

# FOURTH SUNDAY IN ORDINARY TIME

January 29, 2023



## *Saint Stanislaus Catholic Church*

516 East 13th Street  
Erie, Pennsylvania 16503  
814.452.6606  
www.ststanserie.org  
email: ststaner@outlook.com

Fr. Jason Glover, S.T.L., Pastor  
Msgr. Daniel Magraw, Senior Associate  
Debbie Oldenski, Secretary  
Thaddeus Fryczynski, Director of Music

Office Hours: Monday - Friday, 9:30AM - 3:00 PM  
(Closed 12:00PM - 1:00PM, Saturdays, Sundays, & Holidays)

**Weekend Eucharistic Liturgy:**  
**Saturday at 4:00PM; Sunday at 9:00AM**  
**\* Daily Eucharist: Call the Parish Office**

## *Holy Trinity Catholic Church*

2220 Reed Street  
Erie, Pennsylvania 16503  
814.456.0671  
www.holytrinityrc.org  
email: parishoffice@holytrinityrc.org

Fr. Jason Glover, S.T.L., Pastor  
Msgr. Daniel Magraw, Senior Associate  
Mary Ann Merski, Secretary  
Jeannie McGinley, Director of Music

Office Hours: Monday - Friday, 9:00AM - 4:00PM  
(Closed 12:00PM - 1:00PM, Saturdays, Sundays, & Holidays)

**Weekend Eucharistic Liturgy:**  
**Saturday at 5:15PM; Sunday at 10:30AM**  
**\* Daily Eucharist: Call the Parish Office**



*Saint Stanislaus & Holy Trinity*  
*Partners in Faith & Mission*



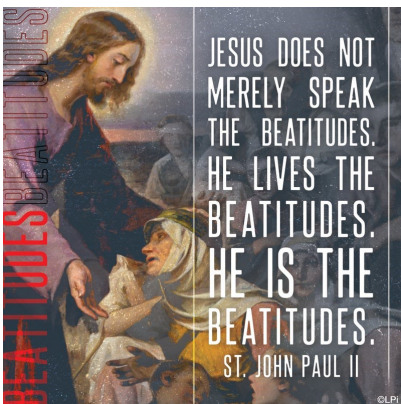
**January 29, 2023**  
**4th Sunday in Ordinary Time**

In my parents' bedroom there were on the wall two photos of my mom and dad from their early adulthoods. The photo of my mother entranced me when I was a boy. I loved looking at it, even though I saw her in daily life. Something about that picture captured her perfectly. It was an image of the joy, wisdom, beauty, and strength that enveloped me from the start of my life. It was an icon of the woman who fed, taught, and encouraged me. I felt a deep pride that I came from such beauty.

The beatitudes of Jesus are a kind of self-portrait. But it is a strange picture. At first, the blessings of being poor, mourning, and hungering and thirsting for righteousness may seem bizarre or, worse, a religious delusion. Who wants to look like that? But if we look again, we begin to see the characteristics of Jesus' form. He becomes poor and fills it with his riches for us, he weeps and mourns for us, and fills it with his joy, he hungers and thirsts for us to be righteous, and so satisfies us. And so on. It's the way he appears on the cross.

Perhaps we should put on our bedroom room walls the words of the beatitudes next to a crucifix of the Lord Jesus. Then we can do what the beatitudes are designed for, to gaze at the joy, wisdom, beauty, and strength of the one who is our origin, and who is with us every day. And little by little, we'll start to look like him.

— Father John Muir



**Readings for the week of January 29, 2023**

Sunday: Zep 2:3; 3:12-13/Ps 146:6-10/1 Cor 1:26-31/Mt 5:1-12 [4th Sun.]  
 Monday: Heb 11:32-40/Ps 31:20-24/Mk 5:1-20  
 Tuesday: Heb 12:1-4/Ps 22:26-32/Mk 5:21-43 [St. John Bosco]  
 Wednesday: Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18/Mk 6:1-6  
 Thursday: Mal 3:1-4/Ps 24:7-10/Heb 2:14-18/Lk 2:22-40 [Presentation]  
 Friday: Heb 13:1-8/Ps 27:1, 3, 5, 8-9/Mk 6:14-29 [St. Blaise]  
 Saturday: Heb 13:15-17, 20-21/Ps 23:1-6/Mk 6:30-34  
 Next Sunday: Is 58:7-10/Ps 112:4-9/1 Cor 2:1-5/Mt 5:13-16 [5th Sunday]

**Sacrament of Baptism:** Sacramental preparation is required of the parents who desire to share the Catholic faith with their children and are held monthly throughout the City of Erie. Call the parish office to register to schedule your preparation. Godparents must be Confirmed and practicing Catholics with a letter of recommendation from their pastor to serve as a sacramental sponsor.

**Religious Education, First Holy Communion, and First Reconciliation** programs are hosted at Saint Luke's Church for all eastside Erie parishes. Contact their parish office for more information and to register your child (814.825.7105).

**Confirmation** preparation for all eastside Erie parishes is hosted at Saint Luke's Church. Contact their parish office for more information and to register your child (814.825.6920).

**Sacrament of Holy Orders:** God calls all people to holiness. Some men are called to fulfill this vocation as priests. If you are interested in the priesthood, or have questions about it, please contact a parish priest or our Diocesan Vocation Director, Scott Jabo, at 1.814.824.1181.

**Sacrament of Matrimony:** Before a date can be scheduled, a priest must be contacted at least six months in advance to complete the required documents.

**Sacrament of the Sick:** Communal celebrations of Anointing the Sick are scheduled periodically. The sacrament can also be requested by any parishioner who is seriously ill or in danger of death. *Please note:* Federal law no longer permits hospitals or nursing homes to contact churches when a parishioner is admitted. It is important that family members notify the parish office if a loved one needs a visit, desires to receive Holy Communion, or needs to be Anointed.

**Leave A Legacy:** Consider Saint Stanislaus and Holy Trinity as you meet with your attorney or financial planner regarding your estate planning. Remember the needs of your parish family and leave a legacy of faith for future generations with your generous remembrance.

**Bulletin Information Deadline:** Please submit information to be included in the weekend bulletin by noon the Monday prior. Holiday bulletin announcements must be received by the parish office two weeks in advance.

*Saint Stanislaus & Holy Trinity  
Partners in Faith & Mission*

**“PRAYER, CARE, AND CONCERN” MINISTRY**

Those who participate in this ministry express the care and concern of our entire parish community to those who are ill, hospitalized, homebound, or in nursing facilities, through birthday and holiday cards, visits, and prayers. To request prayers, or to participate in this ministry, contact Saint Stanislaus Office (814-452-6606).

**“PRAYERLINE” MINISTRY**

These ministers devote themselves to prayer for any needs made known to them and any special intentions. To participate in this ministry, or to request prayers for a particular need, contact Kay (825-7328) or Shirley (452.3395) from St. Stanislaus, or Kathy (392-8974) at Holy Trinity.

**PCEP (Parish Catholic Education Program)**

Parishioners of Holy Trinity can receive a parish grant to assist with the cost of tuition for families who wish their primary or secondary school age children to have a Catholic education. To be eligible, families must participate in the program, attend Mass regularly, and be involved in the parish community. For more information, contact the parish office.

**LITURGICAL MINISTRIES**

Parishioners interested in serving our worshipping community as an altar server, lector, Eucharistic minister, music minister, or usher/greeter, please let one of your priests know.

**“PRAYER SHAWL” MINISTRY**

The enjoyment of knitting, crocheting, and sewing are uniquely combined with prayer to offer a deeply personal and meaningful spiritual ministry. Shawls are prayerfully made and freely given away to those suffering bereavement, those recovering from illness, the elderly, homebound, and those in nursing facilities. To join us in this ministry, please contact Sue (450-2987).

**THE “ZABAWA COMMITTEE”**

Held on the parish grounds of Holy Trinity, Zabawa is the largest Polish heritage celebration in the region, drawing tens of thousands of people to our neighborhood. The Zabawa Committee organizes the festival through food preparation, donation solicitation, food and beverage service, and so on. The committee always welcomes any help they receive. If you would like to offer your time, and experience hands-on learning about these rich cultural traditions, contact Ray (882-1032).

**PROLIFE COMMUNITY**

This ministry advocates through for the protection of all human life from conception until natural death through prayer, education, and action.

**“PRAYER CANDLE” MAKING MINISTRY**

This ministry makes prayer candles from the church’s left over bee’s wax. They meet on Wednesdays, from 10AM - Noon in St. Stanislaus Parish Hall. No experience necessary.

**ST. STANISLAUS / HOLY TRINITY INITIAL PARISHIONER REGISTRATION FORM**

(please circle which parish)

Family Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Please Check:  New Registration  Change of Address  Change of Telephone Number

Change of E-mail  Moving out of Parish  Want Envelopes

*Place in offertory basket or mail to Parish Office. We will contact you to complete our Census Form.  
Welcome to our Parish Family!*

*A Community of Faith Built on Tradition, Where Everyone is Welcome*

# Saint Stanislaus Parish Community

## MASS INTENTIONS

Mon., Jan. 30th - Private Intention  
 Tues., Jan. 31st - Kevin Weiss (Shirley Widomski & Family)  
 Wed., Feb. 1st - Eleanore Przybyszewski (Family)  
 Thurs., Feb. 2nd - Danuta Kendra (Family)  
 Fri., Feb. 3rd - Sylvia Kazmierski (Family)  
 Sat., Feb. 4th, 4:00PM - For the People of St. Stanislaus (*Pro Populo*)  
 Sun., Feb. 5th, 9:00AM - Stanley Widomski (Kay Stankiewicz)



Our sanctuary candle burns for in memory of **M. ALICE ZIMMERMAN** as gifted by her Family.



## ST. STANISLAUS SUPER BOWL PANCAKE BREAKFAST

FEBRUARY 12<sup>TH</sup> 2023

516 E. 13<sup>TH</sup> ST. (PARISH HALL)

10:00 AM TO 1:00 PM

(MASS IS FROM 9:00 AM TO 10:00 AM, HOPE TO SEE YOU THERE)



PANCAKES, SAUSAGE, FRUIT CUP, COFFEE, AND ORANGE JUICE

**\$6.00 PER PLATE**

TICKETS ON SALE BEFORE AND AFTER MASSES

YOU CAN ALSO CONTACT

JOHN 814-572-0755 OR DEBBIE 814-452-6606

ALL PROCEEDS WILL BENEFIT ST. STAN'S

SPONSORED BY THE BROCIOSUS AND MAZZONE FAMILIES



## THE HUMBLE OF THE EARTH

When I think of the Beatitudes, I think of collectible coffee mugs emblazoned with the words Blessed are the peacemakers, with little pastel flowers stenciled in the white spaces of the lettering. I think of greeting cards and decorative wall hangings.

Why? These are the Beatitudes, for heaven's sake — revolutionary and radical. An uncompromising impeachment of worldly values. They are the opposite of banal.

But I cringed from my head to my toes when I read my first draft of this reflection, a retelling of a time in my life when I decided to embrace humility and meekness. I realized that the Beatitudes aren't something I can tell you about. Poverty of spirit, the hunger for righteousness, the gladness God gives to the downtrodden — these are concepts that must be animated within us. They must be lived. So instead of telling you my story, I want you to tell yours.

I invite you to think of a time when you were vulnerable. When you were discouraged or humbled or felt like a failure. A time when you were cut low. The loss of a job, perhaps, or the rejection of a loved one. The abrupt end of some road that you felt sure would be long and prosperous.

Resentment, envy, and vengefulness flourish in moments like this. Did you experience those feelings? Did you embrace them? Did you want to? What did the world tell you this moment should mean? What does Christ tell you it should mean? Have you figured it out, or are you still working on it?

"God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong" (1 Corinthians 1:27)

## PANCAKE BREAKFAST EXTRAS

In addition to the pancake breakfast, the Women's society will also sponsor a 50/50 Raffle as well as a Bake Sale. Please consider contributing to the bake sale by bringing some goodies to the Parish Hall before Sunday morning (February 12th) Mass.

## THE SSJ NEIGHBORHOOD NETWORK

... will not need any baked good for the month of February. Thank you for your ongoing support of this ministry.

## WEEKLY OFFERING FOR JANUARY 22nd

	This Week	July 1 to date
Amount we need	\$4,156.00	\$124,680.00
Amount Received	\$1,939.00	\$73,194.00
Net over/under	( <b>\$2,217.00</b> )	( <b>\$51,486.00</b> )

Mass Attendance: 4:00PM = 49; 9:00AM = 59  
 Envelopes: 56/168



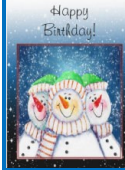
## PARENTING POINTERS

Ever heard the slogan, "Families that pray together stay together."? Sure, praying together is good, but here's an addendum, "Families that clean together get the job done." What's your least favorite room to clean? Discuss a cleaning plan that will work for your family.

# Holy Trinity Parish Community



The sanctuary candle burns this week in memory of **MARK NITKIEWICZ** as gifted by Barb & Lloyd.



1/31) Dee Dee Korytowski  
2/1) Valerie Seeman  
2/2) Irene Kniowski & Patty Stano

## MASS INTENTIONS

Mon., Jan. 30th - All Deceased Fathers  
Tues., Jan. 31st - The Souls in Purgatory  
Wed., Feb. 1st - Kulig, Laszczewski, & Habas Families (Estate)  
Thurs., Feb. 2nd - All Deceased Mothers  
Fri., Feb. 3rd - Fr. Daniel Kresinski  
Sat., Feb. 4th, 5:15PM - Nancy Slubowski (Mary Beth Fiorelli)  
Sun., Feb. 5th, 10:30AM - For the People of Holy Trinity (Pro Populo)

## HOLY TRINITY USHERS

... will have their monthly meeting on Tuesday, January 31st at 7:00PM in the gathering place. Men and Women are welcome to serve our parish in this ministry.

The Gospel Reading for today is what is popularly called the Sermon on the Mount. Many think it is the absolute epitome of Jesus' teachings. To be sure it tells us how we are to live our lives, the attitudes we are to have. We must remember that those who were waiting and hoping for the Messiah expected a military leader, one who would lead them in battle against their oppressors. In His Sermon on the Mount Jesus gives a more accurate perspective of Who He is. He begins what we call the Beatitudes (the word means "blessings") with "Blessed are the poor in spirit, for theirs is the kingdom of heaven." In a sense we are all "poor in spirit." Without the guidance and strength provided us by the Lord there is no way we can escape this poverty of spirit, of spirituality, if you will. That is why we often say that living God-centered lives is at the very core of stewardship. Being a disciple of Christ translates into being a steward of our many gifts and blessings. Some scholars believe that Jesus may have given this sermon often during His ministry. Those who followed Jesus and became the earliest Christians, the first members of the Church, were fond of quoting and referring to what the Lord said on this occasion. As stated, Jesus provides us with the secret of living a good life. If we rely on Him and follow Him, we will be blessed.

## SAINT VS. BLESSED

**Question:** What is the difference between a "Saint" and a "Blessed"?

**Answer:** The process of proclaiming someone as a saint in the Catholic Church has evolved over the course of many centuries. In the beginning, those honored as saints were almost exclusively biblical figures or martyrs. After the legalization of Christianity, new holy women and men came to be honored as saints by popular acclaim.

It was Pope Gregory IX (pope from 1227 to 1241) who officially proclaimed that only the pope had the authority to add someone to the official list (the "canon") of saints.

Today, the saint-making process includes several steps, including detailed studies of the person's life. Once a miracle is attributed to a person's intercession, they will be beatified and honored as "Blessed." If a second miracle occurs and is approved, then the "Blessed" is canonized and honored with the title "Saint," meaning that they are now officially recognized as a universal model of holiness and an intercessor.

## WEEKLY OFFERING FOR JANUARY 22, 2023

Regular Offering: \$2,345.00 (32/130)

	THIS WEEK	JULY 1 TO DATE
Dream Goal:	\$4,000.00	\$113,000.00
Budgeted:	\$2,400.00	\$67,200.00
Total Offertory:	\$2,345.00	\$67,547.00
Net (over/under):	(\$55.00)	\$347.00

Attendance: 5:15PM = 26; 10:30AM = 51

## The Beatitudes

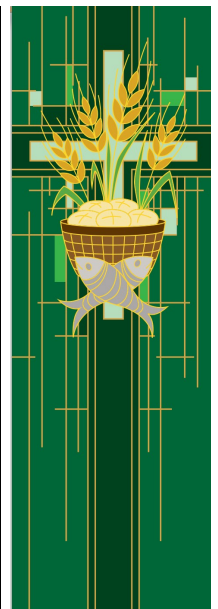
"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."  
Matthew 5:11 (NIV)

Based on Matthew 5:1-12 (NIV)



S T H I R S T G V H M Q B U S  
T O D O Y R G P R E E O A F L  
K T T Q O M Y L B Z J A U M K  
X D A O M H U N G E R W V R Z  
P L P N F U R W Y I D T X E N  
E U E J M E R C Y A I M E M N  
G B R W S P U L E R I S E N B  
N C H E P B W D E I E D D U K  
K H E E I T K H V G Q E R N I  
T Q A R R Y N O F Y S E Y C N  
E N R Y I I H H N S V N K W G  
M A T S T J P L E S E C N A D  
E U R P F I L L E D D I X N O  
E Z F T H S B P X R I P L Q M  
K Z H U H U C J L H O H C M R

KINGDOM	MERCY	EARTH	FILLED	MOURN
HUNGER	HEART	SPIRIT	BLESSED	INHERIT
THIRST	MEEK	PURE	POOR	HEAVEN



"... Your reward will be great in heaven."

— Matthew 5:12

## News for Our Partnership

### 10TH ANNUAL MEN'S CONFERENCE

The 10th Annual Men's conference will be held on Saturday, March 4th from 8:30AM-1:00PM. The in-person session will take place at Saint Jude Church. Live-streams of the conference will be held in several parishes throughout the diocese (locations will be made available upon registration). An "at home" viewing option is also available. The conference will feature nationally recognized speaker Fr. Chase Hilgenbrink, as well as Fr. Larry Richards, and Mass with Bishop Persico. The cost of the event is \$20. For more information, and/or to register, visit [www.2232Men.com](http://www.2232Men.com).

### 8TH ANNUAL WOMEN'S CONFERENCE

The 10th Annual Men's conference will be held on Saturday, March 25th from 8:00AM-12:30PM. The in-person session will take place at Saint Jude Church. A replay of the conference will be available on YouTube a few days after the conference concludes. The conference will feature nationally recognized speaker Laura Phelps from the organization "Walking With Purpose, as well as Fr. Larry Richards, and Mass with Bishop Persico. The cost of the event is \$20. For more information, visit [www.138women.com](http://www.138women.com).

### SOUPER BOWL OF CARING

The Second Harvest Food Bank is inviting our parishes to participate in the "Souper Bowl of Caring." Donations of cans of soup will be accepted on the weekend of February 11th & 12th. The donations will directly benefit the 88,670 clients that the Food Bank assists. Thank you for your consideration.

**ORDINARY TIME**  
If we look closely we will be able  
to find God in the ordinary of our lives.

### SEEKING VOLUNTEERS

The Allegheny Health Network at Saint Vincent Hospital is looking for volunteers in a variety of positions. For more information, call 814-452-5646 or visit <https://allegheny.vsyslive.com/pages/app/61EFWO7WP9NQRA10>

### TAX INFORMATION

If you need an accounting of your offertory donations for tax purposes, please contact the Parish Office during normal business hours and a form will be mailed to you.

Many have returned our recently distributed **Census Form**. Thank you for taking the time to complete it. If you haven't done so already, please take a form and complete it before the end of the month. The price of mailing them to those who are registered, but haven't yet completed them, is over a dollar per form.

### FEAST OF ST. BLAISE

The traditional blessing of throats on the feast of St. Blaise (February 3rd) will take place following next weekend's Masses.

### CANDELMAS DAY

The Feast of the Presentation of Jesus Christ in the Temple (see Luke 2:22-40), also known as Candlemas Day, is celebrated on February 2nd, forty days after Christmas. Candles are typically blessed on this occasion to be used for personal devotions. We will bless candles after Masses on the weekend of February 4-5. Bring your own candles to be blessed, or leave a donation and we will supply you with one.



### HOLY TRINITY BINGO

**All CASH prizes!!!**

\* **Instants**      \* **50/50 Game**

- Sunday, February 5th 1:00pm, (Doors Open at Noon)
- Polish Falcons Club, 431 E 3<sup>rd</sup> St.
- \$25 Admission (1pk), \$5 each add'l pk.
- Kitchen Food Available
- Call 814-456-5300 to reserve your seat!

Walk Ins Welcome

**All proceeds benefit Holy Trinity PCEP program**

### THE 31 CLUB - PRAYING FOR VOCATIONS

1/30) [Open]; 1/31) Bobby Sulecki; 2/1) Kathy Smith, Debbie Majewski, & Mary Speice; 2) [Open];  
2/3) Jeannie McGinley, Judy Tucceri, & Jackie Vargo; 2/4) Patty & Ed Czulewicz, & Marie Przepierski;  
2/5) Mary Ann Merski & Michelle Inter

### PRAY FOR OUR PRIESTS

1/30) Fr. Stephen Schreiber; 1/31) Fr. David Baetzold; 2/1) Fr. James Campbell; 2/2) Fr. Joseph Campbell;  
2/3) Fr. Rich Toohey; 2/4) Fr. David Renne; 2/5) All Vocations

### Sunday, Jan 29, 2023

FOURTH SUNDAY IN ORDINARY TIME

Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12  
"Blessed are the meek, for they will inherit the land."

#### Blessed are the children—meek and otherwise

Children come in all sizes, shapes, and colors. They possess abilities, talents, and interests, many of which may lie hidden for years to come. Not all young ones, to be sure, are properly described as meek. But it's certain that, one day, the children will inherit the land. Preparing them for this vital task is the job of every grownup in their lives. This week we celebrate Catholic schools, dedicated to assisting families in the education and formation of their children. Book learning is available at any school. Faith and character aren't always on the curriculum. Support our schools!

### Monday, Jan 30, 2023

Hebrews 11:32-40; Mark 5:1-20

"...announce to them all that the Lord in his pity has done for you."

#### The only way they'll know you are a Christian

Mohandas Gandhi, who led India's campaign for independence from British rule and whose birthday is today, once said, "If it weren't for Christians, I'd be a Christian." Followers of all religions, including Gandhi's Hinduism, at times do reprehensible things that run completely counter to what those religions teach. As a member of a colonized people, Gandhi certainly saw the worst of what Christians are capable of. But his statement isn't entirely a rebuke—Christ spoke to his heart. Jesus told us that we will be recognized as his disciples by our love for one another. Ask yourself how well you represent your faith.

### Tuesday, Jan 31, 2023

MEMORIAL OF JOHN BOSCO, PRIEST, RELIGIOUS FOUNDER

Hebrews 12:1-4; Mark 5:21-43

"Consider how he endured such opposition from sinners..."

#### A love that works

At the height of the Industrial Revolution, impoverished Italian boys were drawn to the city of Turin in search of factory work. But, for many reasons, they fell on hard times and were often jailed. Saint John Bosco helped them with lodging, education, vocational training, and just plain patience and loving care. He also protected young workers from unscrupulous employers by crafting signed apprenticeship agreements—the first real employment contracts used in Europe. He revolutionized the work of educators, too, writing: "Without confidence and love, there can be no true education. If you want to be loved ... you must love yourselves, and make your children feel that you love them."

### Wednesday, Feb 01, 2023

Hebrews 12:4-7, 11-15; Mark 6:1-6

"He was not able to perform any mighty deed there...  
He was amazed at their lack of faith."

#### May the force be with you

Faith gives us strength. It allows us to perform mighty deeds. But to be clear, as Brazilian writer Paulo Coelho explains, "Faith is not desire. Faith is will. Desires are things that need to be satisfied. Will is a force that changes everything around us." In God's realm where our faith resides, we are each whole and complete and nothing is impossible. Address today's challenges through the lens of faith.

### Thursday, Feb 02, 2023

FEAST OF THE PRESENTATION OF THE LORD

Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40

"The child's father and mother were amazed at what was said about him."

#### Make a perfect offering of your life

Today's feast marks an ancient Jewish tradition in which the firstborn child was "consecrated to the Lord" by way of two sacrificial turtledoves or young pigeons offered at the Temple 40 days after birth. The mother, considered ritually unclean after giving birth, was also purified on this same day. But the visit of Mary and Joseph to present the infant Jesus is unique, marked by an outpouring of prophecy. Simon and Anna testify that a light has come into the world and that salvation is at hand. We honor the link to ancient tradition as we celebrate the Presentation today, but we also appreciate how Jesus not only fulfills but surpasses all the traditions of his time and place. Here at last is the perfect offering.

### Friday, Feb 03, 2023

MEMORIAL OF BLAISE, BISHOP, MARTYR

Hebrews 13:1-8; Mark 6:14-29

"The Lord is my light and my salvation. Your presence, O LORD, I seek."

#### Be a healing light

The historical details of Saint Blaise's fourth-century life in what is now modern-day Turkey are lost in the shroud of the centuries, but the tradition of his healing powers endures. The healing of throat diseases is what is most ascribed to him. When Blaise was imprisoned during a persecution of Christians, he apparently healed a choking boy with the aid of candles that lit his dark cell. On another level, the enduring tradition speaks to the ongoing need for healing that we all share. Whether it be a physical ailment or a wounded soul that needs tending, say a prayer today to Saint Blaise, the keeper of the flame.

### Saturday, Feb 04, 2023

Hebrews 13:15-17, 20-21; Mark 6:30-34

"Do not neglect to do good and to share what you have."

#### Lift your voice in freedom's song

Today is the birthday of Rosa Parks, on the fourth day of Black History Month. Parks wrote: "I felt the Lord would give me the strength to endure whatever I had to face." When she refused to surrender her bus seat in 1955, she said her Christian faith told her "it was time for someone to stand up—or, in my case, sit down." Parks grew up in a devout family. Her own sweet dreams of freedom began with her mother singing old African-American spirituals that drew on biblical stories and psalms filled with cries of lament and hope for salvation. Tap into the strength of song as you play your part in the fight for justice. Choose a spiritual to pray with today.

