



# FALCON NEWS

PRINCIPAL, CLAYTON COBB  
ASSISTANT PRINCIPAL, KATHERINE SUCKLE



Dear St. Joseph Families,  
As we prepare for the season of Lent, I feel the need to reflect on what the season can mean for us. If we are not aware, this was originally a time in the Church meant for final preparation for those who would become Christian at Easter. Making a long story short, it has become time that we prepare to celebrate the Resurrection of our Lord, Jesus Christ. We are all called to prepare for this. We all have "stuff" in our lives from which we should seek to be cleansed. This could be an ongoing struggle with a personal vice. This could be a time that we make prayer a priority in our busy life in which we live. Nonetheless, it is a time where we seek to return to the Lord. We do so in a 3-fold manner: prayer, fasting, and almsgiving. Can we make a few extra minutes for Christ like stopping in the church after carpool or even to Mass on Friday's? Can we make sure that we sacrifice something during Lent so that we become detached from worldly things like TV, social media, gossip, or over-indulging in anything? Is there a cause to which we can give that will make a difference? The school, the church, the poor, or a local organization? Can we get to Confession soon? Let us discern this carefully in order to return more closely with Christ. St. Joseph, pray for us.



## UPCOMING EVENTS!

**TUE, 2/21 1:15PM K4 Krewe of Carpenter Parade**

**3:05-4:15 LCP Tutoring in Library**

**5:30 5/6 Falcons vs SJB (home)**

**6:30 7/8 Falcons vs SJB (home)**

**WED, 2/22 9:30 Ash Wednesday Mass, IN UNIFORM!**

**THUR, 2/23 3:05-4:15 LCP Tutoring in library**

**5:30 5/6 Falcons vs FBCS (home)**

**6:30 7/8 Falcons vs FBCS (home)**

**FRI, 2/24 Regular Schedule (Mass was Wednesday)**

**7TH GRADE RETREAT**



# VIRTUE OF PRAYERFULNESS

## **PRAYERFULNESS IS:**

Being still, listening, and being willing to talk to God as a friend

## **PRAYER FOR**

## **PRAYERFULNESS:**

Dear Jesus, I desire to have You as my best friend. Give me a desire to spend time with You each day, as I do with my friends. Help me always to put You first in my life, even when I am busy.

## **PRAYERFULNESS**

## **LOOKS LIKE:**

- Folding my hands when I pray

## **SOUNDS LIKE:**

- Silence

## **ST. HILDEGARD OF BINGEN:**

By the time she was eight years old, Hildegard of Bingen knew that she would become a religious sister.

God spoke to her in visions, and she learned much from Him about the Scriptures and the history of salvation. Because of her many hours speaking with and listening to God, Hildegard was able to teach others about His plan. She wrote many letters, poems, and songs to describe the beauty of God and His creation.

## **FEAST:**

September 17

# ASH WEDNESDAY

## THE BEGINNING OF LENT



### WHAT IS ASH WEDNESDAY

Ash Wednesday is the **first day of Lent**. Palm branches blessed on Palm Sunday of the previous year are burned to create ashes which will be imposed on the faithful's foreheads.

### WHY USE ASHES

Since the Old Testament, **ashes have been a symbol of repentance**. Imposing it upon the faithful's forehead is a reminder and an invitation to repent, and follow God.

### WHAT IS LENT

The **40-day period** from Ash Wednesday and before Easter Sunday. It is marked by **praying, fasting, abstinence, and other acts of penance**.

PRAYING ||||| FASTING ||||| ABSTINENCE



### WHAT IS FASTING



One meal a day, and two smaller meals which if added together would not exceed one full meal

### WHAT IS ABSTINENCE



Abstinence is **refraining from eating meat**. Meat is considered to be the flesh and organs of mammals and fowl.

### DAYS OF FAST

Ash Wednesday

Good Friday

### DAYS OF ABSTINENCE

Ash Wednesday

All Fridays of Lent

Good Friday

### WHO ARE REQUIRED

Catholics aged 18 to 59



The sick are excused from fasting

### WHO ARE REQUIRED

Mandatory for everyone

older than 14 years old



# D devoted

WOMEN'S CONFERENCE 2023

FEBRUARY 24-25, 2023  
ST. JOSEPH CATHOLIC CHURCH

*featuring*



**KATHLEEN  
HIGGINS**

Catholic Speaker  
Podcaster



**ANGELA  
MCCANN**

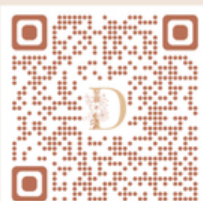
Musician  
Songwriter



**CATHY  
COBB**

Artist  
Muralist

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**FRIDAY EVENINGS  
IN THE CHURCH  
DURING THE  
LENTEN SEASON  
AT 5:30 PM**



**FRIDAY EVENINGS  
DURING LENT**

**\$11- LG PLATE  
\$9- SM PLATE**

# Read Across America



***Thursday,  
March 2  
Students  
in K3-5th  
Dress as  
their  
favorite  
book  
character***