

Going on the Offensive

First Sunday of Lent (Year C)

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. [Luke 4:1-2](#)

If someone is attacked or feels threatened, it is common to be defensive. For example, if soldiers suddenly find themselves under attack from an enemy, they will most likely take up a defensive position. Similarly, when we feel personally attacked by another or are tempted by the devil, we will often try to defend ourselves. However, within the worlds of games, sports and military activity, there is a common adage that says, “the best defense is a good offense.” In other words, the best way to keep the opponent from winning is to go on the offensive rather than to sit back and take up a defensive position.

In many ways, this is what Jesus did when He entered the desert. He was aware that the evil one wanted to destroy Him. Therefore, when Jesus entered the desert for 40 days to pray and fast, He did so in a sort of offensive attack upon the devil. Jesus’ temptations in the desert were not primarily difficulties He had to endure and resist. Rather, they were first and foremost ineffective attacks from the evil one, because Jesus had already embraced the opposite virtues.

What temptations and sins are among your greatest struggles? In what ways do you find yourself experiencing defeat? In what ways have you taken up a defensive position to try to overcome your struggles? Too often we approach temptations in the wrong way. We see them as attacks from the evil one that we must resist and defend ourselves against. And though that is true, it is not the full truth. The full truth is that the best way to overcome the struggles we face is to confront them directly in a vigorous and offensive way by choosing the opposite virtue.

Consider the three temptations Jesus overcame in the desert: gluttony, vainglory and greed. Jesus’ entrance into the desert for those 40 days was the way by which He destroyed these temptations before they were even presented to Him. By voluntarily choosing to fast from food for those 40 days, Jesus rendered the temptation toward gluttony ineffective. By choosing the humility of entering into the solitude of the desert to be alone with His Father, Jesus robbed the temptation toward vainglory of its power. By choosing a life of poverty and simplicity, He overcame any temptation toward earthly wealth, even before it was offered to Him.

As we begin this forty-day Lenten journey, reflect, today, upon the sins and temptations in your life that need to be overcome. If you find yourself in an ongoing defensive position toward certain struggles, especially if you find yourself losing the battle at times, it’s time to change your strategy. Embrace the opposite virtue of the sins you are most tempted with this Lent. Embrace those virtues in an offensive manner. Choose kindness if you struggle with anger. Choose fasting if you struggle with gluttony. Choose generosity if you struggle with greed. Whatever your struggle, turn to the virtue you need the most and make it your focus this Lent so that you, too, will be well-prepared to reject the evil one and his lies when temptation comes your way.

My tempted Lord, You resisted all temptation in Your life by choosing every good virtue and living them to perfection. Please help me to see the virtues I need the most right now and give me the strength I need to run toward them this Lent with all my heart. Jesus, I trust in You.

Mary, Queen of Heaven Parish

March 9, 2025

First Sunday of Lent



Parish Staff:

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Pastoral Council

Father Ishida, Pat Whipple, Janet Whipple,,

Mario Cruz, Danielle Treis, Father Miller

Finance Council

Father Ishida, Eric Hanson

Physical Address: 200 W. Alder, Sprague, WA 99032

Mailing Address: P.O. Box 125, Medical Lake, WA 99022

Holy Mass and Sacraments Schedule

Sunday Mass: 10:30 am

12:30 pm English Mass

Reconciliation: Sundays at 10:00 am

Baptism and Holy Matrimony:

The family should be registered and active members at Mary, Queen of Heaven Parish for a least three months prior to Baptism or Holy Matrimony. Couples are engaged to marry need to contact Fr. Ishida at least four months prior to the wedding date for marriage preparation.

Anointing of the Sick:

Please contact Father Ishida.

Parish Office:

Please email or leave voice message.

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Step 1. **Sign up as a Parishioner (it's FREE)** : search for **St. Anne Medical Lake**

Step 2. Then enter your name and create a password.

welcome

to our parish



kindle

IN US THE FIRE OF YOUR LOVE



March 15, 2025
Spokane, WA

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Regarding the Rite of Election and Calling of Candidates

A previous notification about the Rite of Election has caused some confusion, which is clarified below:

This liturgy will be a *combined rite*, meaning both the **Rite of the Election of Catechumens** and the **Calling of Candidates to Continuing Conversion**.

It will occur on **Sunday, March 16 at 2:00 pm** at the Cathedral of Our Lady of Lourdes in Spokane. The Catholic faithful are welcome to attend and pray for these catechumens and candidates.

"Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen."

Pray for our priests and Bishop Daly
We pray that Jesus will keep them close to His heart, and bless them abundantly in time and in eternity.

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*Directions on front of the bulletin
Catholic "net flicks".*

First Sunday of Lent
Lectionary #24C - Liturgical color: violet
1st Reading: Deuteronomy 26: 4-10
Responsorial Psalm: Psalm 91: 1-2,10-11, 12-13,14-15
2nd Reading: Romans 10:8-13
Gospel: Luke 4: 1-13
No Gloria



Welcome to Mary, Queen of Heaven Parish To all visitors who are joining us for worship today. May your time with us be grace-filled and may the Lord Jesus bless you and your loved ones today and every day.

Mary, Queen of Heaven Parish

Weekend Mass Schedule:

Sundays @ 10:30 am - confession @ 10:00 am
12:30 pm - English Mass



Beeswax Candles for sale!

Interested in handmade beeswax candles?

Contact Savannah Roach at
RoachSavannah98@gmail.com
or call 509-671-5656

Facebook—under homemade goods.
<https://tinyurl.com/yafbutsz>

Parishioner of Mary, Queen of Heaven



Please note: Mass Intensions take approximately 2 weeks to get processed and on the calendar. Please note this when giving your stipends for Intensions.

MASS INTENTIONS FOR MARCH

09	Sunday	Pro Populo
10	Monday	Karen Schwantz
11	Tuesday	Deanna Swanson
12	Wednesday	
13	Thursday	
14	Friday	
15	Saturday	
16	Sunday	Pro Populo

*Mary, Queen of Heaven ... Pray for us!
St. Anne ... Pray for us!*

Diocesan news to your inbox every Friday

SCAN TO SIGN UP

We ♥ love having you as part of our flock

Keep in touch with us via email & text

Text the word **westplains** to the number **84576**

Seven Sisters Apostolate

That our prayers may find the heart of every priest and bishop.



A call to strengthen the Church by ensuring that a Holy Hour is prayed each day of the week for the sole intention of a specific priest or bishop—a "holy wasting" (cf. Mt. 26:10) or lavishing of prayer for his deeper conformity to Christ.

Please contact Linda Pearson if you are interested in joining her at 509-879-0753 or email sookiesue@msn.com

Seven Sisters Apostolate meet after 9:00 am Mass at **St. Anne Parish, Medical Lake**. For all those interested—**Please join us in the Church.**