

Piece: *Silence*

Artist: Paris Nogari (1536-1601)

Location: Vatican Museums



## Silence Regenerates Our Inner Sanctuary

**S**ilence. This fresco where the Swiss Guards stand outside the pope's residence reminds us of an important virtue that is often absent in modern times: the capacity to be silent. "Be still and know that I am God!" (Psalm 46:11).

The figure in the fresco holds a finger over his mouth, indicating that silence starts with us. Speak less! Then we should muffle the background noise, represented by the stork with a stone in its bill to stifle its squawk.

How often do we have times of silence in our lives—and not just moments when there doesn't happen to be a radio or TV on? I mean purposeful, intentional periods of quiet to be alone with God and ourselves.

Regular times of quiet offer many benefits. They help us reflect, order our thoughts, and contemplate what's happening inside our hearts and minds. Silence is regenerative and gives us new energy, clarity, and serenity. If we add to this quietude an internal dialogue with ourselves and our Lord, it can take our inner sanctuary to a new level. One will not only find strength but also purpose and focus. Silence is the natural habitat of a flourishing soul, yet we often lock out our inner self in the mayhem of the external world, never allowing it to take in what gives it life—silence.

How about taking an hour without phones, radios, TVs, and computers to dedicate yourself to some meditative work or recreation? Or better yet, take a moment and go to a local perpetual adoration chapel to quietly sit with our Lord.

—Fr. Mark Haydu, LC

### *For Reflection*

*Is there a daily moment when I can enjoy some silence?*

*What will I find in those moments? In my frenetic activity, am I running from something that I should otherwise confront?*

*When a sieve is shaken, the husks appear; so do people's faults when they speak....  
The test of a person is in conversation.*

*Sirach 27:4-5*

**THE CATHOLIC COMMUNITY OF CYCLONE—MARAK**

**St. Joseph, Cyclone & Sts. Cyril & Methodius, Marak**

**Pastor:** Rev. Darrell Kostih

**Mailing address:** 20120 FM 485, Burlington, TX 76519.....**Phone** 254-985-2280

**Email:** cyclone.marak@gmail.com **Website:** marakchurch.org

**Masses: Cyclone:** Sat. 5:30PM & Sun. 8:15AM; Weekdays: Tue, Thurs & Friday: 7AM

**Marak:** Sundays: 10:15AM and Wednesday 5:30PM(unless otherwise stated)

**The Sacraments:**

**Baptism:** On Sundays after Mass. Please contact the pastor for scheduling a meeting with him; a preparation program may be needed. Parents must be registered parishioners of St. Joseph, Cyclone or Sts. Cyril & Methodius, Marak.

**Confessions:** Before Mass on the weekend and anytime by appointment.

**Marriage:** Couples planning to be married should contact the pastor at least six months in advance before you set the date of the wedding. Completion of required paperwork and a preparation program needed.

**MARCH 3, 2019 EIGHTH SUNDAY IN ORDINARY TIME**

**"Shine like lights in the world as you hold on to the word of life." Luke 6**

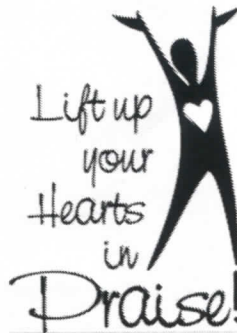
In today's readings we hear Jesus speaking in Galilee as well as a Jewish sage named Sirach writing in Jerusalem more than a century earlier. The two of them touch upon a single truth: The words that come out of us make known the hidden thoughts within us. Speech reveals the secrets of the heart.

Sirach teaches that speaking is "the test of men" and their character (Sir 27:7). One who is upright will utter words that are truthful and encouraging to others. But one whose heart is cluttered with "refuse" will be exposed, since the "fruit" of his mouth speaks volumes about the "tree" that produces it (Sir 27:6). Sirach also compares the testing of our words to clay fired in a kiln—if properly prepared, a useful vessel emerges; but if the clay is not fully dried, it will break apart in the extreme heat (Sirach 27:5).

In a similar way, Jesus insists that a person speaks "out of the abundance of the heart" (Luke 6:45). He too compares our speech, whether good or bad, to what grows on a tree: "For no good tree bears bad fruit, nor again does a bad tree bear good fruit" (Luke 6:43).

Both readings urge us to make wholesome speech a habit. After all, much about who we are is brought to light through what we say. But there's an additional step: The Lord is asking us to look inward, to examine our hearts and fill them with the "good treasure" that God desires.

Why do purity of heart and speech matter so much? Because, as Jesus declares elsewhere: "by your words you will be justified, and by your words you will be condemned" (Matt 12:37). They matter because they help to decide our final judgment, and this is where the Second Reading comes in. Paul reminds us that God will destroy death forever, and if we are to share in this victory and live forever with the Lord, then we must take all steps necessary to give our hearts and lips to what is good.



**2/24 Stewardship: Regular Offering: \$1,659.00**

**2/24 Children's Offering: \$10.00**

**Thank you for Your Generosity!**

**Bulletin Information:** **MARAK:** Patsy Gaines (254-482-0570) - Email—pagaines2002@yahoo.com

**CYCLONE:** Nancy Posvar (254-869-2511)

**Bulletin deadline :** Please call or e-mail info for the bulletin by Wednesday before the weekend!



**March 6—Ash Wednesday****Eucharistic Minister:** Kelly Laurence**Offertory:** Volunteer**Lector:** Merlene Slavik**Ushers:** Dennis Marek & Laddie Dohnalik**Altar Servers:** Chase & Cade Hubnik**Sunday—March 10****Rosary:** Raymond Tomek**Eucharistic Minister:** Cindy Prcin**Offertory:** Dennis & Misty Green Family**Lector:** Sarah Goeres**Ushers:** Alfred Vrazel & Adolph Vansa**Altar Servers:** Pat & Kate Higgins—  
Claire Kopriva

**Prayer Chain**...Please remember in your daily prayers the faithfully departed, those souls in purgatory, those of our community that are in special need of prayer, those who are homebound or in nursing homes, all those in the military and the following: Andrea Enga( Cousin of Ethel Marak), Seth Litzman (nephew of Lynne Hornung), Albina Vrazel, JoLeen Cayhill, and Ethel Marak. Prayers are powerful and with God nothing shall be impossible.

**Contact Merlene Slavik—254-697-1247 or email—Slavik@farm-market.net** to be put on the prayer chain.

**MARAK MASSES—March 3-10, 2019**

Date	Time	Intentions
Today— 3/3	10:15am	+ Joseph Andrew Tomek by Arvell & Liz Jungmann
3/6— Ash Wednesday <i>*Cyclone*</i>	7:00am	+ Rita Mikulec by Alfred & Bernice Vrazel
3/6— Ash Wednesday	5:30pm	+ Fr. Walter by Christa Wade
3/10—Sunday	10:15am	+ Joe Vansa by Bill & Carol Smetana

**CYCLONE MASSES— March 3-10, 2019**

Date	Time	Intentions
Today – 3/3	8:15am	+ Randolph Green by Family
3/5– Tuesday	7:00am	+ Alton Moraw by Netsie & Bernard Hoelscher
3/6—Ash Wednesday	7:15pm	+ Susan Clowers by Michael & Kim Dach
3/7— Thursday	7:00am	+ Altons Wilde by Michael Sylvia Heise
3/8—Friday—Stations & Mass	6:00pm	+ Della Green by Jackie & Charlie Green
3/9– Saturday Vigil	5:30pm	+ Jean Driska by Ken & Jeanette Driska
3/10— Sunday	8:15am	+ Dolores Motl by Mrs. Joe Teakell, Sr.

**UPCOMING EVENTS AND INFORMATION**

- **TODAY:** Second Collection—Building and Maintenance Fund
- **MARCH 6:** Ash Wednesday— Second Collection—American Missions
- **HOLY WEEK SCHEDULES:** Please check the bulletin board at the church entry or church website for Holy Week Mass times.
- **VACATION:** Father Darrell will be on vacation from February 26th thru March 5th.
- **THANK YOU:** A very special thanks to Ray Jungmann for donating wireless land access point equipment to connect the internet from the Marak Parish Hall to the church. May God Bless you for your generosity.
- **FISH FRY:** KC Council #13902—every Friday beginning March 8th thru April 12th—Westphalia Parish Hall Pit—3:30pm—7:15pm (or until sold out). \$10/plate. Fried shrimp, fish, beans, coleslaw & fries.
- **IDEAS OR INPUT:** The cemetery board is in the planning phase of erecting a graveside directory at the cemetery. If anyone has any ideas or input on this project or would like to contribute in anyway, please let us know. Contact any board member or attend the May 4th meeting after mass.

## Calendar

### Monday

MARCH 4

Weekday

Sir 17:20-24

Mk 10:17-27

### Tuesday

MARCH 5

Weekday

Sir 35:1-12

Mk 10:28-31

### Wednesday

MARCH 6

Ash Wednesday

Jl 2:12-18

2 Cor 5:20-6:2

Mt 6:1-6, 16-18

### Thursday

MARCH 7

Thursday after

Ash Wednesday

Dt 30:15-20

Lk 9:22-25

### Friday

MARCH 8

Friday after

Ash Wednesday

Is 58:1-9a

Mt 9:14-15

### Saturday

MARCH 9

Saturday after

Ash Wednesday

Is 58:9b-14

Lk 5:27-32

### Sunday

MARCH 10

First Sunday of Lent

Dt 26:4-10

Rom 10:8-13

Lk 4:1-13



### Know Someone Overly Anxious About Sin?

For more than fifty years,

Redemptorists have ministered compassionately with those struggling with scrupulosity.

For more information and to sign up for our **free monthly newsletter**, visit:

[ScrupulousAnonymous.org](http://ScrupulousAnonymous.org)

# Dear Padre,

**How much talking is acceptable while waiting for Mass to begin? The chatter gets noisier as more people arrive, and then everyone starts talking louder just to be heard.**

Before Mass, "it is a praiseworthy practice for silence to be observed in the church, in the sacristy, in the vesting room, and in adjacent areas, so that all may dispose themselves to carry out the sacred celebration in a devout and fitting manner" (*General Instruction of The Roman Missal*, 45). For the liturgy to produce its full effects, "it is necessary that the faithful come to it with proper dispositions, that their minds...be attuned to their voices, and that they cooperate with divine grace lest they receive it in vain" (Constitution on the Sacred Liturgy [*Sacrosanctum concilium*], 11). In this sense, we are silent together, for the Mass is not a private function but a celebration of the Church as the "sacrament of unity," a holy people united (SC 26).

Thus, from the point of entry in a church to the time of the gathering song, which is intended to foster unity (GIRM 47), how does your faith community gather for Mass? Some churches with self-contained vestibules are ideal for offering welcome to newcomers and for exchanging greetings. Other sacred spaces are less conducive for separating this informal ritual from a place of quietude. Nevertheless, every faith community, with varying success, creates an atmosphere before Mass where individuals come together as a worshipping body, and at the same time, where people may dispose themselves in a devout manner.

Fr. Byron Miller, CSsR | [Sundaybulletin@Liguori.org](mailto:Sundaybulletin@Liguori.org)



SHUTTERSTOCK



## A Word from Pope Francis

*When we go to Mass, perhaps we arrive five minutes early and begin to chat with the person next to us. But this is not the moment for small talk....It is the moment for recollection within the heart, to prepare ourselves for the encounter with Jesus.*

**Silence is so important!**

—General audience, November 15, 2017



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