

# The Subtleties of Grace

Fourth Sunday in Ordinary Time (Year B)

In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” Jesus rebuked him and said, “Quiet! Come out of him!” The unclean spirit convulsed him and with a loud cry came out of him. [Mark 1:23–26](#)

It’s interesting to note that this unclean spirit immediately knows Who Jesus is. This is because each of two opposites emphasizes the other very clearly. For example, the color black is most clearly seen when it is placed in front of something white. Or something hot is most noticeable after experiencing something very cold. And a loud noise is most jarring when someone is sitting in silence. And so it is with Jesus and evil. Jesus, the Holy One of God, is most clearly seen when He comes in contact with an unclean spirit.

This fact gives us some wonderful insights into our journey toward the heights of holiness. Oftentimes, when one experiences a profound and transforming conversion, it is because they were first living a life of sin. When one who is living in sin encounters the saving grace of God, it is quite noticeable. And that is good.

But there is also another spiritual insight we can take from this. To further the analogy, it is also true that when the color black is put next to something dark blue, or something hot is touched after holding something quite warm, there is less notice taken. So it is with the spiritual life. When we are striving to obtain true holiness of life, and when we are already living the many virtues to which we are called, the next step closer to God might not be nearly as noticeable. Instead, growth in perfection for one who is already striving for perfection will be very subtle. And that is also good.

This is important to understand because sometimes, when a person has gone through a powerful conversion earlier in life, they want to return to the experience they had when they initially converted. But that should not be our goal. Instead, we should continually strive to experience these more subtle changes that take us from a life of holiness to one of even greater holiness. In this case, if you do not sense a powerful contrast of spiritual experiences within you, that may be simply because there are no serious sins you are trying to overcome. Thus, the ideal for every Christian is to eventually experience less contrasting spiritual experiences and more that are gentle and subtle as our Lord continues to gently perfect you in many ways.

Reflect, today, upon your own spiritual journey toward holiness. If you do see serious sin in your life, know that God wants to profoundly free you and draw you through a major conversion. If you do not see serious sin in your life and if you already strive daily to become holy, then rejoice if your spiritual consolations and communications from God are much more subtle and, at times, undetectable. Keep working at perfection and rejoice that you are on the correct path.

*Lord of all holiness, please continue to draw me into the life of perfection. Help me to grow in every virtue and to continually be aware of every gift of grace I am given. Please help me, especially, to be attentive to every small and subtle grace and to respond to those graces with a truly open and grateful heart.*  
*Jesus, I trust in You!*

# St. Anne Catholic Parish

January 28, 2024

## Fourth Sunday in Ordinary Time



### 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)  
Father Ishida, Betty Patterson, Evie Noder,  
Larry Jay, Theresa Reisenauer, Ian Buckmaster,  
Jeff King, Judy Luce

### 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

### 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.

### Ministry Contacts

#### Liturgical Ministries

Sacristan - Theresa Reisenauer  
Lectors – Cheryl Moriarty  
Music – Linda Pearson  
Fellowship—  
Hall Rental—  
Meditation Garden—

### Parish Guilds

Prayer Chain, Theresa Reisenauer, [lovinretirement@gmail.com](mailto:lovinretirement@gmail.com)  
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

Around the Diocese

|   |  |
|---|--|
| <p>Holy Hour for Vocations<br/><b>Vigil of 1<sup>st</sup> Friday</b> of each month<br/>Bishop White Seminary<br/><i>Thursday, <b>February 1, 2024 @ 7:00 pm – 8:00 pm</b></i><br/>Join the Cor Christi and Bishop White Seminary communities and the Serra Club of Spokane in a Holy Hour of Eucharistic Adoration for holy vocations &amp; spiritual healing in our diocese.</p> | <p>Women’s Adoration and Fellowship—<b>3<sup>rd</sup> Friday</b> of each month @ St. Charles Parish, Spokane<br/><i>Friday, <b>February 16 @ 5:00 pm - 7:30 pm</b></i><br/>Wholeheartedly dedicated to proclaiming the love and mercy of Jesus, equipping women to fearlessly do the same.</p>               |
| <p>Charismatic Mass - <b>1<sup>st</sup> Friday</b> of each month<br/>Our Lady of Fatima Parish—3327 S Perry St.<br/><i>Friday, <b>February 2, 2024 @ 7:00 Praise, 7:30 Mass</b></i><br/>Praise and Worship, Holy Mass, and Social.<br/>Please bring a snack to share. For more information call/text Arlette 509-979-2255.</p>  | <p><a href="#">Faith &amp; Reason Institute Lecture</a><br/><a href="#">with Fr. Robert Spitzer, SJ</a><br/>Thursday, February 8, 2024, 7:00 PM<br/>Location: Woldson Performing Arts Center at Gonzaga University “Increasing Openness to Transcendent Intelligence in Contemporary Big Bang Cosmology”</p> |
| <p>Mass of Remembrance—<b>1<sup>st</sup> Saturday</b> of each month<br/>Holy Cross Funeral &amp; Cemetery<br/><i>Saturday, <b>February 3 @ 9:00am</b></i></p>   | <p><b>New Joy</b><br/>When you seek Me and find ME, you find not what you think you want, but what you need. You will find new delights in My fellowship and company. Let Me be your gift. Your joy will be complete.<br/>Deuteronomy 16:15</p>  |
| <p>Young Adult Adoration and Confession<br/><b>1<sup>st</sup> Wednesday</b> of each month<br/>St. Francis Xavier, 545 E Providence Ave, Spokane<br/><i>Wednesday, <b>February 7, 2024 @ 7:00pm</b></i><br/>Spokane Catholic Young Adult’s Social to follow.</p>   |  |

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**

Diocesan news  
to your inbox  
*every Friday*

SCAN TO SIGN UP



SpokaneCatholic.org/newsletters/updates



**FORMED.org**  
The Catholic  
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*Directions on front of  
the bulletin .*


SPOKANE  
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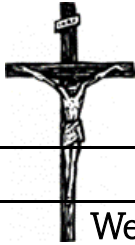
Catholic Schools Week is approaching!  
January 28-February 4

  
Catholic Schools  
United in Faith and Community

Bishop Daly is inviting all parishioners in our Diocese to participate in the Bishop’s Collection for Catholic Schools. This collection in an annual collection Bishop Daly began 4 years ago to provide financial support for our parochial schools. Every community in our Diocese, even those without schools, benefit from the strength and health of our system of Catholic Schools.

Collections will be Jan 28th & Feb.4

| MASS INTENTIONS FOR JAN & FEB                 |           |                 |  |
|---|-----------|-----------------|--|
| 28  | Sunday    | Pro Populo      |  |
| 29  | Monday    | Randy Schindler |  |
| 30  | Tuesday   |                 |  |
| 31  | Wednesday |                 |  |
| 01  | Thursday  | Harry Teaford † |  |
| 02  | Friday    |                 |  |
| 03  | Saturday  |                 |  |
| 04  | Sunday    | Pro Populo      |  |
| <i>St. Anne ... Pray for us!</i>              |           |                 |  |
| <i>Mary, Queen of Heaven ... Pray for us!</i> |           |                 |  |



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  |  |
|--|--|
| <p><b>Weekend Mass Schedule:</b><br/>Saturdays @ 5:00 pm—confession @ 4:30 pm<br/>Sundays @ 9:00 am - confession @ 8:30 am</p> <p><b>Join us for FELLOWSHIP immediately following Sunday 9:00 am Mass in St. Anne Hall.</b></p> <hr/> <p><b>Daily Mass Schedule</b><br/>Mondays &amp; Fridays– 6:00 pm Mass<br/>Tuesdays, Wednesdays, Thursdays - 9:00 am Mass</p> <p><b>ADORATION</b><br/>Mondays &amp; Fridays @ 5:00 pm;<br/>Tuesdays, Wednesdays, Thursdays—following Mass</p> <p><b>CONFESSION</b><br/>Mondays &amp; Fridays @ 5:30 pm;<br/>Tuesdays, Wednesdays, Thursdays @ 8:30 am</p> | <p><b>St. Anne Events!</b><br/>You are invited to join our <b>Quilting Group</b><br/><i>Wednesdays @ 9:45 am</i><br/>in St. Ann Hall. Any questions?<br/>Call Sally 702-622-5522.</p> <p><b>Parish Council Meeting</b><br/><i>Tuesday, February 13 @ 6:00 pm</i><br/>in St. Ann Hall</p> <p><b>Ash Wednesday</b><br/><i>Wednesday, February 14th</i><br/>Mass time tba</p> <p><b>St. Joseph 33-Day Prayer Challenge</b><br/><i>Begin Thursday, February 15th</i> *interested in leading this group? Please talk to Father.</p> |

**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](mailto:sookiesue@msn.com)

**Schola Cantorum—Choir**

**Please join our new schola (Choir) to assist with singing the Holy Mass, contact Linda @ 509-879-0753 or email at [sookiesue@msn.com](mailto:sookiesue@msn.com)**

**All voices are welcome!**

**Make a plan for Lent**  
Don’t blink. Lent will be here before you know it. Before Ash Wednesday catches you unaware, make a point of sitting down and give some thought to how you want to spend this Lent. If you have no idea where to begin, rest assured: there is a solid foundation to work from. The Church doesn’t leave us to figure things out ourselves. There are three holy practices we are called to embrace **prayer, fasting, almsgiving.**

**Lenten Soup Dinners**  
Starting Ash Wednesday (02-14) and will continue each Friday of Lent - following Stations of the Cross.—in St. Anne Hall. Look for the Sign-up sheet.



**Dedication to St. Joseph,**  
St. Joseph’s Feast Day is March 19  
We will begin a 33 Day Prayer & Daily Challenge starting on February 15. *Interested in leading this event? Please talk to Father or email the parish office.*