

St. Alexander Church

First Sunday of Lent

February 22, 2026

The Palos Catholic



St. Alexander Parish Administration Directory

Parish Administrative Center

7025 W. 126th St., Palos Heights, IL 60463

Phone: 708-448-4861

Pastor: Rev. Martin Michniewicz ext. 227
Associate Pastor: Rev. Colm Mitchell ext. 223
Deacons: Jim Horton, Michael Ciciura, Fran Pendergast
Director Parish Home & Health Ministry: Jim Horton ext. 232
Operations Manager: Paula Somers ext. 233
Director of Music: Matthew Berardi ext. 224
Youth Minister: Tyler Ried—708- 448-6624
Athletic Director Michael Kennedy
Parish E-Mail: alchurch1@comcast.net
St. Alexander on the Web: www.stalexanderpalos.org

St. Alexander School

7025 W. 126th St., Palos Heights, IL 60463

Phone: 708-448-0408 Fax: 708-448-5947

Principal: Sharon O'Toole
Administrative Assistant: Mary Ann Pellicore
School Web: www.stalexanderschool.com
School E-Mail: info@stalexanderschool.com

Religious Education Office

7025 W. 126th St. Palos Heights, IL 60463

Phone: 708-448-6624

Coordinator of Religious Education: Tyler Ried
Religious Ed. E-Mail: tried@archchicago.org
Knights of Columbus: 708-448-4861 ext. 400
Knight of Columbus on the Web: www.kofc14057.org

Spreading the Holy Fire

Celebrating Christ Risen from the Dead through the 7 Sacraments

SACRAMENTS OF INITIATION

BAPTISM

Celebration of Entrance into Christ's Church

You should be a registered parishioner of St. Alexander, or willing to register and join our Faith Community. Relatives of St. Alexander parishioners are also welcome.

At least one Godparent must be a practicing Catholic. The other must be a Christian. Parents must register for a class on Baptism **BEFORE** your baby is baptized. Archdiocesan required classes are held once a month, usually on the first Tuesday of the month, and facilitated by trained parishioners.

Baptism contact Joan DeVito 448-4861 ext. 237

CONFIRMATION

Celebration of the Gifts of the Holy Spirit

This Sacrament is normally celebrated in 8th Grade and is a 2 year program of preparation.

Confirmation Contacts:

Tyler Ried - Religious Education 448-6624

Sharon O'Toole - School 448-0408

The Archdiocese also offers classes for adults wishing to receive Confirmation. **Adult Confirmation Contact -**

Fr. Martin Michniewicz 448-4861

OCIA *Celebration of the Order of Christian Initiation of Adults*

This process is for adults who would like to join the Roman Catholic Church and have never been Baptized, or were Baptized in another Christian denomination. There is also a process for children (OCIC) and teens (OCIT).

OCIA/OCIC/OCIT contact - Fr. Martin Michniewicz 448-4861

EUCCHARIST

Celebration of Sharing Fully at Christ's Altar of Sacrifice & Communion with Jesus and His Church

Eucharistic Liturgy (Mass)

Sunday Vigil: 5:00 PM (Saturday)

Sunday: 7:30, 9:30, 11:30 AM, & 6:00 PM

Monday through Friday: 8:30 AM

Saturday Morning: 8:00 AM

First Saturday Devotions after 8:00 AM Mass

Holy Day: 8:30 AM & 7:00 PM

Holy Hour with Exposition and Benediction of the Blessed Sacrament

On the 1st Wednesday of the month

6:00-7:00PM in the Church

SACRAMENTS OF HEALING

ANOINTING OF THE SICK

Celebration of God's Restorative Love & Forgiveness

Sacrament offers strength to the living. If someone becomes seriously ill, please call the Parish Administrative Center. Ministers of Care are available to bring Holy Communion and/or visit with the sick and homebound.

Also every 1st Saturday after the 5:00 PM Mass

RECONCILIATION

Celebration of God's Forgiveness through Personal Confession

Saturday Morning: 8:30 AM (until all are heard)

Saturday Evening: after the 5:00 PM Mass

Other Times by Appointment

SACRAMENTS OF COMMITMENT

MATRIMONY

Celebration of God's Blessings on the Loving Union between Man and Woman

Please call the Parish Administration Center at least 4 months in advance of your wedding. Pre-Cana for engaged couples is required by the Archdiocese.

Matrimony Contact:

Fr. Martin Michniewicz or Fr Colm Mitchell 708-448-4861

HOLY ORDERS

Celebration of Ordained Service to the Church

The three offices of the Sacrament of Holy Orders are bishop, priest and deacon. All three are conferred by the sacramental act called "ordination."

Priesthood Contact - Fr. Michniewicz 448-4861 ext. 227

Fr. Colm Mitchell 448-4861 ext. 223

Archdiocese of Chicago Vocation Director:

Rev. Timothy Monahan 312-534-8298



FROM OUR PASTOR

Dear Parishioners,

During this prayerful season of Lent, remember our daily Mass at 8:30AM Monday through Friday, and Saturday at 8:00AM. The Sacrament of Reconciliation will be celebrated on Saturday mornings after the 8:00AM Mass until all are heard and also after the 5:00PM Mass. Stations of the Cross will be celebrated at 7:00PM every Friday during Lent. If you have a stations booklet (The Way of the Cross) we ask that you please bring it to Friday stations. If you do not own a copy of The Way of the Cross booklets will be available in the church.

Fortunately, the Lenten and Easter season is not filled with hour upon hour of shopping, wrapping, decorating, and parties. This is the perfect opportunity for us to concentrate on our personal relationship with God through reflection and prayer.

Continue to pray for the people of the Ukraine, Africa, the Middle East, and other countries in the world being invaded by other nations or are currently involved in a civil war. One can only imagine the horror and fear a person experiences when bullets and bombs explode around them day and night. May God bring us all peace and an end of war. Maybe someday world leaders will have the wisdom and courage to settle disputes in a peaceful and diplomatic manner.

Also my dear brothers and sisters we should pray each and every day for an end of the senseless violence that takes place in today's society. The senseless killings that take place on school campuses, the car jackings, the robberies, and all other actions that we wake up to each and every day as we watch the morning news and read our daily papers. Let us always remember that we are a people of hope and that the majority of Americans are law abiding citizens who uphold the values of the Gospel of our Lord Jesus Christ. Throughout history men and women have caused great evil whether it be war, the Holocaust, or forced repression of human rights on peoples of many nations. Righteousness and goodness will not only survive through these difficult times but it will endure. Be positive and put your trust in the Lord.

Many times in our lives we pray to the Lord for things in our lives and our prayers are not always answered the way we want them to be answered. We cannot always depend on prayers to be answered the way we want them answered, but we can always depend on God. God, the loving Father, often denies us those things which in the end would prove harmful to us. Quite often when we were children we would ask our parents at a young age for something we wanted, but in the long run would be harmful to us. This was done to protect us and out of love. Why should we think God is less wise? Some day we will thank God not only for what He has given us, but also for that which he has refused.

Finally, just a reminder please purchase and return your tickets for this year's Annual Raffle at the parish office, the offering basket, or through the mail. Proceeds from this raffle will be of great assistance to our parish, school, RE program, and other parish ministries. The raffle will be held on Saturday, March 7th at our St. Patrick's Day Party. Please consider attending this year's party. Tickets for the party are available after Masses today, next weekend, and the parish office. Try to get a table together and celebrate the love we have for St. Alexander with fellow parishioners and friends.

God Bless,
Father Marty

PRAYER TO OUR LADY OF GRACE

O glorious Mother of God, Our Lady of Grace, hear my humble prayers, seeking your maternal intercession in obtaining from the Heart of Jesus, your Divine Son, all the graces and favors necessary for my spiritual and temporal welfare, and for the special needs I now place before you. (Here mention your intentions.)

O Heavenly Queen, be my comfort, hope, strength and consolation as, through God’s goodness and mercy, I await the great day of glory. Amen.



On February 15, 2026 Fr. Martin Michniewicz baptized **Elyse Marie Keating**, daughter of Thomas & Lauren.

We welcome her into the family of the church and offer her parents our prayers and good wishes.



Prayers of the Faithful for the Sick

Prayers
FOR HEALING

As the faith family of St. Alexander, we unite with one another to pray for those who need healing of their body, mind or spirit. Confident that God hears the voices of those who trust in the Lord Jesus, we join in prayer for:

- | | |
|-------------------|-------------------------|
| Lisa Krisik | Elizabeth Hannan Hurley |
| Jerry Lynn McCall | Joseph Viliunas |
| Denise Jandura | Rich Jandura |

If you or anyone in your family would like to be added to our *Prayers of the Faithful for the Sick* please contact the Parish Administrative Office by noon on Friday.

SCRIPTURE REFLECTION



In my second-to-last year of seminary, I woke up one September morning to devastating news: two beloved classmates had died in a car crash. I was overwhelmed with grief and anger like I had never known. I entered therapy for the first time and had intense conversations with my spiritual director. For months I felt lost in a spiritual wilderness. But something unexpected happened: I encountered Christ there. The fear and sorrow didn’t destroy me. In fact, that spiritual desert was a time of intense growth in faith.

Today’s Gospel begins: “Then Jesus was led by the Spirit into the desert to be tempted by the devil” (Matthew 4:1). The word “led” denotes a gentle, humble submission to the Spirit. Jesus does not send himself into this desolate place where wild beasts roam and Satan tempts. Who wants to be around roaming, wild beasts? The Church Fathers saw them as symbols of our inner chaos: fears, temptations, wounds. The Spirit leads us there, sometimes against our wishes. But those same Fathers also saw that this deserted place is also where angels ministered to Jesus, amidst his great trial and temptation.

Lenten Challenge: This Lent and throughout life’s struggles, the Spirit leads you and me into the wilderness. Name one “desert” into which the Spirit has led you: perhaps grief, fear, silence, change, disappointment. Ask for the grace to go there willingly. The beasts may be real, but they will not harm you. There, the angels are waiting to minister to the Christ living in you, who always goes where the Spirit leads.

— Father John Muir

Today’s Readings: Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11



READINGS FOR THE WEEK February 23-March 1, 2026

- Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/
Mt 25:31-46
- Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/
Mt 6:7-15
- Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/
Lk 11:29-32
- Thursday: Est C:12, 14-16, 23-25/Ps 138:1-2ab,
2cde-3, 7c-8/Mt 7:7-12
- Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/
Mt 5:20-26
- Saturday: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/
Mt 5:43-48
- Sunday: Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22/
2 Tm 1:8b-10/Mt 17:1-9



**Society of St. Vincent de Paul
& Knights of Columbus
FOOD COLLECTION**

Please donate to our ongoing food collection for St. Blase. Donations should be placed on the bench across from the SAVE room. Thank you for your generosity!
NO EXPIRED FOOD PLEASE!

Home Bound or Ill?

If you, or someone you know, are unable to attend Mass and would like to receive communion in their home, please call either Deacon Jim Horton or Deacon Fran Pendergast at 708-448-4861.



WELCOME TO ST. ALEXANDER!

We extend a warm welcome to all our guests and visitors who have graced us with their presence at today's liturgy. We hope that you feel at home here; please let us know if we can be of any assistance while you are with us.

OFFERTORY GIFTS



Anyone interested in bringing up the Offertory Gifts at a Mass, please let the ushers know a week in advance or you can ask when you arrive if they have someone.

Hospitality Ministry

Join us for Hospitality after the 7:30 AM and 9:30 AM Mass on the first Sunday of each month. We hope to see you there!

GET OUR WEEKLY BULLETIN EMAILED TO YOU!

Subscribe to ParishesOnline.com to get a link to our weekly parish bulletin delivered straight to your inbox! Visit parishesonline.com and search for our parish to get started today.

COMMUNION MINISTERS

Saturday, February 28th

5:00 PM— Maureen Balich, Terry Horvath, Sharon Mundo

Sunday, March 1st

7:30 AM— Ed Sobczak, Bob Straz, Mary Dombrowski

9:30 AM— Rosemary Dziuba, Dorothy McCloskey, C. Kelbowski, J. Kelbowski (LG)

11:30 AM— Joan Obiala, Jim & Pat Fisher

6:00 PM— Sharon Ayres, Merrill Jurgens, Mike Collins



READERS

Saturday, February 28th

5:00 PM— Bill Rogers

Sunday, March 1st

7:30 AM— Paula Somers

9:30 AM— Rich Cruz, Debbie Myron

11:30 AM— Ryan Alberts

6:00 PM— Bob Ayres, Johanna Jurgens



Intercessory Prayer Experience

Call on the Holy Spirit and expect Him to show up! The Father has promised Him to us.

“Jesus said: And see, I am sending upon you what my Father promised, so stay here in the city until you have been clothed with power from on high.” Luke 24:49

Come join us after Mass at 5:45PM on the first Saturday of each month.

Deacon Mike will offer time to pray with anyone for the intercession of the Holy Spirit regarding individual prayer intentions.

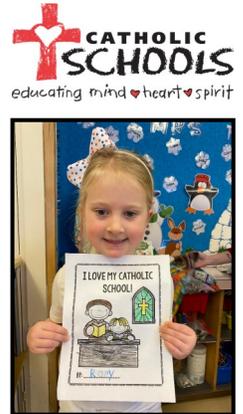
After Mass the Sacrament of Confession and the Sacrament of the Anointing of the Sick will also be available.



ST. ALEXANDER SCHOOL HAPPENINGS



PreK 4 has been busy celebrating Catholic Schools Week! We are so proud of our wonderful school and loved showing our school spirit. Our students helped Mrs. O'Toole and created colorful artwork sharing how much we love our Catholic school. What a joyful week filled with faith, fun, and pride in our St. Alexander community!



CATHOLIC SCHOOLS
educating mind ♥ heart ♥ spirit





ST. ALEXANDER SCHOOL HAPPENINGS



Our Pre-K 4 students had a fun time celebrating Groundhog Day! The children watched the results of Punxsutawney Phil and learned what his prediction means. Afterward, they got creative by making their own adorable groundhog hats. It was a day filled with learning, creativity, and lots of smiles!



Our Pre-K 4 students celebrated the 100th Day of School in the cutest way—by dressing up like 100-year-olds! From gray hair and glasses to canes and cozy outfits, our classroom was filled with giggles, smiles, and lots of “old-fashioned” fun. We counted to 100, shared special activities, and celebrated how much we’ve learned and grown in 100 days. What a memorable and joyful milestone!



For Your Lenten Journey



Stations of the Cross
Every Friday evening
during Lent at 7:00 PM



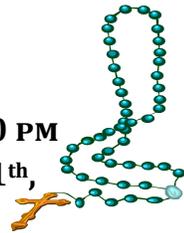
SOUP & ROSARY NIGHTS

During Lent we encourage families to teach their children that fasting and prayer can make unimaginable changes. Make a change and add something to your life you wouldn't normally do. We look forward to sharing a meal with you but more importantly, we look forward to praying with you. We meet every Wednesday evening during Lent.

ST. ALEXANDER PARISH
ROOM 311/312

Wednesday Nights 6:00-7:00 PM

**February 25th, March 4th, 11th,
18th, 25th & April 1**



For additional information please contact
Kathy Yerkes at (708) 704-3259

* Soup provided by Country House Restaurant

MASS INTENTIONS

Contact the parish office if you would like to have a Mass intention for 2026. Please note that Mass intentions are not just for the deceased but for anyone you would like to include in prayer.

MARRIAGE MINISTRY

*An invitation to Fully
Initiated Roman Catholics*

- Are you planning a Destination Wedding?
- Do you know a family member who is planning a Destination Wedding?
- Have you been married by a judge or justice of the peace?
- Have you been married by a minister in another Christian denomination?

Fr. Marty, our pastor, and the clergy of St. Alexander Parish invite you to consider receiving the Sacrament of Matrimony, and all the graces which are associated with the sacrament, here at St. Alexander Church.

The process to receive the Sacrament of Matrimony in these circumstances is fairly straightforward with a minimal amount of requirements. Our clergy are available to accompany you in your discernment.

Please contact Deacon Mike Ciciura at mciciura@archchicago.org or 630-243-9342 if you are interested in more information.

* A fully initiated Roman Catholic is a person who has received the Sacraments of Baptism, holy Communion, and Confirmation, only one party of the couple needs to be fully initiated.

LENTEN REGULATIONS

Fridays during Lent are obligatory days of abstinence. Abstinence from meat is to be observed by all Catholics who are 14 years old and older on all Fridays of Lent.

The Paschal Fast, as well as abstinence, are prescribed for Good Friday and is encouraged to continue until the Easter Vigil (on Holy Saturday Night). This special fast is to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

When fasting, a person may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

PRAYER OF MARRIED COUPLES

Lord Jesus Christ, by Your presence You blessed the wedding in Cana and showed us that You are the true priest of mystical and pure marriage. We thank You for the day on which by Your heavenly blessing You joined us in the sacrament of marriage. Lord, continue to bless and enrich our marriage in love, companionship, mutual support, oneness of heart and progress in faith and life. Protect our Holy wedlock from sin, evil and danger: Nurture us the spirit of understanding, the spirit of forgiveness and the spirit of peace that no resentment, quarrel, or other problem may cause us to stumble and fall. Grant us to see our own faults and not to judge each other. Keep our bond of love always new. Gladden our lives with the joys of marriage, that with one heart we may praise and glorify You. Amen

Our Primary students brightened Catholic Schools Week—and a very cold winter month—with their beautiful voices. With the help and guidance of our Music Teacher, they performed joyful songs that warmed our hearts and truly put music in our steps.



St. Al's Over 50 Fellowship

If you're interested in joining our Over 50 Fellowship please fill out the form below and return it in the Sunday collection basket with your \$25 dues

Name: _____ Phone No.: _____

Address: _____

E-mail Address: _____ Amount Enclosed: _____



Warning Signs of an Abusive Partner

- Isolates you from your family and friends
- Checks or monitors your texts, emails, phone calls, or social media without your permission
- Constantly belittles you
- Has an explosive temper
- Has constant mood swings towards you
- Makes false accusations against you
- Blames you for things that are not your fault
- Threatens to hurt you or him/herself

www.breakthecycle.org



DOMESTIC VIOLENCE OUTREACH
— ARCHDIOCESE OF CHICAGO —
AWARENESS • SERVICES • PREVENTION

Teen Dating Violence Online Resources



- BREAK THE CYCLE**
www.breakthecycle.org
- JUST SAY YES**
www.justsayyes.org
- LOVE IS RESPECT**
www.loveisrespect.org
- THAT'S NOT COOL**
www.thatsthatcool.com
- FUTURES WITHOUT VIOLENCE**
www.futureswithoutviolence.org



DOMESTIC VIOLENCE OUTREACH
— ARCHDIOCESE OF CHICAGO —
AWARENESS • SERVICES • PREVENTION



PRAY FOR OUR MILITARY



Our Members in the Military

St. Alexander Parish lists the names of active military of parishioners and their family members in our weekly bulletin. We keep them in our thoughts and prayers as they protect our country and freedom.

If you have a relative who is an active member in the United States Military and would like them listed in the bulletin, contact Nancy at the Parish Office, 448-4861. Please inform us if the service person listed is no longer active in the military at home or abroad.

<p>Scott Golich - U.S. Navy Stephen LaPiana - U.S. Army Matthew Brennan - U.S. Air Force Andrew Nissen - U.S. Marines Andrew Cleland - U.S. Army John Hoban III - U.S. Army A. Amanda Cleland - U.S. Air Force Amanda Brennan - U.S. Army Kyle Hite - U.S. Army Gino Albergo - U.S. Army James M. Bilder - U.S. Army Nicholas Wineman - U.S. Marines Kate Ridsen - U.S. Navy Kevin Lewis - U.S. Navy Michael Lindstrom - U.S. Army Ryan Graeber - U.S. Marines Mary Kate Wetzel - U.S. Marines Cody Goldman - National Guard Isaac & Veronika Baines - U.S. Navy Michael D. Faloon - National Guard Conor Knapp - U.S. Army</p>	<p>Robert Brennan - U.S. Army Scott Milcarek - U.S. Army Charles Berglund - U.S. Marines Patrick Pratl - U.S. Navy Alan Filipiak - U.S. Navy Mark Filipiak - U.S. Marines Joshua Bramlett U.S. Navy Matthew Bramlett - U.S. Navy David Lindstrom - National Guard Daniel Weakley - U.S. Navy Stephen Vossler - U.S. Navy Vito Barraco - U.S. Army Ryan Grant - U.S. Army Nicholas Crot - U.S. Marines Jose Sanchez - U.S. Army Ben St. Aubin - U. S. Navy Hunter Leschman - U.S. Navy Cameron Smentek - U.S. Army Judith Hite - U.S. Army Jake Soukup - U.S. Army</p>
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Our Knights of Columbus Council #14057 would like to offer military families Blue Star Banners. If you would like to receive a Blue Star Banner, please call the Parish Office at 708-448-4861.

MASS ANNOUNCEMENTS

If any parish ministry or organization would like to have an announcement made at Mass we ask that you please have the information to the office by noon on Friday. This allows us to compile the books we need for weekend liturgies by the end of Friday. Also, please limit announcements to one or two sentences.



SUNDAY SALE HOURS

10:15-11:30AM

SAVE orders may also be brought to the Parish Administrative Center. Orders dropped off by 5:00PM on Wednesday are available for pick-up Thursday after Noon at the PAC. They may also be picked up during sale hours in the SAVE room on Sunday.

Low-Gluten Hosts

At the 9:30AM Mass an Extraordinary Minister of Communion will be available with low-gluten hosts. The Extraordinary Minister will be located at the entrance of the ramp which leads to the sanctuary on the side where the statue of our Blessed Virgin is presented.

ParishSOFT

If you would like to make a one-time electronic donation or sign up for recurring gifts please scan this bar code.



Please support
Our Advertisers

MERCY HOME SUNDAY MASS
9:30AM on WGN-TV Channel 9

ST. ALEXANDER ANNUAL PARISH & SCHOOL

GRAND RAFFLE

\$20 RAFFLE TICKET

GRAND PRIZE \$5,000
1ST PRIZE \$2,500
2ND PRIZE \$ 500

\$50 RAFFLE TICKET

GRAND PRIZE \$15,000
1ST PRIZE \$ 7,500
2ND PRIZE \$ 1,500

TICKETS WILL BE DRAWN ON MARCH 7th
WINNERS WILL BE POSTED ON OUR WEBSITE



QUESTIONS & ANSWERS ABOUT LENT AND LENTEN PRACTICES



UNITED STATES CONFERENCE OF
CATHOLIC BISHOPS

Q. Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are 46.

A. It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.



Q. So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?

A. Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

Q. I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include chicken and dairy products?

A. Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs--- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

Q. I've noticed that restaurants and grocery stores advertise specials on expensive types of fish and seafood on Fridays during Lent. Some of my Catholic friends take advantage of these deals, but somehow I don't feel right treating myself to the lobster special on Fridays during Lent.

A. While fish, lobster and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in the lavish buffet at your favorite seafood place sort of misses the point. Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.

Q. I understand that Catholics ages 18 to 59 should fast on Ash Wednesday and on Good Friday, but what exactly are the rules for these fasts?

A. Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, *but combined they should be less than a full meal*. Liquids are allowed at any time, but no solid food should be consumed between meals.

Q. Are there exemptions other than for age from the requirement to fast on Ash Wednesday and Good Friday?

A. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.

Mass Intentions For The Week



FIRST SUNDAY OF LENT FEBRUARY 22, 2026

Saturday, February 21st

5:00 PM— Janeen Feldner-Pikula—1st Anniversary
Dale Yukich
Annie, Marty, Joe Broderick & Family
Vickie Liebegott
Carol Ann Stefan
David Carlig

Sunday, February 22nd

7:30 AM— Irene Brajner
Colleen J. Nix
Chet & Tom Chwierut
Robert Barth
Virgil Bennett
Steven Plescher

9:30 AM— Maurice D .McClure—1st Anniversary
Raymond & Marion Hunt
Don & Mary Tadda
Tom & Kathleen Walsh
Mary Ann Swanson
Nancy Lukasik
Joan & Dan Bagniewski
Kevin & Jane Byrne
William Korda—1st Anniversary

11:30 AM— Tom Scanlon
Paul Lunter
Susan Gildea

6:00 PM— For the Parishioners

Monday, February 23rd (*St. Polycarp*)

8:30 AM— Fr. Richard LoBianco—1st Anniversary
Colleen J. Nix
Paul Macey
Mike—Healing Intention

Tuesday, February 24th

8:30 AM— Colleen J. Nix
Joseph Straid
Jennifer Aparo
Mark Zempich & Family

Wednesday, February 25th

8:30 AM— James Hayes
Colleen J. Nix
Walter, Valerie & Walter Jr. Tadda

Thursday, February 26th

8:30 AM— Rosemary & Ernie Beran
Colleen J. Nix
Peggy, Leonard & Lillian Bodach
Dolores Dalton Mallo

Friday, February 27th (*St. Gregory of Narek*)

8:30 AM— Evelyn Blaney
Rosa Greenwald
Colleen J. Nix
Margaret Macey
Unborn Children
Neil DiVincenzo

Saturday, February 28th

8:00 AM— John Foster
Margaret Corbett
Linda Pocius
Colleen J. Nix
Chet & Tom Chwierut
Art & Lorraine Wittbrodt

SECOND SUNDAY OF LENT MARCH 1, 2026

Saturday, February 28th

5:00 PM— Joseph Sloyan
Catherine Wells
Dale Yukich
Michael J. Murphy
Richard & Melissa Mundo
Raymond Schwaller

Sunday, March 1st

7:30 AM— Irene Brajner
Colleen J. Nix
Nancy Lukasik
Chet & Tom Chwierut
Paul Lawler
Matt Murphy

9:30 AM— Raymond & Marion Hunt
Rosa Greenwald
Tom Stuchly
Mickey Quinn
Carol Stefan
Joan Bagniewski
John Janik
Susan Pesenko
Don & Mary Tadda
Alexjandro Liceago—Birthday Blessing

11:30 AM— Linda Pocius
Tom Scanlon
Kazimierz Kubinski
Barbara Czajkowski
Jim "Boz" O'Brien

6:00 PM— For the Parishioners

LEGACY PLANNING

Please prayerfully consider remembering our parish when you update your estate plans. These gifts help us to build a solid foundation for the Catholic formation of future generations.

Prepare or update your will or trust today by contacting an attorney. For sample bequest language, contact Fr. Marty at 708-448-4861.

WORD OF LIFE

“The essence of our identity is that we are created in God's image and likeness and loved by Him. Nothing can diminish the priceless worth of any human life. Every person is cherished.”

—USCCB Secretariat of Pro-Life Activities