

March 3, 2024



**“GIVE TO CESAR WHAT BELONGS TO CESAR
AND GIVE GOD WHAT BELONGS TO GOD”**
MT 22:21



Running Laps!

It can be intimidating to think of Lent as a linear 40-day journey into the desert. The length and challenges of the trip can intimidate us. There is also a temptation to feel that if we've fallen short on our commitments and made mistakes just to stop trying. A helpful technique for the long journey of Lent is to think of it as **a series of laps around the track**. Let me explain.

Those of you who ran track in high school remember doing laps around a track. The traditional tracks were 1/4 of a mile. You knew that if you wanted to run an 8 minute mile then each lap had to be two minutes long. As you came around for each lap your coach would yell out the times and you could assess whether you were on pace, going too fast, or too slow. You could then adjust in your stride to reach the target. This is where we are on the Lenten journey. We have six weeks of lent and we are now beginning **week three**.

As you look back over the first two weeks of Lent ask yourself a few questions: **Was my pace too slow?** Have I failed to make challenging commitments? Have I failed to keep the commitments I have made? After some early failures did I feel like throwing in the towel and forgetting about all of my commitments? If this has been your experience of Lent so far then it's time to **pick up the pace**. It is time to look at your commitments and **recommit** for the Lenten journey. There are still four weeks to go!

Sometimes in a race, due to the excitement we can go out of the gates **too fast**. Our adrenaline leads us out, but we don't have the stamina to survive the long haul. We can do this with our commitments. We can be very excited about Lent and make too many commitments and now we feel very tired. Perhaps we made commitments that were too strict or have not borne fruit. In this case perhaps we need to **slow down our pace**. With four weeks ahead of us we need to keep a pace that we can sustain to finish the race well.

Where are you at on your Lenten journey? Four weeks from today is Easter Sunday. A good runner will pick up the pace as they spy the finish line. There is grace in your pace! May we adjust are pace properly so that we can run the race well and win the crown!

Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. (I Cor 9:24-25)

-Fr. Tim McKeown

We are blessed to have **Fr. Daniel Ihunnia** assisting at St. William and SFX over the next month. Fr. Daniel is from the Missionary Society of St Paul and is from Nigeria. **Welcome Fr. Daniel!**


Once again the Knights of Columbus will be offering **Fish Fry Dinners** during Lent. Dinner will be served on Fridays from **5 PM until 6:30PM**. Meal includes fish, grits, hush puppies, slaw and tea. Cost \$12.00 per person. Grilled cheese sandwiches will also be available for \$2.00. This is open to all of our friends and family. Tickets available at the door. The dates: Mar 8, 15, 22.

STATIONS OF THE CROSS Join us each Friday of Lent for the Stations of the Cross. Here we meditate on the last 14 moments from the life of Our Lord as He goes to Calvary to die for our sins. You do not have to be Catholic to participate so this would be a good event to invite a family member or co-worker to introduce them to this beautiful devotion! Stations in English at 7:00 pm. En Español at 8:00 pm.

Palm Sunday is Sunday March 24. Good Friday is March 29. Our **Easter Vigil** will be Saturday March 30 at 8:00 pm. This will be a two-hour bi-lingual Mass where we will enter new members to the Catholic Faith through Baptism, Confirmation and the Eucharist. **Easter Sunday** is Sunday March 31.

Normally the **Solemnity of the Annunciation** is celebrated on March 25. Because that falls during Holy Week this year the celebration will be transferred to Monday April 8th.

We have **new pamphlets** out to assist you on your journey of faith. Check out the pamphlet rack on the front table.

<p>RCIA class on Monday, March 4 in the Narthex at 7 p.m.- The topic is the People of God and The Early Church.</p>	<p>Join us during Lent as we examine the Christian meaning of suffering according to the writing of St. Pope John Paul II in his 1984 apostolic letter "Salvifici Doloris." As we study this document, we will try to better understand:</p> <p>The meaning of suffering? What is Salvific suffering? Can we rejoice in suffering? Physical suffering vs. moral suffering? Fasting and renunciation</p> <p>The potluck dinner and fellowship begins at 6:00 pm, followed by the study from 6:30 to 7:45 pm. in the Narthex. Bring a dish or dessert to share! If you have any questions, please email lanevepj@bellsouth.net.</p>
<p>Adult Bible Study Sundays in the St. Anne Room Meets between 9:30 and 10:45 a.m. Please come join us!</p>	<p>Please join the Knights of Columbus Sunday March 10 for the Red Cross blood drive. Thank You for giving your precious gift to save a life</p> 
<p>Knights of Columbus State Charity Raffle: The 2023-2024 Charity Raffle to benefit both statewide and local charities is now being held through the end of April. Up to 70% of the proceeds from local ticket sales will be used to fund improvements to the parking area between SFX church and the school. The prizes are: 1st Place \$5,000; 2nd Place \$2,500; 3rd Place \$1,000. Tickets may be obtained from members of the Knights of Columbus – 1 for \$5.00 or 5 for \$20.00. Tickets will be available after most weekend masses and at the Lenten Fish Dinners. Winners will be drawn on May 18th at the Georgia Knights of Columbus Convention. For tickets or more information, call Don Heinecke at 912-577-8722.</p>	

MASS INTENTIONS

March 2 - 10

Saturday, March 2

5:00 p.m. † Rita & George Doubek,
† Rosanne Hale

7:00 p.m. *Whitney Klein (int.)*
(at Jekyll United Methodist Church)

Sunday, March 3

8:30 a.m. † Fr Wilfrid Logsdon

11:00 a.m. † Manuela Rocha

6:00 p.m. (Spanish) Maria Mendez,
Rafael & Rafael Rojas

Monday, March 4

Noon † Showie Herrera

Tuesday, March 5

Noon Fr Jim Holloway (int.)

Wednesday, March 6

7 p.m. † John Trinidad

Thursday, March 7

8 a.m. Special Intentions

Friday, March 8

8 a.m. Our Staff and Students

7 p.m. Stations of the Cross

Saturday, March 9

5:00 p.m. † Rita & George Doubek,
† Rosanne Hale

7:00 p.m. *Our Parish Family*
(at Jekyll United Methodist Church)

Sunday, March 10

8:30 a.m. † Avie May Poleski

11:00 a.m. † Kirk Knox

6:00 p.m. (Spanish) Efrain Lopez (int.)

WOMEN'S LENTEN RETREAT

Saturday MARCH 16, 2024

8:15 (Mass) TO 1 PM

St. William Catholic Church

2300 Frederica Rd. -

Saint Simon's Island

COST: \$15.00 *Breakfast and
lunch included*

Ladies you are warmly invited to
join in fellowship, praise &
worship, and inspirational talks!
Come be renewed in God's love
and experience JOY in this season
of Lent. Don't miss the
opportunity to be inspired by an
international motivational speaker
and acclaimed author Paula
Umana. Invite a friend to join
you!

Questions and additional
information on how to register
contact:

Jan Mansfield: (912) 266-3417 or
Erin Bors: (305) 240-0528

Do you pay most of your bills
on-line? You can donate to
SFX on-line through Our
Sunday Visitor (OSV) on our
website.

Would you prefer to receive
your bulletin each week via
email? Go
to www.DM.CHURCH/4324
or you can scan the code on
the back of the bulletin.



If your baby or toddler is feeling restless, the **Narthex** is open with a **live video and audio feed**. There are about 25 seats available. There is also a room located at the back of the Church you can go to.



May 18 starting at 7:30 a.m. in front of the school

Our **High School Youth Group** meets on Wednesdays in the Narthex from 3:30 until 7:30. Please come and join us. Snacks, games and homework starting at 3:30 pm. Group activities at 4:30 pm. Dinner served at 5:15 pm. Spiritual lesson at 6:00 pm. Holy Mass at 7:00 pm in Church.

ST. VINCENT de PAUL FOOD PANTRY REQUESTS

Baked Beans

Cereal

Spaghetti

Hunts Spaghetti Sauce

The SFX Community extends their **prayers and condolences** to the family and friends of **Helen Watkins & Sandra Kay Swann**. May they rest forever in the peace of Christ

Our **Young Catholics** (18-35, single or married) meet each Friday night. Please contact Rob Sadowski for the schedule. Phone - (912)230-4863 or email robertsadowski@yahoo.com

That Man is You! For more information contact Deacon Chris at csadowski@bellsouth.net

St. Francis Xavier Staff email addresses and exts.

912-265-3249

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Deacon Dr. Mermann, **Principal**: tmermann@sfxcs.org, **912-265-9470**