

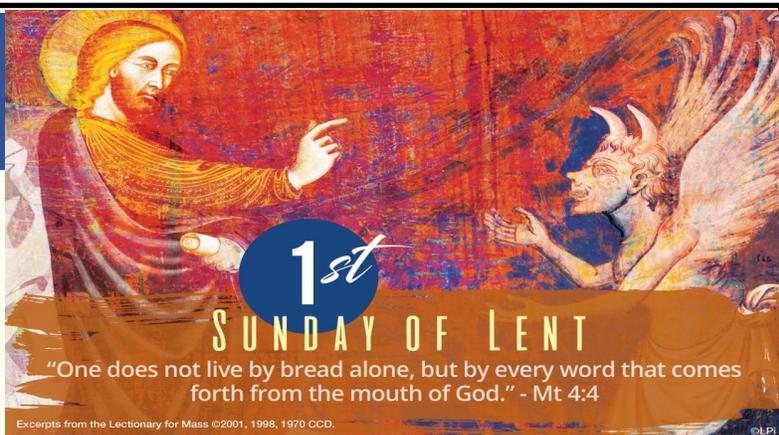
**Sunday, February 26, 2023**

Seventh Sunday in Ordinary Time

**PARISH OFFICE HOURS**

**Monday - Thursday: 9am - 4pm**  
**Fridays & Weekend: By Appointment**

**Email: [stluke.dc@adwparish.org](mailto:stluke.dc@adwparish.org)**  
**[www.stlukechurchsj.org](http://www.stlukechurchsj.org)**



Staffed by the Josephite Fathers and Brother

Serving Washington DC (Far S.E., N.E., and Prince Georges County since 1957)



**ST. LUKE**  
**CATHOLIC CHURCH**

**4925 E. CAPITOL STREET, WASHINGTON, DC**  
**20019**



**PASTORAL STAFF**

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**DEACON**

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**Mrs. Shirley Williams**

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**Mrs. Hope Brown**  
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**Welcome**

St. Luke is a warm and embracing parish family. We gladly extend our love and warmth to all those who desire to worship and follow our Lord, Jesus Christ. Come join us to celebrate the Holy Eucharist which is the source and summit of our Christian life. Our theme for 2022 is "You, O Lord, protect us always; preserve us from this generation." [Psalm 12:8] Together we will praise God, love one another and serve each other.

**Mass Schedule**

**Saturday Vigil Mass: 4:00pm**

**Sunday Masses: 8:30am & 11:00am**

**2nd Sunday 1:15pm (Igbo) 3rd Sunday 1:15pm (French)**

**Weekday Masses**

**In St. Luke Church**

**Monday: 10:00am & Thursday: 10:00am**

**Wednesday Bible Study: 6:00pm**

**Holy Hour/ Adoration**

**Every First Friday 6:00pm . -7:00pm**

**Sacrament of Reconciliation**

**Saturday: 3:00-3:45pm Sunday: 7:30am-8:15am**

**Sunday: 10:00am-10:45am Or by appointment**

**Sacrament of Baptism**

Infant Baptism registration takes place at the Parish Office prior to baptism preparation class which is held on the First Saturday of each month. Baptism takes place every First Sunday after the 11:00 a.m. Mass. Please call parish office for more information.

## PASTOR'S CORNER

### Fighting Temptations : A Practical Guide for Catholics

Blessed is the man who perseveres in temptation, for when he has been proved he will receive the crown of life that he promised to those who love him. James 1:12

The Bible is filled with stories of people fighting temptations in their day to day lives. In the book of Genesis, we read about the serpent tempting Eve to partake of the forbidden fruit. Even Jesus was tempted and put to the test during his time on earth. In Matthew 4, the Devil offered Jesus all the kingdoms of the world if he would bow down to him but Jesus resisted and he was delivered from sin. Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Then the devil left him and, behold, angels came and ministered to him. Matthew 4:5-11

Temptation is something that entices us to act against reason and the commandments of God. They come in different forms and leads to different kinds of sin, some as small and seemingly harmless as gossiping or something as grave and atrocious as murder. All of these situations began with us being confronted with a choice of either succumbing to temptation or resisting it. Fighting temptations is all part of our lives as Christians. Every day there is an ongoing battle between our spiritual nature, the part that unites us with God, and our human nature which is weak and vulnerable to sin. Unfortunately, it is not always easy to stand fast in our faith and overcome temptation. Some temptations are easier to overcome than others and we often hear people use the phrase, "I am only human and humans are bound to sin" in order to justify falling into temptation. But is this argument valid?

### The Gift of Free Will and the Armor of God

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12 God gave us the gift of free will and it is through this gift that we are able to make choices that will either bring us lasting peace or destruction. We must remember that as Christians we are caught in the middle of a spiritual battle for our souls.

There is a spiritual aspect to everything in life and every choice we make prepares us for our life in eternity with our Heavenly Father. By choosing the righteous path, we grow in wisdom and build our faith. We become more confident when going through life's difficulties. On the other hand, when we let go of our better judgment and give in to temptation, we isolate ourselves from God and our fellow Christians. We become wracked with guilt and are unable to reconcile our spiritual and righteous side with our human side.

Excerpt culled from <https://www.catholicfaithstore.com/daily-bread/becoming-a-faithful-citizen-by-fighting-temptations/>

## Reflection for the First Sunday in Lent

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: "**He fasted for forty days and forty nights, and afterwards he was hungry.**" Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word "fast" means to "hold firmly." We still use it that way when we say, "I held *fast* to my original decision." We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. "**Man does not live by bread alone,**" he says, "**But by every word that comes forth from the mouth of God.**" Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

Father John Muir

Liturgical Publications 2015

HAPPY BIRTHDAY/ANNIVERSARY

We would like to wish a wonderful happy birthday to

**Karen M. Richburg,  
Aaron Hyde,  
Melanie Neal**

**MAY THE JOY OF THE LORD  
BE YOUR STRENGTH!!!**

Readings for the week of February 26, 2023

**Sunday:** Genesis 2:7-9; 3:1-7/Psalms 51:3-4, 5-6, 12-13, 17  
(see 3a)/Romans 5:12-19 or 5:12, 17-19/ Matthew 4:1-11

**Monday:** Leviticus 19:1-2, 11-18/Psalms 19:8, 9, 10, 15/  
Matthew 25:31-46

**Tuesday:** Isaiah 55:10-11/Psalms 34:4-5, 6-7, 16-17, 18-19/  
Matthew 6:7-15

**Wednesday:** John 3:1-10/Psalms 51:3-4, 12-13, 18-19/  
Luke 11:29-32

**Thursday:** Esther C:12, 14-16, 23-25/Psalms 138:1-2ab, 2cde-3, 7c-8/Matthew 7:7-12

**Friday:** Ezra 18:21-28/Psalms 130:1-2, 3-4, 507a, 7bc-8/  
Matthew 5:20-26

**Saturday:** Deuteronomy 26:16-19/Psalms 119:1-2, 4-5, 7-8/  
Matthew 5:43-48

**Next Sunday:** Genesis 12:1-4a/Psalms 33:4-5, 18-19, 20, 22 (22)/2 Timothy 1:8b-10/Matthew 17:1-9

Church Support

Please consider making a donation to support our parish during these trying times. You may Drop off or mail your gifts to the parish. You may give online through our website:

<http://www.stlukechurchssj.org/>

And clicking on the donate button.

You may also TEXT: 202-335-3116

WEEKLY MASS

**Monday 2/27**  
Eternal repose of the soul of Paula Theresa Fields by Parish Family

God's blessings and protection for Mrs. Gertrude Quarles by Quarles Family

**Tuesday 2/28**  
Lenten Weekday

**Wednesday 3/1**  
Lenten Weekday

**Friday 3/3**  
Lenten Weekday

**Thursday 3/2**  
Please pray for the eternal repose of the soul of Francois Ebendeng by Our Lady of Guadalupe

**Saturday 3/4**  
St. Casimir

Pray for the Sick & Shut-In of Our Parish

Barbara Barnes  
Blanche Bourm  
Barbara Batts  
Tanisha Bennett  
Tammy Berry  
William P. Brown  
Ruth Bundy  
Beatrice Carroll  
Rita Clines  
Melinda Conrad-Brown  
Edith Cornish  
Aniceto Charles  
Patricia Chase  
Valene Chemoo  
Joyce Cristwell  
Alvera Dance  
Iyana Davage

Joyce Diggs  
Lamont Diggs, Sr.  
Crawley Easley  
Marita C. Edelin  
Joshua M. Faison  
Kimbolyn Flowers  
Anthony Flowers  
Betty Gale  
Tina Garvin  
Katrina Griffin  
Steve Halle  
Chris Hawkins  
Brenda Henson  
Carolyn Holland  
James Holley  
Rudolph Holley  
James Hughes  
Melvin Jamison

Mary Ann Johnson  
David & Keisha Jones  
Dawn Lattimer  
Lawrence Lee  
Maria A. Logan  
Bernadette Mahoney  
Barbara Mallory  
Sadie Mason  
Doris McCannon  
Alice L. Montague  
Veronica Murray  
Kathy Ndouga  
David Neal  
Martha Neal  
Florence Patterson  
Marlene Patterson  
Silvia Perry  
Gertrude Quarles

John Quarles  
Doreene Redd  
Corley Redd  
Regina Rivers  
Leroy Sandifer  
Betty Smith  
Helen Smith  
Kayla Tatum  
Rolland Taylor  
Gloria Thompson-Price  
James F. Thompson, Jr.  
Barbara B. Tyler  
Wayne A. Wallace  
Marquita Ward  
Shiela Washington  
Steven Washington  
Charles Watson, Jr.  
Cecelia Williams

Lois Williams  
Wellington Waters  
Dolores Woodard, Jr.  
Harold Woodard, Sr.

St Luke military families.

All the Homeless men and women in our community.

Please pray for all those who are sick but have no one to pray for them



## PARISH NEWS AND EVENTS

Dear Parishioners, our Tree of Life has not fully bloomed. We are continuing the sale of leaves the northwest corner of the inside of the church (East Capitol St. side) There are 21 leaves still available for memorializing deceased family members or posting your current family names or beliefs. Each leaf is \$250 and can be paid in monthly installments. All proceeds will be used for the improvement of our beautiful church. Please contact Kathy Harris Ndouga if you would like more details at (202) 575-8732.

### St. Luke Parish Weekly Schedule

Mondays Morning Mass @ 10:00am (will also be livestreamed)

Wednesday Bible Study Live Stream & Voice @ 6:00pm

Thursdays Morning Mass @ 10:00am (will also be livestreamed)

**Stations of the Cross Fridays @ 6pm/First Friday Adoration @ 6:00pm**

Saturday Holy Rosary (Voice call only) @ 6:00pm

Easter Sunday Mass 8:30 am & 11:00am (11am mass will also be livestreamed)

To continue assisting St. Luke: You may **DROP OFF** your donation or **MAIL** your check or visit our **WEBSITE** <http://www.stlukechurchssj.org/Donate> OR **TEXT**: 202-335-311621

\$ 2,499.15

Offertory Contributions for : 2/19//2023

May God reward you abundantly for your generosity.

## Lenten Quote of the Day

"Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation." -Catherine Doherty

## PARISH NEWS

**STATIONS OF THE CROSS:** will take place every Friday during the season of Lent at 6:00pm.

**MASS OF CHRISTIAN BURIAL** for Paula Theresa Fields on Monday, February 27, 2023. Viewing at 10am, Funeral Mass at 11am. Please pray for the family.

**WOMEN'S HISTORY MONTH SCHOLARSHIP FUNDRAISER :** The Father Charles Coughlin Scholarship Committee will be hosting a Paint and Sip Fundraiser on Saturday, March 25th, 2023 from 5:00pm to 8:00pm A portion of the proceeds will be donated to the Scholarship Fund to assist parishioners and the community members with college expenses. Tickets are \$30 per person and must be purchased in advance. Please contact Ashley Gale (240.893.4434) for additional information.

**ST. LUKE HOLY NAME SOCIETY** is having their annual Day of Recollection on Saturday, March 4, 2023. It begins with the rosary at 8:00am in the court yard followed by Mass at 8:30am. Following Mass is a guest speaker, Deacon Al Anderson and the theme is "What's In It For Me...Why Should I Go to Church?" Lunch will be provided in the Hall..

**LENTEN FISH FRY:** St. Luke's Lenten Fish Fry will be held on Friday, March 10, March 24, & March 31, 2023. Time is from 11am to 2:30pm. Flyers will be made available. Please come and support our parish fund raising effort.

## ARCHDIOCESAN NEWS

**2023 ANNUAL APPEAL MANY MINISTRIES, ONE CHURCH:** This Weekend we have been asked prayerfully to consider asking a gift to the 2023 Annual Appeal. Please complete or take a commitment form at Mass this weekend, or make your gift at [give.adw.org](http://give.adw.org). Visit [appeal.adw.org](http://appeal.adw.org) to learn more about how the Annual Appeal benefits our parish and serves people in need throughout the archdiocese. It is our goal that every parish family will participate this year. All gifts will be credited towards our parish goal. Thank you in advance for your generous response to the 2023 Annual Appeal.