

**The Twin Roman Catholic Parishes of  
St. Agnes & St. Anthony  
FIRST SUNDAY OF LENT YEAR C  
MARCH 06, 2022**



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Parish website: [twinparishes.caedm.ca](http://twinparishes.caedm.ca)

**St. Agnes & St. Anthony Joint Mission Statement**

**As sharers in the mission of Jesus Christ, we are committed to spreading the Gospel and building up the kingdom of God in our homes, in our parishes, and in the communities in which we live.**

**St. Agnes & St. Anthony Parish Staff:**

<b>Pastor</b>	Rev. Varghese Munduvelil CFIC
<b>Deacon</b>	Guy Germain
<b>Deacon</b>	Michael Pucylo
<b>Deacon</b>	Ramon Morales
<b>Business Manager</b>	Don Wong
<b>Administrative Assistant</b>	Florentina Suce
<b>Custodian</b>	Bruce Huynh

**Twin Parishes Financial Pulse**

		<b>Full Year</b>		
<b>Feb 26 &amp; 27</b>		<b><u>Actual</u></b>	<b><u>YTD</u></b>	<b><u>Budget</u></b>
<b><u>Sunday, Holy Day</u></b>	\$	3,425	\$43,055	\$350,000
<b><u>Building Maint. Fund</u></b>	\$	300	\$ 9,400	\$30,000
<b><u>Together We Serve</u></b>	\$	215	\$ 2,280	\$35,000

***“You will be enriched in every way so that you can be generous on every occasion, and through your generosity will result in thanksgiving to God.”  
2Corinthians 9:11***

***May God bless you in your response to His love?***

**Twin Parishes Masses for the Week**

<b>Tuesday, March 8</b> Mass @ St. Anthony	7:00 pm
<b>Wednesday, March 9</b> Mass @ St. Anthony	6:15 pm
<b>Thursday, March 10</b> Mass @ St. Agnes	9:00 am
<b>Friday, March 11</b> Friday Mass @ St. Agnes	9:00 am
<b>Saturday, March 12</b> Mass @ St. Agnes Mass St. Anthony	5:00 pm 7:30 pm
<b>Sunday, March 13</b> Mass @ St. Agnes Mass @ St. Anthony Mass @ St. Agnes	9:00 am 10:30 am 12 Noon



We begin our season of Lent by listening to one of the most familiar gospel stories of the Lenten season: *The Temptation of Jesus in the Desert* (Luke 4:1-13). Through this account, Jesus remains steadfast, never once giving into temptation, thereby giving us an example of how we can trust in the Lord, our God. The readings from today fill us with the courage to call on, and to trust, God in times of trouble.

We have all faced challenging and difficult moments – the last two years providing a very clear depiction. Today’s readings remind us that through any difficult or trying times in our lives, all we need to do is look to “my refuge and fortress, my God in whom I trust” (Psalm 91:2). This sentiment is reflected in the song *Oh My Soul*, by Casting Crowns:

*Oh my soul  
You are not alone  
There’s a place where fear  
has to face the God you know  
One more day, He will make a way  
Let Him show you how, you can lay this down  
'Cause you’re not alone.*

The God we know and believe in is a God of love and hope; as the Indian spiritual leader, Sri Chinmoy, once said. “Hope knows no fear.” If we allow ourselves to trust in the love and hope that God offers, we can – like the Israelites in today’s first reading – be guided by “His strong hand and outstretched arm”.

Our loving God does not only stand with us in times of troubles but he carries us through dark days to days filled with light and brightness; “to a land flowing with milk and honey” (Deuteronomy 26:9). As is sung in *Oh My Soul*:

*And there will be dancing  
There will be beauty where beauty  
was ash and stone.*

Perhaps one of the most hopeful lines from today’s readings comes from the second reading. As we begin this Lenten season and prepare for the holy season of Easter, we are reminded that our loving Heavenly Father is a God for all with “no distinction... enriching all who call upon him” (Romans 10:12). Through Jesus, we are all given an invitation and we are welcomed in His kingdom to be filled with His love.

*“The Spiritans”*

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**Forty Days: Scott Hahn Reflects on the  
First Sunday of Lent Year C  
March 06, 2022**

**First Reading – Deuteronomy 26:4-10**

**Psalms 91:1-2, 10-15**

**Second Reading – Romans 10:8-13**

**Gospel – Luke 4:1-13**

In today’s epic Gospel scene, Jesus relives in His flesh the history of Israel.

We’ve already seen that, like Israel, Jesus has passed through water and been called God’s beloved Son (see [Luke 3:22](#); [Exodus 4:22](#)). Now, as Israel was tested for forty years in the wilderness, Jesus is led into the desert to be tested for forty days and nights (see [Exodus 15:25](#)).

He faces the temptations put to Israel: Hungry, He’s tempted to grumble against God for food (see [Exodus 16:1-13](#)). As Israel quarreled at Massah, He’s tempted to doubt God’s care (see [Exodus 17:1-6](#)). When the Devil asks for His homage, He’s tempted to do what Israel did in creating the golden calf (see Exodus 32).

Jesus fights the Devil with the Word of God, three times quoting from Moses’ lecture about the lessons Israel was supposed to learn from its wilderness wanderings (see [Deuteronomy 8:3](#); [6:16](#), [12-15](#)).

Why do we read this story on the first Sunday of Lent? Because like the biblical sign of forty (see [Genesis 7:12](#); [Exodus 24:18](#); [34:28](#); [1 Kings](#)

[19:8](#); [Jonah 3:4](#)), the forty days of Lent are a time of trial and purification.

Lent is to teach us what we hear over and over in today’s readings. “Call upon me, and I will answer,” the Lord promises in today’s Psalm. Paul promises the same thing in today’s Epistle (quoting [Deuteronomy 30:14](#); [Isaiah 28:16](#); [Joel 2:32](#)).

This was Israel’s experience, as Moses reminds his people in today’s First Reading: “We cried to the Lord . . . and He heard.” But each of us is tempted, as Israel was, to forget the great deeds He works in our lives, to neglect our birthright as His beloved sons and daughters.

Like the litany of remembrance Moses prescribes for Israel, we should see in the Mass a memorial of our salvation, and “bow down in His presence,” offering ourselves in thanksgiving for all He has given us.

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To all the parishioners who are interested in having their church donations by automatic withdrawal from their banks please email or call the parish office @ 780-432-0611 to register.

**DONATE BUTTON**

**Parish website: [twinparishes.caedm.ca](http://twinparishes.caedm.ca)**

**Here are three ways to give:**

**St. Agnes and St. Anthony would prefer if you use:**

[Pre-Authorized Giving Agreement Form](#)

**Envelopes** can be dropped off or mailed to the parish office at:

**St. Anthony,  
10661-82 Avenue NW Edmonton,  
AB T6E 2A6**

**My Offering**

**Donate online:**

Thank you for being a good steward of St. Agnes/St. Anthony Parish.

Every gift is truly appreciated.

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**ST. VINCENT DE PAUL**

The Society of St Vincent de Paul responds to calls for help and assistance within our community. We are in need of gently used furniture and household items suitable to furnish small apartments. Some examples are smaller sofas, living room chairs, kitchen tables and chairs, dressers, mattresses, etc. We are unable to accept very large or heavy items. If you have items to donate please call 780-471-5577. We thank you for your support.

## **Preparing for Lent**

### **Lent is a time to prepare for Easter**

We get ready through prayer, fasting and almsgiving  
(or giving to charity)

### **Pope Francis' Lenten message: Addiction to digital media can hurt human relationships**

The Vatican released Pope Francis' **Lenten message** in which the pope recommended that Lent 2022 can be a time to put down the smartphone and encounter those in need face to face.

"Let us not grow tired of fighting against concupiscence, that weakness which induces to selfishness and all evil, and finds in the course of history a variety of ways to lure men and women into sin," Pope Francis said in the message.

"One of these is addiction to the digital media, which impoverishes human relationships. Lent is a propitious time to resist these temptations and to cultivate instead a more integral form of human communication made up of 'authentic encounters,' face to face and in person."

### **Here's a selection of activities you and your family can enjoy doing together:**

Reading the Bible as a family

Lent should be a time for developing good spiritual habits as well. Reading the Bible as a family takes a little planning, but it is well worth the effort, because it helps our children (and us!) develop a familiarity with Scripture and come to a deeper understanding of Lent. Here are a few tips to make it easier.

#### **1. Choose the Right Bible**

The **New Revised Standard Version (NRSV)** of the Bible is approved and recommended by the Canadian Bishops, and uses the same words we hear during the readings at Mass.

Another good choice is **The Catholic Faith & Family Bible**, a translation written specifically for families. It includes helpful tips for parents on sharing Scripture with children, and many suggestions to help families apply Scripture to daily living.

#### **2. Draw out the Themes**

After a reading from Scripture, discuss it briefly so that your children can understand that the story isn't just a historical one, but a spiritual one as well.

#### **3. Make Time for Questions and Answers**

Ask your children a few questions about the details of the readings. Make this quizzing fun, and they will be eager to try to answer your questions. That means

that they will remember the readings long after Lent has ended. And make sure to ask them if they have any questions for you, too.

For more tips,

visit **[http://catholicism.about.com/od/thecatholicfamily/tp/Read\\_Lent.htm](http://catholicism.about.com/od/thecatholicfamily/tp/Read_Lent.htm)**.

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## **Lenten Prayer Jar**



### **HOW TO MAKE A PRAYER JAR**

To help direct your thoughts and prayers this Lent, create a prayer jar.

First, you will need a clean, empty jar – preferably one with a wide mouth. Have an adult help you remove the label from the jar. Mason jars work well and don't have labels.

Once you have your clean jar, the fun begins. You can decorate your jar using paper, paint, ribbon, yarn, string or any fabric scraps you have on hand.

Depending on how you choose to decorate your jar, you may need glue & scissors. You may even want to use some acrylic paint to paint the glass before you start or to add your embellishments.

Once you have finished decorating your jar you will need to fill it with prayers! You can print this page and cut out the intentions, or simply write your own various intentions on strips of paper fold the strips and place them in the jar. On the days indicated on your Lenten prayer calendar, draw one strip of paper out and say the prayer that you have chosen.

This activity helps with prayer, reflecting and understanding the blessings that God has given us.

### **Prayer jar intention ideas**

- Pray for a family member in need
- Pray for those who are sick
- Pray for those who are alone
- Pray for a sibling or cousin
- Pray for someone who you think needs help
- Pray for those who have no one to pray for them
- Prayer: Jesus, let me be more like you today in my thoughts, actions and words.
- Prayer: God, make me someone who works for peace
- Prayer: Jesus, you tell me to love you and others. Help me to do both well today
- Prayer: Jesus, help me to be more compassionate and see others through Your eyes today