



**St. Regina's Church Staff**

**Pastor:** Fr. ANTHONY ONYEKWE

**Secretary:** Patricia Humble

**DRE:** Christina Hammond

**Facilities Manager:** Jim Molitor

**Web Page:** [saintreginacatholicchurch.org](http://saintreginacatholicchurch.org)

### Remember In Prayer

Fr Robert Ponticello , Martha Jo ,  
Judy Hendricks ,Kaylee Bowling ,  
Joy Williams , James Ferebee ,  
Diane Markowski ,Cindy Humble,  
Michaelle Box ,Michael Cox .

## Fourth Sunday of Lent

March 19, 2023

### SEEING THE LIGHT

Our Lenten journey continues this Sunday as we hear of Jesus healing a blind man in the Gospel of John. Jesus proclaims himself the light of the world, a light that overcomes darkness and enables a new capacity to see. The man, blind from birth, was able to begin his path to sight by first acknowledging his blindness. We are reminded of God's ongoing invitation to us to journey from blindness to sight. We begin by acknowledging our own capacity for "blind spots," and so open ourselves to uncomfortable truths and to God's healing. We are invited to see beyond appearances, as the reading from Samuel indicates, and to look into the heart of things. We are invited to "live as children of light" as the letter to the Ephesians teaches. Like the man healed from blindness, we may gradually learn to see fully and to follow Jesus.

### The Three Lenten Disciplines: Fasting

The season of Lent is characterized by fasting and abstinence. I remember that when I was a child, my parents instilled in me the practice of give up eating sweets and abstaining from candy during Lent so I could share the bitterness endured for my sins. Eventually in our parish, the priest encouraged us to put aside the money saved from not buying candies in order to send it to poor children. Fasting and abstinence were not only ways to accompany Jesus in his suffering on the cross, but also means of encouraging and consoling him in his suffering children of today's world. The pastor taught me that fasting is not simply refraining from sweets and candy; fasting teaches me how to deny myself so that it is not I who live but Christ who lives in me. To fast means to deny myself certain things in order to give life to others, and thus, with my small sacrifice, to make the world a little better. s of the suffering that Jesus

### Lenten Penance service Wednesday March 22nd after 5:00 pm Mass

### SPRING

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

### TODAY'S READINGS

**First Reading** — As the prophet Samuel anointed David with oil, the spirit of the LORD rushed upon David

(1 Samuel 16:1b, 6-7, 10-13a).

**Psalm** — My shepherd is the Lord; I shall not want (Psalm 23).

**Second Reading** — You who were once darkness are now light in the Lord. Live as children of light (Ephesians 5:8-14).

**Gospel** — The man who was blind from birth proclaimed: The one called Jesus made clay with his saliva, anointed my eyes with it, and told me to wash. When I washed, I was able to see!

(John 9:1-41 [1, 6-9, 13-17, 34-38])

### SAINTS AND SPECIAL OBSERVANCES

Sunday: Fourth Sunday of Lent

Monday: St. Joseph; Spring begins

Thursday: St. Toribius of Mogrovejo

Friday: Abstinence

Saturday: The Annunciation of the Lord

### LIGHT AND SHADOW

In faith there is enough light for those who want to believe and enough shadows to blind those who don't.

### CATHOLIC PRAYER CORNER

#### Prayer in Time of Sadness and Grief

O God of compassion,  
your people are in pain.

Send your Holy Spirit among us  
to dispel the fear that accompanies grief.

We cry out to you in our confusion;  
comfort us in our affliction.

Help us to travel this road of grief and sadness  
with our eyes fixed on the salvation  
promised us through the death and resurrection  
of your Son, who is Lord forever and ever. Amen

### READINGS FOR THE WEEK

Monday: 2 Sm 7:4-5a, 12-14a, 16; Ps 89:2

5, 27, 29

Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24a or  
Lk 2:41-51a

Tuesday: Ez 47:1-9, 12; Ps 46:2-3, 5-6, 8-9; Jn 5:1-16

Wednesday: Is 49:8-15; Ps 145:8-9, 13cd-14, 17-18;

Jn 5:17-30

Thursday: Ex 32:7-14; Ps 106:19-23; Jn 5:31-47

Friday: Wis 2:1a, 12-22; Ps 34:17-21, 23;

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

Saturday: Is 7:10-14, 8:10; Ps 40:7-11; Heb 10:4-10;

Lk 1:26-38

Sunday: Ez 37:12-14; Ps 130:1-8; Rom 8:8-11;

Jn 11:1-45 [3-7, 17, 20-27, 33b-45]

### CHARITY

If you truly want to help the soul of your neighbor, you should approach God first with all your heart. Ask him simply to fill you with charity, the greatest of all virtues; with it you can accomplish what you desire.

—St. Vincent Ferrer

### Stations of the Cross on Fridays during Lent at 4:30 pm

MARCH 26TH 2023

Lector Mark

Servers Jesus & Marina

Counters Ann & Anita

March 12th, 2023

Sunday Collection

\$1433.00

Easter Flowers

\$92.00