

Dear Padre,

When I'm trying to pray, I can't stop thinking about my to-do list. How do I keep my mind from racing when I pray?

Most spiritual directors encourage a person to enter gently into solitude and prayer. Real conversation with any friend begins with warm acknowledgment of that friend's presence, so as you sit or kneel, acknowledge that you are in a sacred place and that God is present.

Several techniques can help us find interior silence and solitude. Many people find it helps to sit in a comfortable position and pay close attention to their breathing. Taking slow, deep breaths relaxes our minds and hearts.

When repeated, a sacred word like *Jesus* or *Abba* can focus our attention and help us let go of the distractions that can so easily crowd our consciousness.



Another technique is to take a few moments to find quiet, then read a passage from Scripture. Many people choose the Gospel passage of the day; others read a Gospel through from beginning to end by reading a short passage each day. Other excellent techniques to focus your praying include the Church traditions of *lectio divina* as well as the imaginative prayer method advocated by St. Ignatius.

True conversation goes both ways. One way God speaks to us is through the word. Reading Scripture as part of our conversation with God is a good way to be sure we don't do all the talking.

Fr. Michael Brehl, CSSR / Sundaybulletin@Liguori.org

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about Dear Padre.

A WORD FROM *Pope Francis*

Prayer often coexists with distraction. Indeed, the human mind struggles to dwell for long on a single thought. We all experience this constant whirlwind of images and illusions in perpetual motion, which accompanies us even during sleep. And we all know that it is not good to follow this inclination toward disorder.



GENERAL AUDIENCE, MAY 19, 2021

Calendar

Monday

MARCH 28

Lenten Weekday

Is 65:17-21

Jn 4:43-54

Tuesday

MARCH 29

Lenten Weekday

Ez 47:1-9, 12

Jn 5:1-16

Wednesday

MARCH 30

Lenten Weekday

Is 49:8-15

Jn 5:17-30

Thursday

MARCH 31

Lenten Weekday

Ex 32:7-14

Jn 5:31-47

Friday

APRIL 1

Lenten Weekday

Wis 2:1a, 12-22

Jn 7:1-2, 10, 25-30

Saturday

APRIL 2

Lenten Weekday

Jer 11:18-20

Jn 7:40-53

Sunday

APRIL 3

Fifth Sunday of Lent

Is 43:16-21

Phil 3:8-14

Jn 8:1-11

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*Forth Sunday
of Lent*
March 27th 2022

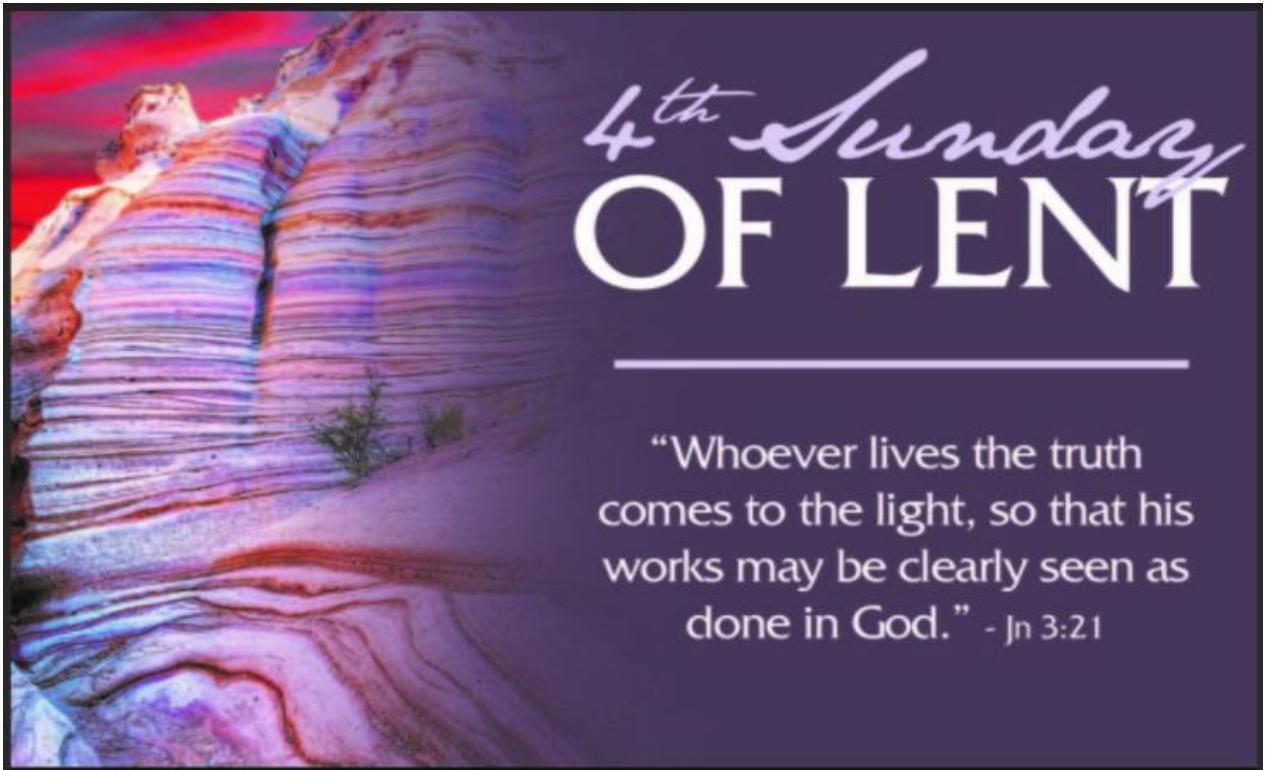


St. Ann Catholic Church & Our Lady of Chartres Mission

Pastor: Reverend Fr. David Milton

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Web: www.stannparishlzana.org --- **Email:** stanngulport@hotmail.com



4th Sunday
OF LENT

“Whoever lives the truth
comes to the light, so that his
works may be clearly seen as
done in God.” - Jn 3:21

St. Ann Mass Schedule

Sat. March 26th 5:00pm Padre Pio

Sun. March 27th 9:00am Ex. Society

OLC Mass Schedule

Sun. March 27th 7:30am Ex. Society

**SACRAMENT OF
RECONCILIATION**

**Before Mass and by
Appointment**

Monday, March 28th 8:00am Ex. Society

Wednesday, March 30th 6:00pm Ex. Society

Thursday, March 31st 8:00am Ex. Society

Friday, April 1st 8:00am Ex. Society

Saturday, April 2nd 5:00pm Ex. Society

Sunday, April 3rd 9:00am Ex. Society

Sunday, April 3rd 6:00pm Ex. Society

From Father David's Desk...

REJOICE!

Rejoice! Today is Laetare Sunday, the Lenten Sunday to rejoice. We are encouraged to rejoice, not because Lent is half over, but because something extraordinary has occurred. All three readings for today applaud some wondrous and joyous occasion.

The reading from Joshua notes the end of the Israelites' grueling Egyptian and wilderness experience. They settled in Canaan and now celebrated the anniversary of their deliverance by offering to God in gratitude the fruits of their own harvest. The people who once were landless have now been made anew. This is surely a reason to rejoice.

Paul's words to the Corinthians were reason for great rejoicing. He assured them that, because of the death and resurrection of Jesus, their sinfulness was not held against them. Instead, they were now reconciled with God. They were a new creation. This too is reason to rejoice.

Jesus' story about the merciful father touches every life. The young son turned away from his home and his family, yet it was the father's actions that brought about the reconciliation. The story did not explicitly say that he simply forgave his son. More than that, it says that he was filled with deep compassion for him—a compassion that restored the bond between them. This compassion brought the son who was dead back to life. There is no greater reason for rejoicing.

God has brought us into a new land, has made each of us a new creation, and has brought us back to the embrace of our Father. And so, we rejoice.

*With Prayers,
Fr. David*

FOR *Reflection*

- ★ Think of a time when a severed relationship was repaired. Be grateful.
- ★ What might you do to repair a situation of alienation in your life?

St. Ann Stewardship:

Identifiable: \$2411.00 – Loose: \$229.00

Children: \$0 (ACH: \$105.00)

Total: \$2640.00

OLC Stewardship:

Identifiable: \$160.00 – Loose: \$95.00

Total: \$255.00

6:00PM MASS Cancellation:

The 6:00pm Mass will be cancelled starting April 9th. Should you have any questions please contact Fr. David

Lenten Adoration Schedule:

Adoration for First Friday April 1st:

8:30am to noon in the Adoration Chapel.

Adoration for all other Fridays will remain 8:30am to 9:30am in the Chapel.

ST. ANN'S Lenten Retreat:

In preparation for Easter, St. Ann's parish will be hosting a Lenten Retreat April 2nd from 11am to 5pm. A penance service and Mass will be held after lunch. Guest

Speaker: Fr. Michael O'Conner

Retreat Sign-up Sheet is in the back of church. Please add your name should you wish to attend.

STATIONS of the Cross:

Stations of the Cross will be held each Friday during the Lenten season beginning at 6:00pm in the Church.

MASS	LECTOR	SERVERS	USHERS
Saturday - March 26 th 5:00pm	Beverly Saucier		August Schonewitz
Sunday - March 27 th OLC 7:30am	Doug Ladner		Terry Mitchell
Sunday - March 27 th 9:00am	Kim Wood	Whyte, Cameron, Kane	William Burke
Sunday - March 27 th 6:00pm	Kathleen Cuevas		John Moran
Saturday - April 2 nd 5:00pm	Beverly Saucier		August Schonewitz
Sunday - April 3 rd OLC 7:30am	Sandra Ammons		Terry Mitchell
Sunday - April 3 rd 9:00am	Sherrie Demello	Harmon, Cameron, Blane	William Burke
Sunday - April 3 rd 6:00pm	Kathleen Cuevas		John Moran

SECOND Collection:

There will be a second collection after Mass, March 27th, for Fr. David's order - The Herald of Good News.

CHILDRENS Mass & Easter Egg Hunt

We will be hosting an Easter egg hunt and Picnic for everyone after the 9:00am Mass, April 3rd. Festivities begin at 10:30am. Remember to bring your baskets and don't be surprised if the Bunny joins us.

Donations: If you would like to donate eggs for the Easter egg hunt please do!

SCHOOL Subsidy:

Available for Catholic school students who are registered and belong to this parish. Bring the form from the respective school to Fr. David. He will sign it if the requirements are met. Thanks

PARISH Garage Sale: St. Ann will be holding a Parish garage sale Saturday, April 23rd and Saturday, April 30th from 8:00am-3:00pm on the Parish grounds. All proceeds will go to the Parish. Anyone wishing to donate call (228) 236.5888. All donations accepted.

PRAYER Request Updates:

Please notify the office of any updates concerning the prayer request list. (228) 236-5888

HERALDS OF GOOD NEWS – Mary Queen of Apostle Province.

As we reflect on these 40 days of Lenten, we find it's not only a time for sacrifice but also a time for giving back. During this time, Fr. David has the opportunity, with your help, to give back to the society that has given so much to him. The Heralds of Good News is a Missionary Society of Apostolic life within the Diocese of Eluru, India. During these 40 days we have the opportunity to help his order in Fr. David's name. Any donation you can make will be a Blessing to his order and his Ministry. Make checks payable to St. Ann's Catholic Church. Envelopes are in each pew and in the back of the church. *Thank you*

PRAYER Requests:

Leslie Cuevas, Lee James, Dalwin Cuevas, Colby Cagle, Andrew Fillengame, Breanna Ladner, Andrew, Sharon Somora, Nancy Ladner, Chris (Duke) McGill, Paul Ladner, Dianne Dearman, Marie Cuevas, Sharon Smith, Kathy, Marlene Moran, Teresa McAllister, Kendra Necaise, Courtney Stewart, Kathy Robison, Joseph & Megan Colbi-Capuano, Brenda Peterson, Christine Constantine, Anthony Moran, Jill Ladner, Stephany Bass, Lynn & Linda Bangs, John O'Neal, Loretta Ladner, Matt Dubission, Cindy Ladner, Amanda Mayberry, Robin Cuevas, Wally Clifford, T.J Moran, Robin Shampo, Glinda & Jerry Gartman, Jill Ladner, Brenda Hoda and Louise Slade.