive at Holy Thurs. Mass)
Adoration in Priest Sacristy after Mass
Church open for prayer all night.
Good Friday, March 30: Morning Prayer Service 9:00AM-10:00AM
The Passion of The Lord Service 3:00PM
Holy Saturday, March 31: Easter Vigil Mass 8:30PM
Easter Sunday, April 1: Easter Mass 11:15AM

CONFESSIONS

Thursday, March 15: 7:00PM-8:30PM (Parish Penance Service & 1st Reconciliation)
Saturday, March 24: 3:00PM-3:30PM (Regular Saturday Confessions)
Monday, March 26: 11:45AM-12:30PM & 7:00PM-7:30PM
Tuesday, March 27: 11:45AM-12:30PM

There are no confessions on Holy Saturday, March 31, 2018



MARY, HELP OF CHRISTIANS CATHOLIC CHURCH

It is Never Too Late To Say You're Sorry!
Mark Your Calendar And Join Us.

Thursday, March 15, 2018

7:00PM-8:30PM

Parish Penance Service &
1st Reconciliation

The entire parish is encouraged to participate in this beautiful celebration of God's mercy and forgiveness. Guest priests will join Fr. Tom in hearing our individual confessions.

Lent.

a season of renewal

FLOWERS ON EASTER ENVELOPE



The "Flowers on Easter" envelope inserted in your March section of parish offering envelopes is specifically for Easter flowers. If you wish to memorialize someone, please **PRINT** their name(s) on the blank lines on the back of the provided envelope, or **PRINT** the name(s) of those to be remembered on a plain envelope with your name. *We ask that you please limit your entries to 6*, or feel free to use collective groups such as "the friends and families of Mr. and Mrs. Jones." (Donation of \$10.00 is appreciated, but not required.) The memorials will be published in a subsequent bulletin insert. Envelopes can be placed in the Sunday collection basket or turned in at the parish office. Thank you for your kind donations.

BUILD A BIKE!



FYI is working on a project to assemble and/or refurbish 200 bikes for children going into foster care. This event gives bikes to foster children and youth so they have something of their own and will allow them recreation during the summer. FYI is looking for adults and teens who love to fix bicycles--Please become a bike whisperers for the kids in our communities!! The bikes will be presented at the FYI Annual Safety Day on June 12, 2018. Please call Pat at FYI @ 845-0403 to volunteer in whatever capacity you can, or to donate bikes. We need your help this year to have 200 bikes ready to go on June 12, 2018.

LENT
WEEK THREE



THIRD SUNDAY IN LENT



Next Thursday, March 15 at 7:00PM Penance Service and 1st Reconciliation at Mary, Help of Christians Church

The parish will celebrate a communal penance service in which some of our youth will celebrate the Sacrament of Reconciliation for the first time. The entire parish is encouraged to participate in this beautiful celebration of God's mercy and forgiveness. **Guest priests will join Fr. Tom** in hearing our individual admissions of sin. Everything else will be done in community. Worship aides will be available to guide us through the service, so there is nothing to memorize or learn in advance.

Remember: It Is Never Too Late To Say You're Sorry!

MARK YOUR CALENDARS FOR... THIS YEARS WOMEN'S RETREAT!!!



Sponsored by the Daughters of Isabella

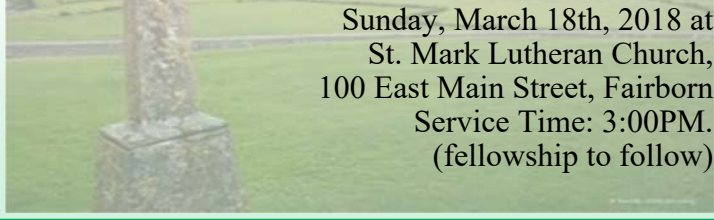
Join us at MHC for the Annual Women's Retreat on March 10 from 9:00AM to 3:00PM at St. Francis Hall. This day will be very special and our topic will focus on Prayer and Spirituality...

The cost is only \$15.00 which includes a light Breakfast & Subway Lunch.

Father Jim Schimelpfening, SM, Marianist priest, professor, and spiritual director at the University of Dayton will be our retreat Master.

Reservations are needed and can be done by calling either Pat Banaszak @ 849-9140 or Annie Milliron @ [937-409-5299](tel:937-409-5299). Please call today for this very inspiring talk.

All are Welcome to Attend this Joint Roman Catholic/ Lutheran Service of the Word In Honor of Saint Patrick and the 500th Anniversary of the Reformation



Sunday, March 18th, 2018 at
St. Mark Lutheran Church,
100 East Main Street, Fairborn
Service Time: 3:00PM.
(fellowship to follow)

GROWING CLOSER TO GOD THROUGH SPIRITUAL



DIRECTION *Spiritual Direction is really not about being "directed," it is about being encouraged to draw closer to God. In spiritual direction you reflect deeply on the experiences of your daily life. You may come to realize how God's spirit is truly with you every day and everywhere. You discover that God has been waiting for you to seek this closer relationship. A person may*

come to spiritual direction for many reasons, including to: find encouragement and affirmation; share struggles, losses or disappointments; integrate spirituality into your daily life; grow in relationship with God, self, others and creation. After completing a two year training in spiritual direction I am offering to journey with you as you deepen your relationship with God. This involves confidential, one-on-one sessions, usually once a month for an hour. For more information or to make an appointment call Pat Scanlon @ 878-0461 or 572-2530.

Is There Anyone Sick Among You?

If you are going to the hospital; if someone in your family is in the hospital; or if you know of a parishioner in the hospital, please call the parish office and let us know! Due to privacy rules the hospitals no longer call us unless specifically requested by the patient. Also, if you know of a parishioner that is sick or homebound for an extended period, please call the Rectory Office @ 878-8353.

Eucharistic Ministers Needed: Anyone interested in becoming a Eucharistic Minister? We are currently in need of extraordinary ministers of Holy Communion at both Masses. If you are a practicing Catholic and have a genuine love and reverence for Christ in the Eucharistic, please call the parish office at 878-8353 for training. Your help would be greatly appreciated.



What is the Handy Helpers Ministry? Volunteers from our parish make small home repairs and do "round-the-house" projects for elderly, disabled, and single parents. Materials are the responsibility of the homeowner, but the labor is free. (For those in need, St. Vincent de Paul and other donations may provide some materials.) Among the services that may be done are yard work, painting, carpentry, minor electrical work, general repairs, window washing, gardening, mending and other handy-person jobs. For more information or to request the services of a handy-helper, please call the Parish Office @ 878-8353. If you have skills that could be put to good use in this ministry, you are invited to call and join our "Handy Helpers."



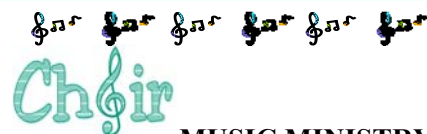
Deacon Informational Meeting

Have you considered becoming a Permanent Deacon in the Catholic Church, but don't know where to begin to explore the possibility? The Office of the Diaconate of the Archdiocese of Cincinnati will hold Informational Meetings concerning the Permanent Diaconate in the Dayton Region the meeting is Monday, March 19, 2018@ 7:00PM, St. Helen Parish, 605 Granville Place, Riverside (Smith Building.) For more information and to register, please contact Deacon Mark Machuga, Director of the Office of the Diaconate, @ 513-421-3131, ext 2641 or deaconoffice@catholiccincinnati.org



BINGO The Fairborn Knights of Columbus has BINGO every Wednesday night in the Parish Center. Doors open at 5:00PM and Instant start selling at 5:30PM. Early Bird

Games start at 6:15PM and regular games start at 7:00PM. Packages start at \$12.00 (12 faces). Last series of the night is a \$1000 cover all in 50 numbers or less, 51 numbers for \$750 and then played out for \$500. (Prize reduced if under 80 players) A portion of the profit is donated back to our parish. For more information or if you would like to volunteer to work one night a month call Eric Rogalinski @ 657-6958.



MUSIC MINISTRY:

We rehearse on Tuesdays from 6:30-8:00. For more information, please contact our music director, Julian Calvin, julian.calvin1@gmail.com or 878-8092.

WHY WE SING AT MASS

"God has bestowed upon His people the gift of song. God dwells within each human person, in the place where music takes its source. Indeed, God, the Giver of song, is present whenever His people sing His praises."
"SING TO THE LORD: MUSIC IN DIVINE WORSHIP"

Scrip News



Scrip will be for sale before and after all Masses Thanks for your support of this program. Please stop in the Bride's Room and check at the Scrip desk before or after mass. Questions call Judy @ 879-3570 or Myra @ 902-0299.

Mary, Help of Christians Catholic Church



Pray - Fast - Give Alms

**LENT HOLY HOUR WITH
EUCCHARISTIC ADORATION:**

You are invited to spend a holy hour of prayer with adoration every Monday evening during Lent from 7:00PM-8:00PM in the church. Join us on Mondays,

March 5, 12, 19 & 26.



**A Lenten Series ... at Sacred Heart Church
209 Lake Road
New Carlisle.**



**LENTEN
SERIES**

*"The only real sadness,
the only real failure,
the only great tragedy in life,
is not to become a saint." – Leon Bloy*

Traditionally, the weeks of Lent invite us to take stock of our lives as followers of Christ, to do penance, give alms, to grow in prayer, and to enter into a profound reflection that can be quite transformative.

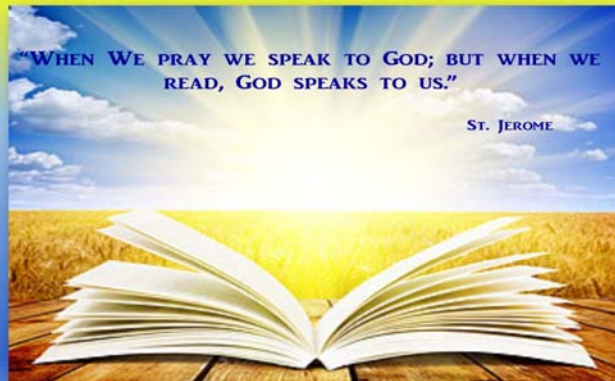
During Lent 2018 all are invited to participate in a Lenten series of three evenings that will offer the opportunity to step back and take a new look at sin, forgiveness, and reconciliation.

**These evenings will be Monday, March 5 and Monday, March 12
7:00 – 8:30PM in the Parish Hall.**

High school age youth, young adults, and adults – families, couples and individuals are encouraged to attend and make this a significant part of their *40-Day Crossing* from Lent to Easter, from Winter to Spring.

Father Jim Schimelpfening, SM, Marianist priest, professor, and spiritual director at the University of Dayton will direct the series.

**MHC PARISH SATELLITE LIBRARY
OPEN HOUSE
AFTER MASS MARCH 17-18**



COME BROWSE AND ENJOY REFRESHMENTS.

TO SEE ALL THE WONDERFUL BOOKS AVAILABLE GO TO:
[HTTP://MHC.LIBB.COM/1/MARY-HELP-OF-CHRISTIANS-LIBRARY](http://MHC.LIBB.COM/1/MARY-HELP-OF-CHRISTIANS-LIBRARY)

Lenten Reminders – Fast and Abstinence

Please note the following information from the Archdiocese on fasts and abstinence:



Ash Wednesday, February 14th and Good Friday, March 30th are days of abstinence from meat and also days of fast: that is, limited to a single full meal. With regard to Good Friday, the teaching of the Second Vatican Council should be recalled. Let the paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the Resurrection may be attained with uplifted and clear mind. *Constitution on the Liturgy, No. 110.*

The other Fridays of the season of Lent are days of abstinence from meat. The law of abstinence binds all Catholics 14 years of age and older. The law of fasting binds all Catholics from their 18th birthday until their 59th birthday (canons 97 and 1252).

With regard to the obligatory days listed above, however, there are frequent questions about the degree of seriousness of the matter. The teaching of the Holy Father may be simply paraphrased: the obligation to do penance is a serious one; the obligation to observe, as a whole or "substantially," the penitential days specified by the Church is also serious. No one should be scrupulous in this regard; failure to observe an individual day of penance is not considered serious.

People should seek to do more rather than less. Fast and abstinence on the days prescribed should be considered a minimum response to the Lord's call to penance and conversion.

The Way of the Cross



Traditional Stations of the Cross will be held every Friday at 7:00PM in the Church during Lent. If you haven't prayed the Way of The Cross for a few years please consider joining us for this beautiful devotion honoring the Passion and Death of Christ. The devotion originated in imitation of the early Christian practice of visiting the scenes of Christ's passion in the Holy Land.

Beginning Ash Wednesday, our beautiful Resurrection cross will be shrouded to keep the penitential and paschal nature of Lent. This will be a moving symbol of the Passion of Christ, especially during Holy Week. The unveiling for Easter will be the perfect sign of Easter Resurrection.

THIRD SUNDAY IN LENT



Kroger Shoppers:

Have you linked your Kroger Rewards Card to MHC? It's easy, and Kroger sends MHC a quarterly check based on the rewards points earned through this program. It does not affect the gasoline reward points you earn on

the same card. If you already have an account for your Kroger Plus Card, skip to step 2.

1. Go to www.krogercommunityrewards.com. Find the "Ohio, Indiana" area in about the middle of the page. Click on the "Enroll Now" button and follow the instructions on the "Create an Account" page.

2. Sign into your account through www.krogercommunityrewards.com, NOT through the regular Kroger.com website.

A page should appear with the following sections: "Find your organization".

Enter "Mary Help of Christians".

"Organization Name, Address, Organization Number".

Be sure to **click on the little circle** in front of the MHC information (the circle should turn blue).

"Complete Enrollment". **Click on "Save" box.**

If you have any questions, call Judy @ 937-879-3570.



The Loving Memory section on the back of our weekly bulletin will allow you to honor a deceased loved one by

including them in the "In loving Memory" section. If interested please clip and fill in this slip. You can put the slip in the collection or mail it to the parish. You will be billed by Diocesan, the bulletin publisher. If interested, please call the parish office, or you may contact **Mark Mazza** directly for pricing at [513-392-6768](tel:513-392-6768) or mmazza@diocesan.com. **Thank you for your support.**

Mary, Help of Christians Church # 389

Fairborn, Oh.

Loved One's Name: _____

Your Name: _____

Billing Address: _____

(make checks payable to Diocesan)

Phone number: _____



Have you ever wondered what the Catholic Church believes about certain topics?

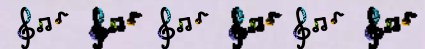
Have you ever wished to know more about faith? Now you can learn from the comfort of home or even when you're on the go. Just go online to www.formed.org scroll down to *Does your parish already have formed?* and enter the code: **J72WK2.(must be all CAPS)**. Then hit *submit..* Fill out personal login information... From this point forward, "Login" using your personal account. Explore the site and you will be pleasantly surprised at the volume of movies, faith formation and e-books available at no cost to you. It's some of the best Catholic content all in one place and just a click away.

New on Formed

Inspirational Resources for Lent

Formed provides amazing content 24/7 for you to grow in your faith this Lenten season.

Music During Lent



Music has the power of capturing the spirit of a liturgical season in a profound way. The General Instruction of the Roman Missal specifically points out that instruments should be used "with a moderation that is consistent with the season's character" and should be used only "to support the singing" of the assembly during Lent (no. 313).

We will change the tone of our music during this season- to a more reflective mood and work to support our community in their Lenten journey. Join us in reflecting on some of the words found in the Scripture readings of Lent: return, mercy, reconciliation, fasting, prayer, giving, covenant, test, light, kindness. The music of the season will express a penitential stance while at the same time giving voice to our hope and confidence in the God whose will is always to save, redeem, and reconcile. There will be no Gloria.

We will sing the Kyrie and the Gospel Acclamation.

We humbly trust that our music reflects the simplicity of the season and draws you into prayerful worship.



Earth Tips By MHC Green Summers coming! A few tips to keep your skin protected

It takes only 20 minutes of exposure to sun for skin to turn red or burn. It helps to know your skin tone-fair, medium or dark. Fair skin needs more protection. The Sun Protection Factor (SPF) measures the amount of ultraviolet A rays (UVA) which cause skin aging and wrinkles. The terms sun lotions and sun screen maybe used interchangeably, but they are not the same. Sun screens contain a SPF of 15 and up. They also contain a product like zinc oxide used specifically to protect the skin. Sun lotions have an SPF of 5 and 7 and no protection for your skin. When in the sun, wear sun screen, apply regularly and do not forget the ears, nose and neck.

A hat with a 2 to 3 inch brim is also great protection. Even on cloudy days when sunlight is more scattered, the UVA rays are present. On sunny or cloudy days wear a hat and sun screen and enjoy summer with your skin protected.

