

Sacred Heart of Jesus

Roman Catholic Church



Rev. Brett Lapeyrouse
Administrator
385-0770

Emergency Line:
985-262-7509

Deacon Randall Jennings
1-985-518-2177

Deacon Larry Callais
1-985-255-9897

February 26, 2023
Vol. 38 No. 09

PARISH OFFICES

Rectory:

415 Union Street
Morgan City, La. 70380
P. O. Box 632
Morgan City, La. 70381-0632
Phone: (985) 385-0770
FAX: (985) 384-7176

Email: shcsecretary@hdiocese.org
Web: www.sacredheartmc.org

Office of Religious Education:

415 Union Street
Morgan City, La. 70380
P.O. Box 632
Morgan City, La. 70381-0632
Phone: (985) 385-0770

LIKE US ON FACEBOOK!

Sacred Heart of Jesus Roman Catholic
Church of Morgan City

LITURGICAL SERVICES

SUNDAY MASSES:

Saturday Vigil: 4:30 PM.
Sunday: 8:00 AM, 11:00 AM &
6:00 PM.

WEEKDAY MASSES:

Monday No Mass—Exposition &
Adoration 6:00–7:00 AM.
Tuesday–Friday
Exposition & Adoration: 6:00 AM
Mass: 6:30 AM
Saturday: 8:30 A.M.

FIRST SATURDAY MASS:

8:30 AM
Exposition until 10:00 AM.
Confession 9-10 AM.

OUR MOTHER OF

PERPETUAL HELP NOVENA
Tuesday at 6:30 a.m.

CONFESSIONS:

After all weekday Masses and 30
minutes before weekend Masses or
by appointment.

24– HOUR ADORATION:

Thursdays, 7 a.m.—Fridays, 6 a.m.
Held in the Souby Baptistery

BAPTISMS:

Second & fourth Sunday of each
month, 10:00 AM. BOTH parents
AND Godparents MUST attend a
baptism seminar held first Tuesday
of each month, 6:00 PM in the
Gallen Room (parking lot entry).

WEDDINGS:

Couples should make an appoint-
ment with the parish priest at least
six months in advance.

ANOINTING OF THE SICK:

Call the rectory anytime at
385-0770.

COMMUNION IN THE HOME/ HOME VISITS:

Call 385-0770. Monday—Friday,
8:30 A.M. until 3:30 P.M.

HOSPITAL VISITS:

If you or someone you know would
like to be visited in the hospital, you
must call the rectory at 385-0770.

To request a Parish Registration Form, call the Rectory at **385-0770** or shcsecretary@hdiocese.org
You can also visit the rectory between 8:30 a.m. and 3:30 pm., Monday through Friday.

Charter for the Protection of Children & Young People

Reporting Numbers: To report suspected abuse of a minor, call the LA Department of Children & Family Services (24/7) 1(855) 452-5437. **Outreach line for victims of sexual abuse by church workers.** If you suspect child abuse by clergy, church officials, church employees or volunteers, please also contact the Victims' Assistance Coordinator (985) 850-3172 and Diocese of Houma-Thibodaux Outreach Line (985) 873-0026.

FIRST SUNDAY OF LENT

Thought for Today

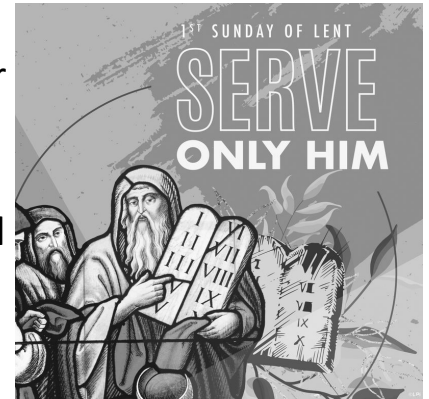
“Intense love does not measure, it just gives. How intense is your love?”

Do Something Beautiful for God— Mother Teresa

February 26, 2023

“The Lord, your God, shall you worship and him alone shall you serve.”

— Matthew 4:10



Lenten Schedule



Daily Mass

Tuesday-Friday, 6:30am, Saturday, 8:30a.m.

Adoration and Confession (Church)

Fridays 4p.m. –6:20p.m.

Saturdays 9a.m.—10a.m.

Stations of the Cross (Church)

Fridays 6:30p.m.

Confessions

Tuesday - Friday - 7:00a.m.,

Friday 4—6:25p.m., Saturday 9-10:00a.m.

30 minutes before all weekend masses.

Tuesdays

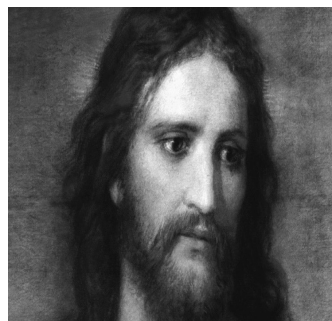
“Abide nights” —6:30-7:30p.m.



“ABIDE”

Every Tuesday during Lent

6:30-7:30P.M.(Church)



Join us for a night of Eucharistic Adoration and Confession as Fr. Brett will lead us in prayer and reflections.



The Holy Rosary

The rosary is prayed everyday at 4pm in Church.



February 25 & 26, 2023

Schedule

Sacristans:

Sat., 4:30P.M. – Gina Dupuis

Sun., 8:00A.M.– Gail Dupuis

11:00A.M.— Cindy Marino

6:00P.M. — Rebecca Pye

Lectors:

Sat., 4:30P.M. - Gwen Luc

Sun., 8:00A.M. – Courtney Matherne

11:00 A.M.— Cathy Siracusa

6:00P.M.—Leslie Smith

Eucharistic Ministers

Sat.,4:30P.M.— Terry Cortez

Sun., 8:00A.M.– Gail Dupuis

11:00 A.M.— Cindy Marino

6:00P.M. —Rebecca Pye

LIVE THE LITURGY - INSPIRATION FOR THE WEEK

We worship a God who understands human limitation. A God who has felt the pangs of fasting and the enticements of the tempter. Our God, hungry and tired and weakened, has stared into the face of the devil and said: “I am stronger than you.”

©LPi

FIRST SUNDAY OF LENT FEBRUARY 26, 2023



MASS INTENTIONS: Sat., Weekday, Feb. 25, 8:30am: Anthony Cannata, David Arcemont, Joyce & George Melancon, Eloise & Bill Gowland, Charles Gowland, Sr., John & Stella Mula, Pauline & Randolph Landry, Theresa & William Maxwell, M/M Eddie Landry, Nellie Blereau, Eugene Fields, Joe & Bet Cefalu, Cyrus & Shirley Giroir, Earl L. & Goldie M. Mayon, Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin.

Sat., Vigil, Feb. 25, 4:30pm: Patrick J. Bergeron, Vera & Charles Dupuis, Larry Bergeron, Anthony Governale, Sr., M/M Walter Romero, Sr., Theodore & Pasty LaVerne, Kelley & Alan Thomas Family, Maggie & Raymond Keller & Fam., Elaine & Kenny Blaire & Fam., Charles Gowland, Sr., M/M Donald Kreider, Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin, Frank & Corinne Mula, Marvin Compton, Seth & Jackie Sumrall, Blackie Arceneaux, Santo & Stella Rousso, Adele & Red Arceneaux, Stephen Giroir, Lester & Belle Simoneaux, George & Joyce Melancon, David Arcemont, Arcemont/Landry Family, Anthony Cannata, Vincent & Fannie Cannata, Earl L. & Goldie Mayon, Pat Badeaux, Grace Napoli, Jeanne Picou, Theresa & William Maxwell, Pauline & Randolph Landry, Andrew, Bill & Eloise Gowland, Luda & Eli Fields, Vivian & Eddie Fields, John Robert "Bob" Keeling, Jr., Donald Fields, Sally Anderson, Ruby Miller, Marius Carlos, Elmo & Viola Goulas, Troy Fangué, Martin & Deshotel & Prince Families, Robert & Maridel LaBauve, Mary & Ray Martin, Smith-Theriot Families, Betty & Philip Smith, Sr., Dirk Hoffpaur, Joe & Bet Cefalu, Elfrey & Margie LeBlanc, Carroll & Zeder Kraemer, Melvin J. Pitre, Doris B. & J. Darwin Richard, Marion H. Bergeron, Marlene Gautier, David Duplantis, Nick & Katie Mancuso, Dee & Vincent Orcino, Viola Percle, Loupe/LaHoste Fam., Sidney Solar, Jr., Joe Parsiola, Agnes Robicheaux, Nick LaRocca, Judy Duval, Dot & Sonny Duval, Bill & Eloise Gowland, Rafael Basas, Dung Nguyen, Jaqueline Hebert, Warren & June Fortier, Eulice, Carol & Steven Adams, James Kullman, Sr., Ayo & Odelia Loupe, Debra Duhon, & Family, Sonia Hebert, Susan Aucoin, M/M Arthur "Mac" Rulf, Lois Fryou, Earline Manfre.

Sunday, Feb. 26, 8:00am: Rose H. Percle, Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin, Joe & Bernice Giandelone, Claire & Sheldon Bergeron, H.V. Choo Choo Fondren, Forcheimer/Fondren Families L/D, Jason DeHart, Anatole & Ida Fangué, Roland & Virginia Fangué, Earl & Goldie Mayon, Mr. & Mrs. John Parker Conrad, Sr., DiMatteo Family, John/Josephine/Johnny DeMatteo, Jeffery DeMatteo, Richard, Sr. & Hilda Landry, Rickey Arceneaux, C.J. & Viva Solar, Blackie Arceneaux, Mark Manfre, Tracy Lajaunie, Delores Lajaunie, Biundo/Bourgeois Families, Herman Pellerin, Jr., Cay Price, Karen Ordogne, Larry Giroir, **11:00am:** Jim Holt, Holt/Alfred Families L/D, Mr. & Mrs. Oliver J. Bergeron Family L/D, Parker & Shirley Conrad, Hugh & Nell Egle Brown, M/M Raymond Egle, Vivian & Ferris Romaine, Sr., Luda & Eli Fields, Marian & Richard Romaine, Nolan & Katherine Michel, Walter & Irma Michel, Nellie Blereau, Joe Giordano, Adam E. & Dorothy Conner, Fred & Edna Williams, Bill & Eloise Gowland, Charles Gowland, Sr., Hogan/Landry Families, Mac, Mary & Stephen McCleary, Dehart/Duhon Families L&D, Marion & Oliver Bergeron, Jr., Betty Rink, David Duplantis, Mark Manfre, J.P. Morella Family L/D., Beverley Hamer, Conner & Williams Families, Sonia Hebert, Josephine & Rocco Guarisco, Sr. & Rocco Guarisco, Jr. & Fam., L/D, Betty Theriot Smith, Pat & Carmen Prestenbach, Don Domino. **6:00pm:** Charles Gowland, Sr., Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin, Janet/Beverly/Charles Fernandez, Leonard & Enola Klutts, Barbara Miller, Yvonne Fernandez, George Fernandez, Carl J. & Glenda W. Streva Family L/D., Dalia & Manuel Ramirez, Albarado Fam. L/D., C.J. & Mary Doiron, Wilbert, Nan & Tim Melancon, Conner-Melancon Fam., Tom & Alice Shannon, Alice Gizzetta.

Tuesday, Feb. 28, 6:30am: David Arcemont, Carl & Glenda Streva Fam. L/D, Boudreaux/ Sewart families, Eloise & Bill Gowland, John & Stella Mula, Pauline & Rudolph Landry, Theresa & William Maxwell, George & Joyce Melancon, Nellie Blereau, Dupuis family, Mr. & Mrs. John Parker Conrad, Sr., Anthony Cannata, David Duplantis, Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin, Larry Bergeron, Charles Gowland, Sr., J.P. Morella & Fam. L/D, Rickey Arceneaux, Mark Manfre, Jim Holt, , Rosemary Cutrera, Howard Thibodaux, Debra Duhon & Family, Garnette & Gerald Listi, Listi/Theriot Fam., Joe & Margaret Russo, Mary Laughlin.

Wednesday, March 1, 6:30am : Mark Manfre, David Arcemont, Joyce & George Melancon, Carl & Glenda Streva Fam. L/D, John & Stella Mula, Pauline & Randolph Landry, Skeezi & Flora Bergeron, Bertin/Dupuis Families, Manfre/Grizzaffi Families, David Duplantis, Gerald Blanchard, Bet & Joseph Cefalu, Sr., Robert LaBauve, Nellie Blereau, Jason DeHart, Elaine Naquin, C. C. & Barbara Clark, Earl & Goldie Mayon, Nolan & Katherine Michel, David Loupe, Celeste Loupe, Cy & Shirley Giroir, Loulie & Lelia Boudreaux, Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin, Charles Gowland, Sr., Gladys & Clive Cloutier, Larry Bergeron, Beverley Hamer, Nguyen Family, Dung Nguyen, Prayer Intentions of SHC Parishioners, Debra Duhon & Fam., Linda Duke,

Thursday, March 2, 6:30am: David Arcemont, Joyce & George Melancon, Carl & Glenda Streva Fam L/D, Bessie Roy, Nellie Blereau, Manfre Family, Teresa & William Maxwell, John & Stella Mula, Randolph & Pauline Landry, Bet & Joe Cefalu, Santo & Stella Rousso, Adam & Dorothy Conner, Fred & Edna Williams, Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin, Charles Gowland, Sr., Horace Naquin, Dung Nguyen, Rosalee Loupe, Rickey Arceneaux, C.J. & Viva Solar, Blackie Arceneaux, Therol Naquin, Debra Duhon & Family, David Duplantis.

Friday, March 3, 6:30am: Holy Souls in Purgatory, Carl & Glenda Streva Fam. L/D, Cameron Webster, Audrey & Joe Webster, Audrey & Bert Chauvin, Pat DeHart, Charles Gowland, Sr., David Duplantis, Dung Nguyen Family, Mark Manfre, Santo & Stella Russo, Anthony, Vincent C. & Fannie Cannata, Ed Patterson, Patrick Bergeron, Henry Daigle, Debra Duhon & Family, Sonia Hebert,

Angel of God

my guardian dear to whom His love
commits me here ever this day be at my
side to light and guard to rule and
guide. **Amen.**



PRAY FOR... PEACE, Protection from floods & storms,
Harold Ross, Huan Tran, Mary Ann Crocker, Kathryn Stadalis,
Carol Bergeron, Rexall Howard, Stephen Giroir, Ana Rogers, Beu-
lah Deshotel, Mona Thibodeaux, Hilda Landry, Kim Verrett, Rod-
ney Frederick, Roger Liner, Donna Henry, Jane Davis, Roger Ad-
ams Jr., Gene & Edie Nezat, Ross Rock, Brittany Thomas, Dalton
Dupree, Noah Fryou, Tara Trahan, Ashley Ribardi, Deanna Rome,
Jimmy LeBlanc, Dale Hubert, Pat Rock, Barbara Breaux, Stacy
Giroir, Eston Roger, Drew Clements, Robbie & Kacie Touns, Janet
Bennett, Jean Stephens, Zweigle/Dupree Families, Gloria & Jessie
Michel, Donald Loupe, Ida Mae Percle, Lelia Johnson, Nicki
Plessala, Jim Miller, Jaiden, Tammy Fitch, Chad Duval, Jr., Harley
Blanco, Demarius Granger, Darrel Beadle, Killian Mabe, Joan Ju-
dycki, Mary Ann Trosclair, Anna Hargrave & Family, Shannon
Swiber, Holly Brasseaux, Amanda Jennings, Katy Bourgeois, Ina
Clarke, William LaPoint, Marilyn Pye, Leonard & Priscilla Scully,
Catherine & Elijah Landry, Robin Jeansonne, Charlie Solar, Sr.,
Karen Duhon, Barbara Olson, Herman Bailey, Jahmarla Guidry,
Bob Opperman, Susan Nelson, Laine Mosher, Aceson Alleman,
Catherine Thibodeaux, Scott Barbier, Martha Guillory, Will
Lapoint, Edwin Bergeron, Jason Theriot, Anna Rogers, Evie Her-
rington, Mac Percle, Yvonne Zweigle, Bryson Plaisance, Betty
Ross, Larry Giroir, Nedra Giroir, Jim Davis, Rachel Adams, Ave
Ross, Elijah Carter, Valerie Streety, Larry Guillory, The Fitch
Family, Anna Broussard, Reberta Ford, Margie Aucoin, Gentry
Garrett, Cherie Dyer, Lovenia Percle, Francis Smith, Layla Giroir,
Wendy Hotard, Charles Gibson, Jr., Billy Cantrell, Patty Fontenot,
Rhonda Lile, Beth Naquin, Raymond Daniels, Renee Harper, War-
ren Landry, Louis Tamporella, Judy Solar, Vera Judycki, Buddy
Rogers, Russell Vicknair, Mable Lester, Howard Rogers, Tammy
Richard, Elliot Prejean, Rip & Cheryl Verdin, Kim Hanks, Kattie
Ghirardi, Lynette Breaux, Darlene Hamm, Anthony "Tony" Rich-
ard, Nanette S. Landry, Mary Lou Conrad, Barbara McCloy, Ashia
Starling, Gene Arceneaux, Mary Ann Adams, Jimmy Russo, Kay
Olds, Franklin Pierce, Marlene Pierce, Brent Gravois, Ava Car-
penter, Ellen Rink, Richard Ford, Kelley Dalton, Theresa &
Jason Babin, Jim Mestepey, Ryan, Odalys Ultra., Francis Loupe,
Willie Mae Lewis, Earline & David Gastins, Elias Dupree, Peg-
gy Perry, Keely Price, Robin Bailey Jeansomme, Steve Seal-
ine, Shirley Verdin, Celeste Laitimen, Robbie Sword, Mary
Price, Austin Courtney, Elijah Allen, Jerry Trosclair, Chris-
tian Miguez, Danny Chiasson, Howard Johnson, Gene Fal-
con, Zet Frederick, Kenneth & Judy Hope, Russell Vicknair,
Max Anderson, Steve Morell, Jeanne McCloy, Keelan Ar-
buckle, Myrtle Verdin, Louis Chaisson, Dr. Conrad Poe, Bil-
ly Lamar, Audie Taquino, Alvin LaPoint, Sabrina Gas-
pard, Billy Giordano.



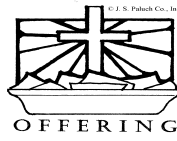
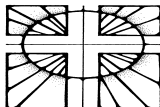
PRAY FOR OUR MILITARY

U.S. Armed Forces and All who serve & protect us, Craig
Bourdier, Ryan Bourdier, Andrew Bourdier, Joseph John-
son, V, Tony Malbrough, Mathew Young, Luke Zweigle,
Draven Smith, Brian Hartman, Ory Arcemont, Ryan
Hunter, Cameron Case, Matthew Tregle, Tanner Richards,
Johnathan Villegas.



PRAYER INTENTIONS

Please send your prayer intentions
to shsecretary@htdiocese.org or call the rectory
385-0770 and we will include them
in our daily prayers.



STEWARDSHIP: 02/12/2022

Regular Collection: \$5,865.00

Maintenance: \$2,480.00

Money Counters: Team (4)

| SACRED HEART PARISH FINANCIAL REPORT For the Six Months Ended December 31, 2022 | | | |
|---|--------------------------------------|---------------------|------------------------------|
| | Six Months Ended Dec. 31, 2022 | 2022-2023 Budget | Remaining Over (Under) |
| INCOME: | | | |
| WEEKLY COLLECTIONS | \$ 159,137 | \$ 313,500 | \$ (154,363) |
| PARISH MAINTENANCE FUND | 112,243 | 205,000 | (92,757) |
| MASSES, WEDDINGS, ETC. | 10,134 | 17,000 | (6,866) |
| YOUTH FORMATION / MINISTRY | 2,090 | 100 | 1,990 |
| INCOME FROM GRANTS | 27,280 | - | 27,280 |
| INTEREST ON DEPOSITS | 2,047 | 3,500 | (1,453) |
| MISCELLANEOUS INCOME | 2,215 | 3,000 | (785) |
| TOTAL PARISH INCOME | \$ 315,136 | \$ 542,100 | \$ (226,964) |
| EXPENDITURES: | | | |
| SALARIES & BENEFITS | 103,513 | 202,940 | (99,427) |
| OFFICE & SANCTUARY / LITURGY | 18,544 | 30,000 | (11,456) |
| RECTORY & UTILITIES | 26,186 | 54,000 | (27,814) |
| OPERATIONS & MAINTENANCE | 5,686 | 23,500 | (17,814) |
| FORMATION EXPENSES | 2,169 | 5,000 | (2,831) |
| DIOCESAN ASSESSMENT | 45,252 | 90,500 | (45,248) |
| CASUALTY INSURANCE | 58,764 | 117,550 | (58,786) |
| REPLACEMENT OF FURN. & EQUIP. | 2,085 | 10,000 | (7,915) |
| RETREAT / CONT. EDU. / FELLOWSHIP | 3,863 | 8,000 | (4,137) |
| MAJOR REPAIRS * | 69,109 | - | 69,109 |
| TOTAL EXPENDITURES | \$ 335,171 | \$ 541,490 | \$ (206,319) |
| NET INCOME (LOSS) | \$ (20,035) | \$ 610 | \$ (20,645) |

*Major repairs is the cost to waterproof and paint Dalton Hall.



A Message of Thanks!

Father Brett and the ministries of the diocese would like to thank everyone in Sacred Heart parish and all people throughout the Diocese of Houma-Thibodaux for answering the call of prayers and generosity to the 2023 Annual Bishop's Appeal. Each gift our diocese received directly support our 9 Seminarians, our 14 retired priests, [Parish Name] Youth and Adult Formation, and Catholic Education through our Catholic Schools Office. The generosity and prayers our diocese has received reminds us that hope is in us all, but more importantly it is in the most important person - Jesus. Thus far Sacred Heart parish has reached 14.37% of its appeal goal, thank you! If you have yet to make your commitment and would still like to do so, there is still time as you can, use the QR Code, return your commitment card in the offertory, or simply mail it to the diocese in the provided envelope, or you may also visit www.htdiocese.org/bishopsappeal to make your gift online. If you would like more information about the 2023 Appeal, please contact the Annual Bishops Appeal Office at 985-850-3136 or email lcrosby@htdiocese.org.



Each Lent, Catholic families across the country unite to put their faith into action through prayer, fasting and almsgiving. Through CRS Rice Bowl, families learn about how our sisters and brothers across the globe overcome hardships like hunger and malnutrition, and how through Lenten alms, we have the power to make the world a better place for all.

Help Transform the world as a family this Lent.

Rice Bowl's can be found in Church.



February 26, 2023

First Sunday of Lent

Psalm 91(90):15-16

Entrance Chant:

When he calls me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Gospel Acclamation

R. *Alleluia, Alleluia.*

One does not live on bread alone, / but on every word that comes forth from the mouth of God.

R. *Alleluia, Alleluia*

Formed and Fallen

There is a version of myself that walks into church on Ash Wednesday and a version of myself that walks into church on Good Friday. Aside from having the same face, these women bear very little resemblance to one another.

Ash Wednesday Me is fired up. She's ready to go. She's got a stomach full of pączki, a forehead full of ashes, an oven full of fasting bread and a whole list of Lenten resolutions. She's got a plan for the next 40 days and she's ready to be transformed.

Good Friday Me is tired. She's lumbering into church dragging six weeks of failure and unfulfilled expectations behind her. Nothing went the way it was supposed to (again). She didn't accomplish what she wanted (again) and she doesn't want to dwell on it (again).

If Satan offered both versions of myself the same deal he offered Christ — *submit to me, and you will have the whole world* — I have to wonder: which one of these creatures, formed and fallen, would be strong enough to defy him?

Would either?

I can't say that the chipper, optimistic woman on Ash Wednesday has more strength than the tired woman on Good Friday. To each of these women Satan offers an easy way out. But to each, too, Christ offers an abundance of grace and the gift of justification.

This Lent, I know that I will be tested. I know that I will fail in many ways. I know that my intentions and my best efforts will not be enough.

But I bring them to the altar anyway, and I leave them there as an offering. And I know that Easter morning will dawn, and the tomb will be empty.

"The gift is not like the transgression." — Romans 5:15

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SUNDAY'S READINGS

First Reading:

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life. (Gn 2:7)

Psalm:

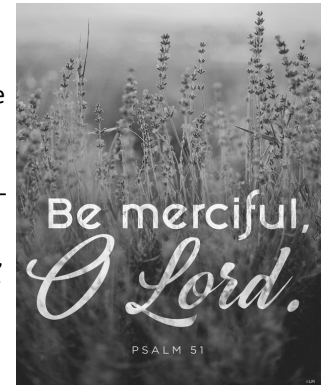
Be merciful, O Lord, for we have sinned. (Ps 51)

Second Reading:

For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous. (Rom 5:19)

Gospel:

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights. (Mt 4:1-2)



GOSPEL MEDITATION

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*

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