

## 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.

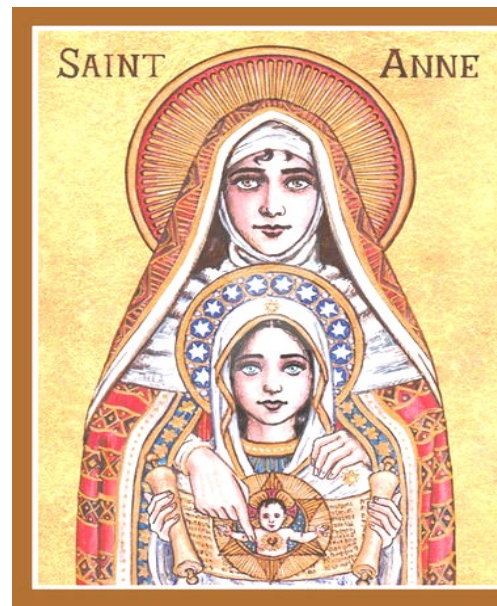
As we begin this forty-day Lenten journey, reflect, today, upon the sins and temptations in your life that need to be overcome. If you find yourself in an ongoing defensive position toward certain struggles, especially if you find yourself losing the battle at times, it’s time to change your strategy. 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.*

## St. Anne Catholic Parish

March 9, 2025

### First Sunday of Lent



#### Holy Mass and Sacraments Schedule

**Saturday Vigil:** 5:00 pm

**Sunday Mass:** 9:00 am

**Daily Mass:** Mondays & Fridays @ 6:00 pm  
Tuesdays, Wednesdays, Thursdays @ 9:00 am  
First Saturday’s ONLY @ 9:00 am

**Reconciliation:** 30 minutes prior to each Mass

**Eucharistic Adoration:** Mondays and Fridays 5:00-6:00 pm  
Tuesdays, Wednesdays, Thursdays 9:30-10:30 am

**Baptism and Holy Matrimony:** The family should be registered and active at St. Anne 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 a voice message.

#### Parish Staff

Parish Office: 509-723-1459

Email: [stannemedicallake@gmail.com](mailto:stannemedicallake@gmail.com)

Website: [www.westplainscatholicparishes.org](http://www.westplainscatholicparishes.org)

Father Michael Ishida, Pastor  
Evie Noder, Parish Bookkeeper  
Michele Flynn, Office Admin  
Sacramental Emergencies – 509-998-7093

#### Pastoral Council

*(meets 2<sup>nd</sup> Tuesday of each month @ 6:00 pm)*

Fr Ishida, Theresa Reisenauer, Linda Pearson,  
Evie Noder, Jeff King, Larry Jay,  
Monica Schindler, Marlayna Smith

#### Finance Council

*(meets 1<sup>st</sup> Tuesday quarterly @ noon)*

Father Ishida, Betty Patterson,  
Dan Quaschnick,

#### Physical Address:

708 E Lake Street, Medical Lake, WA 99022

#### Mailing Address:

P.O. Box 125, Medical Lake, WA 99022

#### Ministry Contacts

##### Liturgical Ministries

Sacristan - Theresa Reisenauer  
Lectors – Cheryl Moriarty 509-999-1964  
Music – Linda Pearson  
Fellowship—Betty Patterson 509-998-6631  
Hall Rental—Mary Morrison 509-244-4533  
Meditation Garden—

##### Parish Guilds

Prayer Chain, Theresa Reisenauer, [lovinretirement@gmail.com](mailto:lovinretirement@gmail.com)  
*(Intensions can be kept anonymous if requested or needed.)*  
Quilters Group, Sally Bachtel 702-622-5522

#### **FORMED.org—”The Catholic NetFlicks**

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



**PRAY FOR our priests  
and Bishop Daly!**

**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 Catechu-  
mens** 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.

**Please note:**

**Mass Intensions take approximately two (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     |

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

**March 15, 2025  
Spokane, WA**

with **Curtis Martin**  
founder of FOCUS

Tickets now available  
at QR code ---->

**Lenten Fridays**

- 5:00 PM —Confessions
- 5:30 PM—Mass
- 6:00 PM—Stations of the Cross  
*(no Adoration)*
- 6:30 PM—Soup Potluck in the Hall

**Meatless SOUP POTLUCK Supper  
IMMEDIATELY FOLLOWING  
Stations of the Cross.**

Join us for this opportunity  
to gather and share meals together.

**First Sunday of Lent**

*Lectionary #24C - Liturgical color: violet*

- 1<sup>st</sup> Reading: Deuteronomy 26: 4-10
- Responsorial Psalm: Psalm 9 1: 1-2,10-11,  
12-13,14-15
- 2<sup>nd</sup> Reading: Romans 10:8-13
- Gospel: Luke 4: 1-13
- No Gloria



**Welcome to St. Anne 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. Pax et Bonum (Peace & Happiness)

**St. Anne Parish**

**Weekend Mass Schedule:**

- Saturdays @ 5:00 pm—confession @ 4:30 pm
- Sundays @ 9:00 am - confession @ 8:30 am

**Join us for FELLOWSHIP immediately following  
Sunday 9:00 am Mass in St. Anne Hall.**

**Daily Mass Schedule**

- Mondays & Fridays— 6:00 pm Mass
- Tuesdays, Wednesdays, Thursdays - 9:00 am Mass

**ADORATION**

- Mondays & Fridays @ 5:00 pm;
- Tuesdays, Wednesdays, Thursdays—following Mass

**CONFESSION**

- Mondays & Fridays @ 5:30 pm;
- Tuesdays, Wednesdays, Thursdays @ 8:30 am

**“The priesthood is the love  
of the heart of Jesus.”**

St. John Vianney



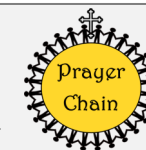
**Schola Cantorum—Choir**

Please join our new schola (Choir).  
We would love to have you assist us with  
singing the Holy Mass. Please contact Linda at  
509-879-0753 or email at sookisue@msn.com

*All voices are welcome!*

**PRAYER CHAIN**

**INTENTIONS** can be emailed and  
kept anonymous if requested or need-  
ed. Please request prayers to Theresa  
Reisenauer at: lovinretirement@gmail.com



**St. Anne Events!**

**Join us for FELLOWSHIP immediately following  
Sunday 9:00 am Mass in St. Anne Hall.**

- Friday, March 7 @ 6:00 PM**  
Stations of the Cross & Soup Supper  
5:00 PM —Confessions  
5:30 PM—Mass  
6:00 PM—Stations of the Cross  
*(no Adoration)*  
6:30 PM—Soup Potluck in the Hall

**Tuesday, March 11 @ 6:00 PM**  
Parish Council Meeting @ 6:00 PM in the Hall

**Wednesday, March 12 @ 9:45 AM**  
Quilting Group @ 9:45 am in the Hall

- Friday, March 14 @ 6:00 PM**  
Stations of the Cross & Soup Supper  
5:00 PM —Confessions  
5:30 PM—Mass  
6:00 PM—Stations of the Cross  
*(no Adoration)*  
6:30 PM—Soup Potluck in the Hall



**Seven Sisters  
Apostolate**

**Seven Sisters Aposto-  
late** meet after 9:00 am

Mass at **St. Anne Parish, Medical Lake**. For all  
those interested —**Please join us in the Church.**

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

**Please contact Linda Pearson  
if you are interested in joining at**

**509-879-0753**

**Or email sookisue@msn.com**