

Notes from Fr. Steve

As we enter the season of Lent, a period of reflection and preparation leading up to Easter, it's an opportune time for spiritual renewal. Lent offers a unique opportunity to deepen our connection with the divine, enrich our spiritual lives, and cultivate habits that foster personal growth. Here are some meaningful practices to consider incorporating into your Lenten journey:

- 1. **Prayer and Meditation:** Set aside time each day for prayer and meditation. Engage in silent reflection, commune with the divine through prayer, and meditate on sacred texts or spiritual teachings. These practices can help center your mind, nurture your spirit, and cultivate a deeper sense of awareness.
- 2. **Fasting and Abstinence:** Consider fasting from certain foods or habits as a way to cultivate self-discipline and mindfulness. By abstaining from indulgences, you create space for spiritual reflection and detachment from material desires. Additionally, fasting can serve as a symbolic gesture of solidarity with those who are less fortunate.
- 3. Acts of Charity and Service: Use Lent as an opportunity to engage in acts of charity and service. Volunteer at a local shelter, participate in a community cleanup project, or reach out to those in need. Serving others not only benefits the recipients but also nurtures a sense of compassion and empathy within ourselves.
- 4. **Scripture Study:** Dedicate time to studying and reflecting on sacred texts such as the Bible, or other spiritual literature. Explore the teachings and wisdom contained within these texts, and contemplate how they can guide and inspire your life journey.
- 5. **Sacramental Participation:** Participate in the sacraments of our faith community, such as confession, communion, and Station of the Cross each Friday during Lent. These sacred rituals serve as avenues for grace and spiritual nourishment, fostering a deeper connection with the divine and the faith community.
- 6. **Walking:** Consider walking as a form of meditative prayer. Walking can provide physical representation of the spiritual journey, with twists and turns symbolizing the ups and downs of life. As you walk the neighborhood, reflect on your journey, seek guidance, and open yourself to divine presence of God.
- 7. **Journaling:** Keep a journal to document your thoughts, prayers, and reflections throughout the season. Journaling can provide clarity, insight, and a sense of accountability as you navigate your spiritual journey. Use this time to explore your hopes, struggles, and aspirations with honesty and vulnerability.
- 8. **Gratitude Practice:** Cultivate a spirit of gratitude by focusing on the blessings in your life. Each day, take time to express gratitude for the gifts of love, friendship, health, and abundance. Gratitude opens our hearts to receive divine grace and invites joy and contentment into our lives.

As we embark on this Lenten journey, may we approach it with sincerity, humility, and a willingness to grow. Let us embrace these practices as opportunities for spiritual renewal, drawing closer

to the divine and nurturing the sacred flame within our souls. May this season be a time of transformation, healing, and deepening of faith for all who seek it.

Please remember to keep the parish in your prayers, especially for the sick and the suffering, your prayers being them healing, comfort and peace. May God Bless you and those you love!

OF THE CROSS

Fr. Steve

Friday's during Lent After the 9:30 a.m. Mass and 7:00 p.m.

REQUEST FOR 2023 CONTRIBUTION STATEMENT

| NAME | | | | |
|-----------------|--|--|--|--|
| ADDRESS | | | | |
| CITY | | | | |
| ENVELOPE NUMBER | | | | |
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Lenten Guidelines

- 1. Ash Wednesday and Good Friday: These are days for fasting and abstinence. Fasting involves limiting oneself to one full meal and two smaller meals that, when combined, do not equal a full meal. Abstinence means refraining from eating meat.
- 2. **Days of Abstinence:** All Fridays during Lent are days of abstinence, where Catholics are required to refrain from eating meat.
- 3. **Age requirement:** Fasting is required for all Catholics who are between the ages of 18 and 59. Abstinence from meat is required for all Catholics age 14 and older.
- 4. Exceptions: Those with health issues or other serious reasons, as well as pregnant or nursing women, are exempt from the fasting and abstinence rules. However, individuals are encouraged to substitute other acts of penance or charity if they cannot observe these rules.

GOSPEL MEDITATION

1st Sunday of Lent

When I feel down, I sometimes watch the famous "Double Rainbow" video on YouTube to feel better. It's hilarious. A young man camping in Yosemite Park sees two rainbows stretching across the sky. He bursts into a kind of ecstasy. "Double rainbow, all the way! Oh my God!" he announces. Then he starts to weep. He cries out, "What does it *mean*?" Beneath the humor of his glorious overreaction is the deep intuition we all have, I think, when we see the colorful bow in the sky. This Sunday, God sends a rainbow to Noah, and to us. What *does* it mean?

Long before YouTube had the double rainbow, Dante's medieval poem *The Divine Comedy* featured one in his image of paradise. Seeing two rainbows, he muses that one is born of the other. The bow is God's promise of peace. For Dante, it's even more: nature's encrypted image of the Trinitarian God. One visible rainbow (God the Son) is begotten of another usually invisible one (God the Father) united by invisible light between them (God the Spirit). Like invisible light, Trinitarian glory surrounds us in every moment — but Jesus has made it visible in his glorious body.

Lenten challenge: This might seem silly, but this Lent I invite you to find a rainbow and meditate on it. You might have to make one yourself, like this current desert-dweller will. Gaze on it. See there a natural gift from the Creator, saying to you, "Here I am! I will love and protect you, surrounding you in My glory." This Lent let's embrace that with confidence, rain, or shine.

— Father John Muir

First Sunday of Lent

Baptism and repentance is the common theme in today's Scripture passages. In Genesis, God establishes a covenant with Noah and his descendants: that never again shall all bodily creatures be destroyed by the waters of a flood. St. Peter, in his First Letter, references this story of Noah and the flood. He states:...Eight in all, were saved through water. This prefigured baptism, which saves you now. In the Sacrament of Baptism, our sin is forgiven, and we are called to discipleship in Christ, our Lord and Savior. Baptism is the "gateway" to all of the sacraments. At the Easter Vigil and Easter Sunday Masses, we strengthen our discipleship by renewing our baptismal promises, vowing to reject Satan, his empty promises, and the glamour of evil in our lives. In St. Mark's Gospel, the evangelist tells how Jesus remained in the desert for forty days, tempted by Satan. We know Jesus was successful in resisting this temptation. May we seek the Lord's grace in times of weakness so we, too, can avoid temptation that leads to sin. During this Lenten season, participate in the sacrament of Reconciliation to prepare yourself for the risen Christ.

You now can donate to St. Rene Goupil using your cell phone! Just take a picture of the QR code in the gathering space or in the bulletin; it will automatically link you to the St. Rene donation site. Enter the amount you wish to donate,

card information and press the "Pay" button. It's that simple! We thank you for your generosity.



SCAN CODE TO DONATE TO ST. RENE GOUPIL



First Sunday of Lent

A covenant is a formal agreement between two parties. Assuming both parties enter into the covenant of their own free will, it is a bond that cannot be broken. As time goes on, that covenant will be tested and its validity questioned by skeptics, but it will remain if it is real.

God's covenant with his people is real. It began with a promise made to Noah and was renewed in the person of Jesus Christ. It has been tested by man through sin and by evil through Jesus' trials in the desert. But here in 2015, it still remains as strong as ever.

This Lent, take time to rediscover and reflect on this covenant God has with us. Reclaim your baptism and make it a motivating factor in how you live your life. Take the opportunity this Lenten season provides to increase your devotion and spirituality. You will be tested and you will suffer trials, for life is not always easy. But God has always upheld his part of the agreement. Now is the time to take our part in this covenant more seriously.

Everyday Stewardship

The Unlikely Suspects

Have you ever taken a nature walk? Have you leisurely strolled through a forest or field, with no real destination in mind and your only objective being receptivity to and observation of all God's creation?

Sometimes, Scripture readings can feel like a nature walk. All of salvation history plays out against the backdrop of the natural world, with all elements of God's creation — plants and animals and the dust of the earth itself — turning in a supporting performance. How about Jesus in the hot and dusty desert, tempted, living "among the wild beasts?" Noah departed from his ark with the animals he rescued, observing God's sign in the very clouds of the sky. Even God Himself, offering us salvation from original sin through the waters of baptism.

How often do we remember that God speaks to us through all of His creation, even in the unlikeliest suspects?

Let's go back to the nature walk. It sounds like a lovely way to pass an afternoon, amongst wildflowers and butterflies, but don't forget the beating hot sun, mosquitos, and threat of rain on the horizon. Remember, we're not in heaven yet. Here on earth, God may be present in His creation, but that doesn't mean it's always easy to endure.

Lent is, essentially, a time to listen for the voice of God in places we may not expect: the mild irritations you experience when you're craving the chocolate you gave up, or the dull pangs of hunger during the Ash Wednesday fast. It's a golden opportunity to see the divine hand in all of creation, even those unlikely suspects.

— Tracy Earl Welliver, MTS

Lenten Daily Prayer

As we embark in this sacred journey of Lent, guide us with Your divine presence. Grant us the strength to embrace self-reflection and repentance, acknowledging our shortcomings with humility.

In these 40 days of Lent, help us grow closer to You through prayer, fasting, and acts of kindness. May we be mindful of the sacrifice Your Son made for our salvation, and may it inspire us to live with greater love and compassion.

Lord grant us the wisdom to discern Your will and the courage to follow it. May this season be a time of spiritual renewal, drawing us nearer to Your grace and mercy.

We entrust our Lenten journey to Your loving care, confident that Your mercy is abundant. May our hearts be transformed, and may we emerge from this season more deeply connected to You and to one another.

In the name of Jesus Christ, our Savior, we pray.

Amen.

Readings for First Sunday of Lent

Reading I Genesis 9:8-15

God said to Noah and to his sons with him: "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you: all the birds, and the various tame and wild animals that were with you and came out of the ark. I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth." God added: "This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in the clouds to serve as a sign of the covenant between me and the earth. When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made between me and you and all living beings, so that the waters shall never again become a flood to destroy all mortal beings."

Reading II 1 Peter 3:18-22

Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

Gospel
Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

Readings for the Meek

Sunday, February 18, 2024:Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 (see 10)/1 Pt 3:18-22/Mk 1:12-15

Monday, February 19, 2024:Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

Tuesday, February 20, 2024:Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15

Wednesday, February 21, 2024:Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

Thursday, February 22, 2024:1 Pt5:1-4/Ps23:1-3a,4,5,6/Mt16:13-19

Friday, February 23, 2024:Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26

Saturday, February 24, 2024: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

Sunday, February 25, 2024:Gn 22:1-2, 9a, 10-13, 15-18/Ps 116:10, 15, 16-17, 18-19 (116:9)/Rom 8:31b-34/ Mk 9:2-10



Tuesday, February 20, 2024 9:30 a.m.

+Robert Keyes, Birthday

Thursday, February 22, 2024 9:30 a.m.

+Judy Durocher

Friday, February 23, 2024 9:30 a.m.

- +Angelina Testa
- +Frank Finazzo
- +Linda Hohmann

Saturday, February 24, 2024 4:00 p.m.

- +Felix & Rita Gatt
- +Mary Jean Calmi
- +Edwin Wagner
- +Franklin Langenstein
- +Steven Herbert
- +David Boni
- +Lottie Roman
- +Edward Roman (25th R.A.)
- +Walter Broski
- +Rosemarie Calmi
- +Jerry Nowakowski
- +Adrian Gonska
- +Christopher Kudla

Sunday, February 25, 2024 8:30 a.m.

+Sharon Murawski

Special Intention of Victoria & Tim Roddy

- +Angelina Knurek
- +Lourdes Andrion
- +Lydia Francisco
- +Josephine Martineau

10:30 a.m.

+Laura Mastracci

5:30 p.m.

Healing for Dylan Ventimiglia Special Intention of Brittany Hicks

- +Milagros Sunga
- +Magdelena Austria

LENT PREPARE THE WAYOF THE LORD

EVERYDAY STEWARDSHIP

When I was a teenager, the experience of Catholic retreat basically changed my life. I wasn't lost or hurting, but the 3 days placed me on a path that led to where I am today. Certainly, my experiences of faith before and after that weekend also played a role in the person I have become. However, the power of God I felt in that short period of time had such a profound effect on me it became a type of lens through which I then came to see the rest of my life.

Sometimes we need to get away from it all to realize what really matters in life. We step back and see things more clearly. When we are fully in the world it is hard to get past the busyness and constant noise of modern existence. Distractions are all around us and our attention span can be so limited when it comes to truth.

This Lent, find the time to slow down, to get away from it all, and to rest in the peaceful arms of God. Go to the desert and work on surrendering all you are, and have, and will be to Jesus. Reflect on the many gifts you have been given and discern the best ways to cultivate those for God's glory. As this season begins, be mindful of the fact that this time will never come again. There might be a Lenten season next year, but God is calling you now.

-- Tracy Earl Welliver, MTS







Please Remember St. Rene Goupil Parish In Your Will

| Weekend Liturgy Schedule for February 24 & 25 | | | | | |
|---|--|--|---|--|--|
| | Saturday 4:00PM | Sunday 8:30 AM | Sunday 10:30 AM | Sunday 5:30 PM | |
| Presider | Fr. Steve | Fr. Joy | Fr. Steve | Fr. Felix | |
| Lector | Lorraine Doyle | Jovita Engalan | Thess Monterio | Louis Youkhana | |
| Altar Servers | Isabella Gonzalez Nathan Gonzalez | Karin Nieto | Phat Le Phong Le | | |
| Eucharistic Ministers | J Dzuris M Passalacqua Open | Open Open Open | E Monterio T Monterio Open | Open Open Open | |
| Ushers | Tom Pluta Dave Hintz Todd Messineo Karen Messineo Nick Rieser Jim Moravek Omar Oszust Gary Novelli | Tom Dutkiewicz Luis Nieto Al Gyenese Mike Kazyak Ed Stivers Sharon Olszewski | Terry Shaughnessy Tom Fooy Ralph Fackler Wilmar Suan Joe Meli Chrisie Fish Chris Norris | Paul Hornung Mike Galuszka Ofelia Fermil Fred Rossi | |
| Sacristan | L Youkhana | K Nieto | H DeVera | V Jennings | |



St. Rene St. Vincent de Paul helps with utility bills, clothing, household items, food and in certain cases evictions. If you know of anyone who needs help, please have them call (586) 718-4523. They do not need to be parish members. All information is kept strictly confidential.

The St. Vincent de Paul food pantry is in need of the following items:

Cooking oil, laundry detergent, salad dressing, tooth brushes, bar soap and shampoo.



Please join in a Eucharistic Revival Mission to be held Sunday, Monday and Tuesday evenings on February 25-26-27. The first evening a talk will be given by Fr. Jim Lowe, C.C., followed by confessions and adoration, hosted at St. Margaret Parish, St. Clair Shores. Monday evening Fr. David Preuss, OFM Capuchin will give a talk at St. Pio Parish, Roseville bringing with him a relic of Blessed Solanus Casey for our veneration and intercession; and Tuesday evening the mission will conclude with Mass with Bishop Jeffrey Monforton at Our Lady of Hope Parish, St. Clair Shores. All talks take place at 6:30 pm.

STAY CONNECTED

I encourage you to sign up for this resource and make use of the Bible studies, faith formation opportunities, and Catholic movies available. Signing up only takes a few easy steps:

- 1. Visit www.formed.org and click "Sign up."
- 2. Click "I belong to a Parish or Organization."
- 3. Type "Faith at Home Detroit" in the center box under Create New Account. (You'll see it populate from the drop-down menu.) Click "Next."
- 4. Enter your first and last name as well as your email.
- 5. Now you're registered! You can also download the app on you Smartphone. If you need further assistance, contact *Formed* at www.help.formed.org or toll-free at 844-367-6331.



It is that time of year again...time for our annual Lenten Towel Project. We will be collecting brand new bath towels and washcloths during the Lenten season; from Ash Wednesday until Good Friday. These may be placed in the wooden bin near the library. These shelters are so appreciative of the help we provide every year.

The towels and washcloths will once again be distributed to the Salvation Army's MATTS (Macomb's Answer To Temporary Shelter) program and Turning Point (a shelter for abused women and children).

Lent is a wonderful time of prayer and sacrifice. Please pray to see if it is in your heart to give a little help to these people who need so much.

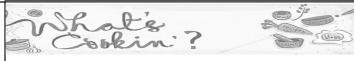
May God bless you this Lent.



Our Sunday Offering February 10 & 11 Thank you for your generous response.

God Bless you!

If you wish to read the bulletin it can be found online at Parishesonline.com then search by zip code. You can go online to the aod.org/live masses to find Weekday and Weekend Masses that can be watched.



Lemon Tea Bread

1 c. sugar

1/2 c. butter, melted

2 eggs

1 1/2 c. flour

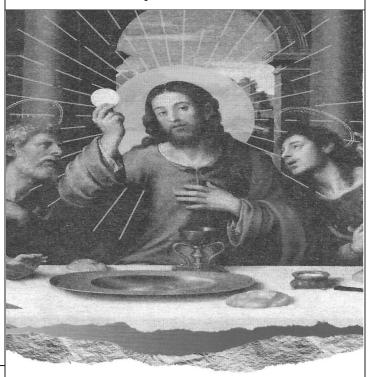
1 1/2 tsp. baking powder

1/2 tsp. salt

1 tbsp. grated lemon peel

1/2 c. milk

Combine all ingredients; blend well. Pour into greased and floured 9x5x3 inch pan. Bake at 325 F for 1 hour or until done. While bread bakes, dissolve the juice of 1 lemon and 1/2 c. sugar on low heat; set aside. When bread comes out of oven, prick with fork and pour lemon sauce over it. Let stand in pan until completely cooled. Remove and place on rack.





eucharisticrevival.org



The names for the prayer list for the sick is now done by personal intercession. Please drop the names of those needing prayers for healing in the petition box in the gathering area. We are asking that you take 2 names from the basket and pray for those people by name every day for four weeks. If an emergency comes up please call the parish office and we will get members of the community to pray and offer intercessions for them at daily mass.



We are in need of Sacristans and Eucharistic Ministers. If anyone is interested, please contact Gordon Yeck at (810)343-2954.

We are in need of Ushers at the 8:30 a.m. & 10:30 a.m. Masses. If you are interested in Ushering, please see one of the Ushers.

Altar Server training

Anyone young or adult who would like to serve at the altar is invited to a training session. Please come serve at the altar!

Date & Time to be announced!

Please Pray for the Family Members of our Parishioners serving in the Military:

Josey Blades (Air Force) Airman 1st Julie M.

Chervon

Spc. Shaen Connery (Army) P.O. 1st Dale A. Foglyano Nicholas Foglyano (Army)

P.O. 2nd Nicolas Fooy (Navy) Lt Col David Fries

Lt Col David Fries Maj. Laura Geldhof Joe Gill, Navy

Staff Sgt. Nicole R. Grenon Christopher Grubby (Navy) Pfc. Kevin Heath Lt. Christopher Kerr Pfc. Paul Koss (Marines) Lt. Joseph Kraft

Sgt. Joseph Kucharek (Army)

Sgt. Chris Libecki Mark Locricchio (Army) Sgt. Sean McDowell (Army) LCPL Miguel Menzer

SPC Matthew Muellenhagen Maj. Eric Olson

Chief Daniel Przybylinski

(Navy)

Justin Quinn (Marines) Anthony Roszko (Army)

Lt. Greg Siuta Maj. Allison Stewart Sgt Tomas R. Studholme, Jr. ISG Robert Sutton

Sgt. Matthew Sweetman Joel Vasquez, (Navy Seal)

Prayer for Those Serving in the Military

Lord, hold our troops in your loving hands. Protect them as they protect us.

Bless them and their families for their selfless acts they perform for us in our time of need.

Amen



Adoration Chapel

In the documents of the Second Vatican Council, the Church Fathers describe the Eucharist as: "The source and summit of the Christian life. The term "Eucharist" originates in the Greek word Eucharistia, meaning thanksgiving.

"Take; this is my body" Mark 14:22

- 1. The real presence of Christ in the Eucharist is real, true and substantial.
- 2. "It is called the Eucharist because it is an action of thanksgiving to God." (CCC. No. 1328)
- 3. "Jesus awaits us in the sacrament of love." (St. John Paul II, Dominicae cene, no. 3)
- 4. Eucharist makes the one present sacrifice of Christ the Savior." (CCC, no. 1330)

If you would like to take the opportunity to be still and listen to God (without worldly interruptions), we have a need for almost every hour to have a second adorer, thereby making less the need for a substitute. It is a sacrifice being Catholic in our world today, you need contemplation and the grace to make you holy. Please call Mary Peterson to sign up at (586)979-1469 or (586)738-1154.

Uncommitted Hours
Tuesday 1pm & 2pm
Friday 4pm
TAKE TIME FOR PRAYER!

SAINT RENE GOUPIL Catholic Church

35955 Ryan Road Sterling Heights, MI 48310 (586) 939-7500 Fax (586) 939-7839

Office Hours
Monday - Thursday
9:00 a.m. - 3:00 p.m.
Closed 12 Noon—1:00 p.m. Lunch
Friday 9:00 a.m. - Noon

Pastoral Staff

Rev. Steven Koehler, Pastor Rev. Joy Chakian, Associate Rev. Mr. John Ball, Deacon Rev. Mr. Kevin Tietz, Deacon Michael Novak, Director of Evangelization & Education Alexander Sunga Director of Worship & Music

ORGANIZATIONS & SERVICES

Legion of Mary
Mary Peterson (586) 979-1469
Divine Mercy
Diane Broaddus (586) 977-1978
Ushers
Al Gyenese (586) 808-3128
Perpetual Adoration
Mary Peterson (586) 979-1469
Catholic Social Services
of Macomb
Clinton Twp. (586) 416-2300
St. Vincent de Paul (Poverty Help)
(586) 718-4523
Joseph White, Grand Knight, K of C

Weekend Liturgy Schedule

Saturday 4:00 p.m. Sunday 8:30 a.m. 10:30 a.m. 5:30 p.m.

Weekday Mass Tuesday, Thursday, Friday 9:30 a.m.

Confessions 3:00 p.m. every Saturday

WELCOME

If you have attended Mass at St. Rene and would like to become a member, please visit our parish office where you can register and discuss all of the wonderful ways to grow in faith through Christian Service, Worship, Youth Ministry, Outreach, Faith Formation, and in our Adoration Chapel. For more information call 586-939-7500.

St. Rene Mission Statement

St. Rene Goupil Parish is a Catholic Community, dedicated to strengthening the faith and love of its people. Our mission is to proclaim that Jesus is Lord, to celebrate His Presence, and to reach out to others in His name.

Parish Registration:

Welcome to all new families/individuals. Please register as soon as possible. Membership is a condition for the reception of the Sacraments of Baptism, Reconciliation, First Eucharist, Confirmation and Marriage.

Registration is also required before the parish can issue a sponsorship certificate for those asked to be a sacramental sponsor. Registration forms are available in the Parish Office.

Baptism:

Baptisms are celebrated the third Sunday of the month at 12:00 p.m. A parent preparation class is mandatory. Classes are held on the fourth Saturday of each month at 10:00 a.m. Call the Parish Office during weekday office hours to register for a class.

Penance: Saturday 3:00 p.m. Special schedules for Advent and Lent.

Marriage:

Arrangements must be made through the Parish Office at least six months prior to the desired wedding date. One person of the couple must be an active, registered member of St. Rene Goupil Parish for six months.

Anointing of the Sick:

On request or by appointment through the Parish Office.

