

Dear Friends,

Lent is a time when we should incorporate giving of ourselves to others (almsgiving) into our lives. Giving of ourselves to others is easier than you may think!! If we go outside of ourselves during Lent, it will become second nature to us, and we will continue our almsgiving beyond Lent. You may have seen the quote on Lenten page on

Dynamic Catholic's website...this truly says it all:

"It's not what you give up this Lent, it's who you become."

Some examples of incorporating almsgiving into our daily lives are:

- Volunteer.....for one of our parish ministries, shoveling snow for a neighbor, becoming a catechist!!
- Spending the time you would have spent watching TV with your family playing a game together, or praying together.
- Writing letters or sending cards to family members you don't often see. Make cards for residents in assisted living facilities to help brighten their day.
- Giving someone a compliment each day, or simply smiling at a stranger....go out of your way to do so.

We celebrate the Fourth Sunday in Lent this weekend, which is known as Laetare Sunday, which comes from the entrance antiphon of Isaiah "Rejoice Jerusalem." This Sunday in Lent is similar to Advent's Gaudete Sunday-the third Sunday of Advent- in that we express hope and joy in the midst of our Lenten fast and penance. The priest may wear rose colored vestments, breaking from the Lenten violet vestment color. This color change represents a glimpse of joy in The Resurrection at Easter, and reminds us to focus on that joy and peace which awaits us.

Laetare Sunday is a R&R Sunday.....Rejoice and Rose!!

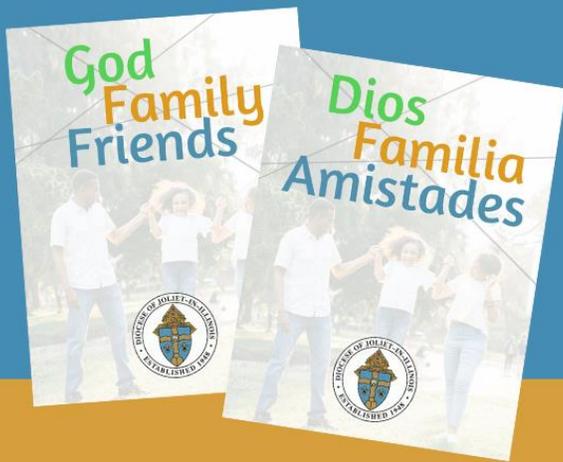
Attached is God, Family, Friends to use with your children, grandchildren, or neighbors in your Domestic Church throughout the week. Our weekend Mass times are Saturday at 4pm, Sunday at 8:30, 10:30am and 1pm for our Polish speaking parish family members. Go to our parish website and click on "Reserve A Seat" to register you and your family. Join us!! We would love to see you at Mass.

We should emulate Jesus this Lent..and always... through our prayer, our fasting and our almsgiving-giving of ourselves to others as Jesus did. Come and join our parish family as we walk with Jesus as we pray the Stations of the Cross on Friday mornings and Friday evenings.

Lenten Blessings to you and your family.

Our Mother of Good Counsel, Pray For Us!

~Janet



Helping families focus
on what matters most

Fourth Sunday of Lent (Laetare Sunday)

Theme: Jesus is the healing Light - believe in him and live

God

Mass

Our weekend Mass is now livestreamed. Check our parish website for the link; www.omgccc.org. Click on "Livestream Available" or you can go directly to our Vimeo link, <https://vimeo.com/omgc>, where you can view our weekend Mass.

Sunday Readings

<https://bible.usccb.org/bible/readings/031421-YearB.cfm>

Sunday Gospel Video (Whoever believes in Jesus will live forever)

<https://youtu.be/dqCnHf5tKBQ>

Sunday Lectio Divina Guide

<https://catholicdotbible.files.wordpress.com/2021/02/lent-4.pdf>

What is Laetare Sunday?

<https://youtu.be/4f2OcZId6Go>

FAMILY

Coloring Page

<https://www.coloringsun.com/wp-content/uploads/2015/11/coloringJesus-Nicodemus.jpg>

Pink Cake for Laetare Sunday:\

<https://catholicallyear.com/blog/lent-is-hard-to-do-and-other-ear/>

Dinner Conversation:

1. How has the COVID-19 pandemic or any other challenge brought darkness into your life?
2. **God is our light:** How have you reached out to God to help you find your way in the darkness?
3. Who has been **light** to you- In other words, who has brought light to your days?
4. How have you been a **light** to someone else experiencing times of darkness?
5. How can you be more aware of when other people need you to help them find **light**?

I AM the Light of the world:

Children's Talk: <https://youtu.be/28Jc6-EICqM>

Activity: Make a Glow Jar

<https://pastorronbrooks.com/light-of-the-world-activity-make-a-glow-jar/>

FRIENDS

Lent is not all about being sad. As we get closer to Easter, our hope in the power of Jesus' Resurrection to show that life is possible after loss, suffering - and even after death - should shine through. We all know this past year has been difficult for many people and there have been many losses, large and small.

Ask God to show you hope. Then, try wearing pink this week and putting on your best smile so that your friends will see you as a person of hope, no matter what you are going through. Be positive. Jesus came to save us - therefore we should show the world our joy. After all, Pope Francis said Christians should not walk around with a face like a pickled pepper!

One of the more serious temptations which stifles boldness and zeal is a defeatism which turns us into querulous and disillusioned pessimists, "sourpusses".

Joy of the Gospel, 85

In other words, if you know God loves you, please tell your face!

