



# *Holy Angels*

## Catholic Church

*A member of the St. Joseph,  
Pillar of Families Parishes*

119 East Water Street  
Sidney, Ohio 45365  
(937) 498-2307

*Pastor*

FR. JARRED KOHN

*Vicars*

FR. STEVE MONDIEK

FR. AARON HESS

FR. ANDREW RECKERS

*Deacon*

PHILIP MYERS

*February 11, 2024  
Sixth Sunday  
in Ordinary Time*

*Holy Angels*  
Catholic Church

**PARISH OFFICE BUSINESS HOURS**

Monday-Thursday, 9:00 a.m.-4:00 p.m.  
Closed for Lunch from 12:00-1:00 p.m.

**CLOSED FRIDAYS**

Phone: 937-498-2307  
Sacramental Emergencies: 937-947-0204  
Website: <https://holyangelssidney.com>  
Email: [info@holyangelssidney.com](mailto:info@holyangelssidney.com)

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**ADYE Grades K-8 & Family Catechesis**

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**ADYE & SAFEPARISH Coordinator:** Kelsey Reichert

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**FEBRUARY 11 – SIXTH SUNDAY IN ORDINARY TIME**

**MONDAY, FEBRUARY 12**

NO MASS

**TUESDAY, FEBRUARY 13**

7:00 a.m. Mass – Farrel Kaplan  
Adoration begins after the 7:00 a.m. Mass and ends with Benediction at 6:00 p.m.

5:00-6:00 p.m. Confessions

**WEDNESDAY, FEBRUARY 14 – ASH WEDNESDAY**

8:30 a.m. Mass – Living & Deceased members of the Frantz & Piening Families  
11:40 a.m. Liturgy of the Word with Ashes – For the People of St. Joseph Pillar of Families Parishes  
7:00 p.m. Mass – For All Families  
NO 12:00-1:00 P.M. CONFESSIONS

**THURSDAY, FEBRUARY 15**

7:00 a.m. Mass – Martha and Don Steinke

**FRIDAY, FEBRUARY 16**

8:30 a.m. Mass – Janet Dotson

**SATURDAY, FEBRUARY 17 – THE SEVEN HOLY FOUNDERS OF THE SERVITE ORDER**

3:15-4:15 p.m. Confessions  
4:30 p.m. Mass – Living & Deceased Members of the Adrian & Blanche Grillot & Lawrence & Mary Davidson Families

**SUNDAY, FEBRUARY 18 – 1ST SUNDAY OF LENT**

7:30 a.m. Mass – Jeanne McMahon  
8:30-9:00 a.m. Confessions  
9:15 a.m. Mass – Michael Reier  
11:00 a.m. Mass – Manuel James Falk

**MASS SERVERS FOR NEXT WEEKEND – FEBRUARY 17/18**

**Altar Server Coordinator:** Lisa Reese – [holyangelsservers@gmail.com](mailto:holyangelsservers@gmail.com)

4:30 p.m.	7:30 a.m.	9:15 a.m.	11:00 a.m.
R. Geise	J. Bertke	B. Reichert	I. Smith
C. Peltier	L. Maurice	J. Williamson	J. Smith
O'K. Cooper	H. Myers	J. Barthauer	G. Smith
C. Lawson	J. Myers	E. Herring	T. O'Leary
		L. Linson	

**WEEKDAY MASS**

**Monday**

Sacred Heart of Jesus | 8:00 a.m.  
Sts. Peter & Paul | 8:00 a.m.

**Tuesday**

Holy Angels | 7:00 a.m.  
St. Michael\* | 6:00 p.m.

**Wednesday**

Holy Angels | 7:00 a.m.  
Sacred Heart of Jesus | 8:00 a.m.  
St. Michael\* | 8:25 a.m.

**Thursday**

Holy Angels | 7:00 a.m.  
Sacred Heart of Jesus | 8:00 a.m.  
St. Michael\* | 8:25 a.m.

**Friday**

Sacred Heart of Jesus | 6:30 a.m.  
St. Michael\* | 8:25 a.m.  
Holy Angels | 8:30 a.m.

**Saturday**

Sacred Heart of Jesus | 8:00 a.m.  
Holy Angels | 8:00 a.m. (First Saturday Only)

**WEEKEND MASS**

**(FEBRUARY 17TH-18TH)**

**Saturday, February 17th**

Holy Angels | 4:30 p.m. – FAR  
Sacred Heart of Jesus | 5:00 p.m. – FAH  
St. Michael \* | 5:00 p.m. – FJK

**Sunday, February 18th**

Holy Angels | 7:30 a.m. – FSM  
Sacred Heart of Jesus | 8:00 a.m. – FAH  
St. Michael \* | 8:00 a.m. – FJK  
Holy Angels | 9:15 a.m. – FAR  
Sts. Peter & Paul | 9:30 a.m. – FSM  
Sacred Heart of Jesus | 10:00 a.m. – FAH  
Holy Angels | 11:00 a.m. – FAR  
St. Michael \* | 11:00 a.m. – FJK

KEY: \*Livestreamed on St. Michael Website

Sunday Mass priest location:

FAH = Fr. Aaron Hess,

FAR = Fr. Andrew Reckers

FJK = Fr. Jarred Kohn

FSM = Fr. Steve Mondiek

**HOLY ANGELS IMPORTANT DATES & EVENTS**

**Monday, February 12th** – 3:00 p.m. | Chaplet of Mary & 7:30 p.m. | Patriotic Rosary

**Tuesday, February 13th** – 7:15 p.m. | Choir Practice

**Wednesday, February 14th** – St. Joseph, Pillar of Families Parishes Office Closed



FROM THE

*Pastor's Desk*

**Relentless Almsgiving**

One of the things the Church encourages us to do in the season of Lent is almsgiving, that is giving money or some other goods to another. I would encourage everyone to give to the poor in some way big or small. I know some give to a specific charity each year in Lent and others I have heard that give to a different charity each week of Lent. Whatever you do remember that almsgiving is all about our response to a generous and loving God who first loved us. Yes, it is good for us but ultimately almsgiving is ultimately about sacrifice something given to another, but it is ultimately an offering to God first and foremost. "Truly, I say to you, as you did it to one of the least of these My brothers, you did it to Me." (Matthew 28:40)

This also applies to giving to the Church. People may say I do not give to my parish because I don't approve of the Archdiocese, I do not like what is happening, or I do not like that priest. Yet, I would offer an insight I heard from a Catholic podcast that our giving is a sacrifice to the Lord. The Lord continues to provide the sacraments through the Church and Her priests. Priests that have sacrificed other futures to serve Christ and His Church. This also applies to the employees of the Church who aid the pastor in administrating the parish(es). Many employees have given up better paying jobs with less stress to serve the Church. Perhaps ask yourself if by not giving you are taking away from those who have sacrificed at least a portion of their life to serve the Church. For whether we agree with everything or not at the end of the day our almsgiving to the Church is a sacrifice in return for the sacrifice Christ made at the Cross for His Bride, The Church. (Ephesians 5:22-23) Through the Church, Christ continues to provide the sacraments and all graces. Without the Church we do not have the Bridegroom, Jesus Christ.

If you would like to start giving you can reach out to the parish office to start EFT giving or get envelopes. We cannot make amazing things happen without your help. Thank you for all your generosity in the past and continued generosity in the future.

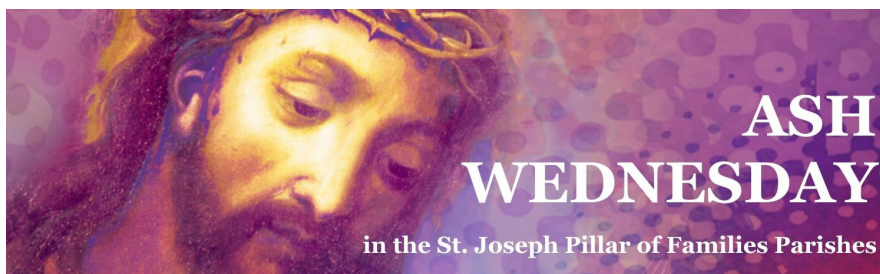
Please look for the opportunities we have in St. Joseph, Pillar of Families. From confessions to Stations of the Cross to faith formation, there are many opportunities to grow in your Catholic faith. Remember the Lenten Mission from February 25-28. Jesus has got you!

Thank you to the Church the Bride of Christ through which we continue to receive the Presence of Christ in the Eucharist and all the sacraments. She is our Mother and growing in love of Her is to grow in love of Jesus Christ.

Peace in Christ,

*Fr. Jarred Kohn*

Fr. Jarred Kohn



in the St. Joseph Pillar of Families Parishes

**Sts. Peter and Paul**

7am Mass

5pm Liturgy of the Word & Ashes

**St. Michael**

8:25am Mass

7pm Mass

*Note: No Adoration at St. Michael on Ash Wednesday*

**Sacred Heart**

5:30am Mass

8am Mass

7pm Mass

**Holy Angels**

8:30am Mass

11:40am Liturgy of the Word & Ashes

7pm Mass

\*\*\*Notice that there will **not** be the usual 7 am Mass

*Note: No Confessions at Holy Angels from 12pm-1pm*



**LENTEN OBLIGATIONS**

On Ash Wednesday and Good Friday all those who are age 18-59 years are required to fast and abstain from meat. Fasting is to eat only one normal size meal with two smaller ones that when put together do not equal the main meal, with no snacking in between. Fasting is not required by those who for medical reasons cannot. Abstinence from meat is also required for all those who are 14 years and older on Ash Wednesday, Good Friday, and all Fridays during Lent.

**LENTEN SERIES WITH FATHER JARRED KOHN**

Every Thursday during Lent, (except Holy Thursday) Father Jarred Kohn will be teaching a class on "Prayer, Discernment, & Surrender" from 7:30-8:30 p.m. in the PAC at Sacred Heart of Jesus Church. The first class starts on February 15th.



**LENT SCHEDULES**

Scan the QR code to see the full Lenten schedule for the Saint Joseph, Pillar of Families Parishes. Please note schedules will change during the week of the Lenten Mission and Holy Week. Updates will be posted in the bulletin/Facebook/Flocknote.

**COLLECTION FOR ASH WEDNESDAY**

We will take up the Collection for the Church in Central and Eastern Europe and/or the Church of Africa on Ash Wednesday. Thank you in advance for your generosity.



## WORLD MARRIAGE DAY

Pope St. John Paul II imparted his apostolic blessing to **World Marriage Day** in 1993 and it has been celebrated in the world's dioceses ever since. Its purpose is to honor husbands and wives for their mutual sacrificial love and fidelity, embodied in "their own special sacrament."

The Church has always believed and taught that marriage is the "image" of the union of Christ with His Church. The late Pope noted that "marriage is an act of the will that signifies and involves a mutual gift which unites the spouses and binds them to their eventual souls with whom they make up a sole family, a 'domestic church.'"

As Catholics, we realize that no matter our station in life – married, single or religious – we have all benefitted from the sacred covenant of marriage, the foundation of family, society and our Catholic Church.

Families become the domestic church and in so doing are the source of new disciples and new vocations to the priesthood, religious life, marriage and the single life.

**In gratitude for the gift of the Sacrament of Marriage, a special blessing for all married couples will be offered at each Mass the weekend of February 10th-11th.**

Please see the **For Your Marriage** display table at the back of church for more information.

**Pray for Life, Marriage, and Religious Liberty.**

## PRE-FAT TUESDAY BAKE SALE

**Holy Angels Sacred Heart Altar Rosary Society** is celebrating Fat Tuesday by offering some heavenly treats at our Bake Sale in the connector after all the Masses this weekend, **February 10 and 11th**. Choose from sweet or salty baked goods and snacks to suit your palette. In addition, all proceeds go towards the Easter altar flowers. If you want to skip the fattening before Lent, we always love your donations, too.



## ST. JOSEPH PILLAR OF FAMILIES LENTEN MISSION

All are invited to our Lenten Mission occurring in our family of parishes February 25th-February 28th! Bishop Earl Fernandes will be speaking at Holy Angels on Sunday, February 25th. Fr. Thomas Steinke will be speaking at St. Michael on Monday, at Sts. Peter and Paul on Tuesday and at Sacred Heart on Wednesday. The schedule for all evenings is from 6:30-8:00 p.m., which includes the Mission Talk, Adoration and Confession.

*"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." (Matthew 28:19-20)*



## FIND PRAYER CHALLENGING?

You know that prayer is important but still find it challenging. Perhaps it's hard to find time, or you're unsure what to do when you pray. Many of the saints struggled in prayer. What God did in the lives of countless saints, He wants to do in the lives of ordinary people like us. And that's what this study is about: the journey of prayer God wants to take us on. Join us for *When You Pray: A Clear Path to a Deeper Relationship with God* once a week for seven weeks. For more information or to register for the study, contact Rose Meyer at 937-295-2179, email [rosem@nflregion.org](mailto:rosem@nflregion.org), or scan the QR code.

**Option #1** – Monday nights at St. Michael Hall.  
Starts March 4 and ends April 15 (meets weekly for 1.5 hours).  
Time – 6:30-8:00 p.m.

**Option #2** – Wednesday mornings at the Holy Angels Parish Meeting Center.  
Starts March 13 and ends April 24 (meets weekly for 1.5 hours).  
Time – 10:00-11:30 a.m.

**Option #3** – Form your own family or friend group.  
Meet at someone's home when it's convenient for your group

## SACRAMENTAL INFORMATION

**RECONCILIATION:** Saturdays from 3:15-4:15 p.m., Tuesdays from 5:00-6:00 p.m., Wednesdays from 12:00-1:00 p.m., First Thursdays from 3:00-4:00 p.m., First Fridays from 4:00-5:00 p.m., and on Sundays from 8:30-9:00 a.m.

**BAPTISM:** First-time expectant parents are to attend a one-time Sacrament of Baptism Preparation Class that is offered monthly throughout the year within our family of parishes prior to their child receiving the Sacrament. Godparents are encouraged to attend. **Upcoming class is Sunday, February 18th, 7:00 p.m. at Sacred Heart.** For more information and to register, please call 937-498-2307. The Sacrament of Baptism is offered most weekends at each of our parishes following the Saturday evening Mass or the last Mass on Sunday. To schedule the Sacrament of Baptism for your child, please call 937-498-2307.

**MARRIAGE:** Please contact the Parish Office at 937-498-2307 at least six months before the desired date in order to prepare properly for the celebration of the Sacrament.

**VOCATIONS:** If interested in learning more about the Priesthood or Consecrated Religious Life, please contact Fr. Jarred or Fr. Aaron at 937-498-2307 or go to the Archdiocese of Cincinnati website at [www.cincinnati vocations.org](http://www.cincinnati vocations.org).

**MINISTRY TO THE SICK:** If you are homebound and would like someone to bring the Holy Eucharist to your home, please contact Emily O'Leary at [emily@holyangelssidney.com](mailto:emily@holyangelssidney.com) or by calling 937-498-2307. Wilson Health Hospital and Hospice no longer notify the church when Catholics are admitted and would like to be visited, so please contact the Parish Office or Emily O'Leary to make arrangements to receive the Holy Eucharist. Dorothy Love has resumed Holy Mass for the residents in the apartments and independent living on the second Thursday of each month at 1:30 p.m., with Catholic Hour every Sunday at 9:00 a.m., with distributors from Sacred Heart, McCartyville. Holy Mass at Fairhaven for residents is on the first Wednesday of each month at 1:30 p.m. and Catholic Hour is the third Thursday at 1:30 p.m. Holy Mass at the Landings on the third Thursday of each month at 1:30 p.m. with weekly Communion in all other weeks to rooms by volunteers. We are always in need of ministers, so please reach out to Emily O'Leary if you are interesting in helping with this ministry!

# Lent Schedules for the St. Joseph, Pillar of Families Parishes

## CONFESSION

<b>TUESDAY</b>	5:00-6:00pm	Holy Angels
	5:00-5:45pm	St. Michael
<b>WEDNESDAY</b>	12:00-1:00pm	Holy Angels
<b>THURSDAY</b>	6:00-7:00pm	Sacred Heart of Jesus
<b>FRIDAY</b>	After 6:30am Mass	Sacred Heart of Jesus
	After 8:25am Mass	St. Michael
	3:00-4:00pm	Sacred Heart of Jesus
<b>SATURDAY</b>	3:15-4:15pm	Holy Angels
	3:30-4:30pm	Sacred Heart of Jesus
	4:00-4:45pm	St. Michael
<b>SUNDAY</b>	7:15-7:45am	Sacred Heart of Jesus
	8:30-9:00am	Holy Angels
	9:15-9:45am	Sacred Heart of Jesus
	10:15-10:45am	St. Michael

### THURSDAYS BEFORE 1ST FRIDAY

3:00-4:00pm	Holy Angels
4:30-5:30pm	Sts. Peter & Paul

<b>1ST FRIDAY</b>	4:00-5:00pm	Holy Angels
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## DAYS OF GRACE

<b>FEB. 29TH (THURSDAY)</b>	6:00am-9:00pm	St. Michael
<b>MARCH 12TH (TUESDAY)</b>	6:00am-9:00pm	Holy Angels
<b>MARCH 21ST (THURSDAY)</b>	6:00am-9:00pm	Sacred Heart of Jesus

## MORNING OF MERCY

<b>MARCH 23RD (SATURDAY)</b>	9:00am-12:00pm	Sts. Peter & Paul
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## STATIONS OF THE CROSS

<b>TUESDAY</b>	6:45pm	St. Michael
<b>THURSDAY</b>	2:30pm	Holy Angels
<b>FRIDAY</b>	5:00pm	Sts. Peter & Paul
<b>SATURDAY</b>	After 8:00am Mass	Sacred Heart of Jesus

## DAILY MASS

<b>MONDAY</b>	8:00am	Sacred Heart of Jesus
	8:00am	Sts. Peter & Paul
<b>TUESDAY</b>	7:00am	Holy Angels
	6:00pm	St. Michael
<b>WEDNESDAY</b>	7:00am	Holy Angels
	8:00am	Sacred Heart of Jesus
	8:25am	St. Michael
<b>THURSDAY</b>	7:00am	Holy Angels
	8:00am	Sacred Heart of Jesus
	8:25am	St. Michael
<b>FRIDAY</b>	6:30am	Sacred Heart of Jesus
	8:25am	St. Michael
	8:30am	Holy Angels
<b>SATURDAY</b>	8:00am	Sacred Heart of Jesus
<b>1ST SATURDAY</b>	8:00am	Holy Angels

## EUCCHARISTIC ADORATION & BENEDICTION

<b>TUESDAY (HOLY ANGELS)</b>	Exposition after Mass Benediction at 6:00pm
<b>WEDNESDAY (ST. MICHAEL)</b>	Exposition after Mass Benediction at 9:00pm
<b>THURSDAY (SACRED HEART OF JESUS)</b>	Exposition after Mass Overnight Adoration & Benediction at 6:15am (Friday Morning)
<b>1ST FRIDAY (HOLY ANGELS)</b>	Exposition after Mass Benediction at 5:00pm

## LENTEN SERIES (TALKS)

Every Thursday during Lent, (except Holy Thursday) Father Jarred Kohn will be teaching a class on "Prayer, Discernment, & Surrender" from 7:30-8:30pm in the Sacred Heart PAC. Classes start on February 15th.

*NOTE: SCHEDULES SUBJECT TO CHANGE DURING THE LENTEN MISSION FEBRUARY 25-28TH & HOLY WEEK. UPDATES WILL BE POSTED IN THE BULLETIN.*



Saint Joseph,  
Pillar of Families



## ST. JOHN PAUL II YOUTH MINISTRY

JPII Youth Ministry is for all 9th-12th graders at Holy Angels and Sacred Heart. Please give us a

follow on Instagram @stjohnpaul2youthministry to stay updated on all events!

*"Be Not Afraid to be Saints!"*

## Spring 2024

St. John Paul II Youth Ministry Schedule  
Grades 9-12

Sundays 7pm-8:30pm @ Holy Angels Gym

February 18th: Youth Night @ Holy Angels

March 3rd: Youth Night @ Holy Angels

March 24th: Youth Night @ Holy Angels

April 21st: Jason Evert @ Sacred Heart\*\*

May 5th: Youth Night @ Holy Angels

\*\*Tickets required



All events at Holy Angels will meet at 120 E. Water St. Sidney, OH 45365

Please email Megan at [megan@holyangelsidney.com](mailto:megan@holyangelsidney.com) with any questions!



## WOMEN'S CHRIST RENEWS HIS PARISH (CRHP) RETREAT - FEBRUARY 24TH AND 25TH

Spend time away from the hustle and bustle of your otherwise busy life to stop and reflect, spend time on YOU and reconnect with your spiritual life. It will be filled with smiles, tears, enlightenment, friendships, spiritual growth, reconciliation, and a few more surprises along the way. Sign up on the Sacred Heart parish website or hard copies of registration forms are in the gathering space at Sacred Heart and can be turned in to the parish office. For any questions, contact MarNell Schmiesing at [marnellschmiesing@gmail.com](mailto:marnellschmiesing@gmail.com) or 419-733-0535.



### Pro-Life Oratory Contest for High School Juniors and Seniors

- Monday, February 19 at 6:30pm (President's Day) at St. John's Lutheran Church in Sidney.
- Prizes: \$400+, \$250, and \$100 for 1st-3rd. One winner receives an additional \$100 travel stipend for participating in the state contest (usually in May, in Columbus). The state-level



winner continues to the national competition (location and date TBD, usually June).

- Eligibility:** All high school juniors and seniors who are residents of Shelby County or attend a Shelby County high school. Contestants are to give a pro-life speech, 5-7 minutes in length, on one of four topics: abortion, doctor-prescribed suicide, infanticide, or embryonic research. We'd love to hear an evaluation of the continued effects of Roe v. Wade, or of the Dobbs decision.
- Register by Friday, February 16 (by 11:59pm)** using contact info listed below. For rules and contest resources go to the [oratory contest page on the RTLSC website](#).
- Contact Anne Schmiesing:** [director@shelbycountyRTL.org](mailto:director@shelbycountyRTL.org) or 937-658-3535 (cell), for more information and to register.

## HOLY ANGELS OUTREACH

The One Big Collection During the Month of February

It's a great opportunity to support local agencies. Recipients will be:

- Rustic Hope – free support for mothers before, during and after delivery
- New Choices – for victims of domestic abuse or human trafficking
- Samaritan Works – for recovering addicts.
- Mercy Mission House – Overnight and short-term emergency shelter

Items Requested by the Agencies (new or gently-used):

- Household Items – twin sheets, pillows, towels, washcloths, basic household items, consumables (TP, cleaning supplies, trash bags)
- Office Supplies
- Kids – clothing, toys, books, games, diapers, wipes
- Women's PJ's (especially sizes L or XL)
- Hygiene Needs – travel or full-size shampoo, conditioner, skin care, deodorant, combs, women's hygiene products
- Winter Needs – hats, scarves, gloves, socks

Please put items by the closet in connector at Holy Angels.

Questions: Contact Judy Z. at 937-638-2733 or [puffzimm@hotmail.com](mailto:puffzimm@hotmail.com).

Mardi Gras Holy Angels Wrapped In God's Love Ministry invites you for Kings Cake and easy projects to help others.

Where: Dorothy Love Amos Center, 3003 Cisco Road, Sidney, Ohio

When: Tuesday, February 13th, 1:30 p.m.

For Brigid's Path – cut infant blankets, teddy bears and burp cloths

For Wilson Hospital hospice and pediatric unit – cut fleece blankets

For Mercy Mission House – cut fabric for laundry bags

Please bring sharp scissors if you have them. More projects that don't involve scissors are also available.

## NOW ENROLLING PRESCHOOL- 8TH GRADE



100% of Ohio families are now eligible for EdChoice!

### CONTACT US

To schedule a visit, learn more about financial aid, or request registration paperwork.



- Small Class Sizes
- Individualized Instruction
- Daily Religion Classes
- STEM Courses
- Various Extracurriculars
- Before & After Care Offered
- Part-Time Student Options

937-492-9293 | 120 EAST WATER STREET | [WWW.HOLYANGELSSIDNEY.COM](http://WWW.HOLYANGELSSIDNEY.COM)

## EAGLE EYE MINISTRIES TEEN RETREAT

Teens, 16-18+ years old and already strong in their Catholic Faith, are invited to a deepening of that faith during the 2024 Eagle Eye Summer Institute, June 8-16, at The Spiritual Center of Maria Stein, Maria Stein, Ohio. Come join us on an eight-day summer session full of fun, friendship, recreation, prayer, and study. Led by the Brothers and Sisters of St. John, we are dedicated to helping you grow closer to Christ and make this experience the best it can be! Spots are limited so sign up now! Registration is available at [eagleeyeministries.brushfire.com/eagle-eye-summer-institutes/563129](http://eagleeyeministries.brushfire.com/eagle-eye-summer-institutes/563129).



## THE VICAR'S CORNER: FR. ANDREW RECKERS – FAST FROM SOCIAL MEDIA THIS LENT

The beginning of Lent is nearly upon us, with Ash Wednesday coming this week. Most Catholics are familiar with Lent as that liturgical season of spiritual “Spring cleaning” to remove the things in our lives that distract us from living effectively as disciples of Jesus Christ. It is a good opportunity for us to look for and uproot the things in our lives that serve as weeds which choke the Word of God in our hearts (see Matthew 13:22). To that end, the most effective things to give up for Lent are those things which are the biggest “weeds” in our hearts, those things that have the tightest grip on our time and focus, preventing the fruits of love and holiness from maturing. For most of us,

social media is chief among the largest and most stifling of the weeds in our lives. A significant discussion of social media and its effects far exceed the scope of this short article. However, it is still worthwhile to reflect on why giving up social media for Lent this year would greatly free our hearts so we can more effectively and intentionally give ourselves and our time to those we love.

Can social media be used for good? Yes, it can, and it has. However, it can be good only if it is used in moderation, and for the vast majority of us, the problem is achieving true moderation in its use. As an analogy, food is good for us when consumed in moderation, but it becomes unhealthy when consumed in excess. Healthy foods are relatively easy for us to consume in moderation. However, some foods are extremely difficult for most people to eat in moderation – highly processed foods which are high in carbohydrates and/or fats are called “junk food” for a good reason. Yes, we can be nourished by junk food, and yes, it is possible to eat junk food in moderation. However, most of us become surprised or even laugh when we actually discover the serving sizes of junk foods – they are usually much smaller than expected. In order to be healthy, we need a steady diet of better food than junk food. Moreover, if we want our relationships to be healthy, we need better and healthier human interaction than the “junk food” of social media.

Social media is unbalanced as a form of human interaction for at least a couple reasons. First, it is a virtual interaction with others, mediated through electronic means. What we see on the screen is an electronic representation of the other person rather than a true face-to-face encounter with a real person. In addition, this virtual representation is significantly filtered – the virtual representation conveys only a small fraction of the actual person being represented. Moreover, this representation is typically biased such that the person chooses carefully to reveal only what he or she wants others to see. As we all know, anything electronic can be faked, but it is practically impossible to “deep fake” a real personal encounter with someone we know. Virtual experiences with people do not accurately and completely convey the fulness of the people being represented, and the unbalanced nature of these interactions lead to many problems.

Several vices resulting from excessive social media use include but are not limited to: Pride, envy, sloth, and anger. Pride results from the filtered and biased nature of the virtual representations, leading us to hide the flaws in ourselves as we portray only what we want others to see. Envy results from our seeing only the good things and good times that others convey, and being saddened by our real life looking bleak by comparison to a series of gilded virtual facades. Sloth results from the obvious habit of wasting time with social media – far more time than many of us are comfortable admitting. Finally, anger results from the ability to “hide behind the screen” when communicating hateful things that we would never dare to say to someone face-to-face. In fact, the connection between social media and anger is a particularly relevant problem in our time that deserves more attention, so I have included the URL to a Catholic Answers article on this topic written by Catholic apologist Joe Heschmeyer: <https://www.catholic.com/magazine/online-edition/dont-let-this-vice-ruin-your-lent>.

With all this said about the problem, let's get to a solution: Fast from social media this Lent. Instead of using social media to communicate with friends and family, spend real time with them. The benefits of spending quality time with our loved ones face-to-face far outweigh any cost of awkwardness from not seeing them in a while. Real human encounters help us to grow in holiness and love, in large part because we were created for real face-to-face interactions rather than virtual ones. Let's all remove the weed of social media from the garden of our hearts this Lent so that we can more effectively bear good and mature spiritual fruit in our lives.

## OUTREACH & COMMUNITY

**HOLY ANGELS SOUP KITCHEN** – The Soup Kitchen is an outreach ministry program supplying people of our local community with warm meals. Meals are provided on Monday, Wednesday, and Friday of each week at the Alpha Center. The Soup Kitchen is now located at 950 Children's Home Road. For more information on donating or volunteering, contact Judy Smith at 937-672-2289 or [mesmith2323@gmail.com](mailto:mesmith2323@gmail.com).

**ST. VINCENT DE PAUL** – The St. Vincent de Paul Society of Holy Angels offers tangible assistance to those in our community in need of a hand up. For more information, call 937-538-4222 or visit [www.stvincentsidney.org](http://www.stvincentsidney.org).

**PETER'S PENSE CATHOLIC LIBRARY** – Located at 104 East Poplar Street, Sidney, OH 45365. Phone: 937-492-6481.

**FACEBOOK** – Follow Holy Angels Church on Facebook by going to [www.facebook.com](http://www.facebook.com), typing in Holy Angels Church and clicking “like.”

**FLOCKNOTE** – Keep up on the latest Holy Angels Church news by signing up for Flocknote. Just go to <https://holyangelsidney.flocknote.com> and create your account. After signing up, you should be in the area called “WHOLE PARISH.” From there, click the “SHOW ALL GROUPS” button to add any other groups you wish to belong to, INCLUDING THE PRAYER CHAIN. If you'd like to receive occasional texts as well, please make sure you include your mobile number. Please contact the Parish Office at 937-498-2307 with any questions you may have.

**FORMED** – If you would like FREE access to videos on the Catholic faith, join Formed by going to <https://formed.org>.

**HOLY ANGELS PRAYER CHAIN** – If you or a loved one is in need of prayer, please send your prayer request to [holyangelsprayerchain@gmail.com](mailto:holyangelsprayerchain@gmail.com) or call 937-538-4274. The prayer request will be sent out via Flocknote. Your privacy will be respected. If you'd like to pray for others via the Prayer Chain, you must first sign up for a Flocknote account, and then add yourself to the Prayer Chain group (see above).

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Weekly Financial Report – January 28, 2024

INCOME	Week (31)	Year to Date
Total Offertory:	\$ 33,061.72	\$ 508,419.73
Total Budgeted:	\$ 16,800.00	\$ 520,800.00
Over/ <b>Under</b> Budget	\$ 16,261.72	<b>\$ 12,380.27</b>
Repair & Maintenance	\$ 597.88	\$ 32,280.56

*Thanks to all who support our parish!*

**DEACON ADAM BERNING**

DEACON ADAM BERNING will be celebrating a birthday on February 28th. Deacon Adam is part of our St. Joseph Pillar of Families as he is from Sacred Heart Church. Deacon Adam is a transitional deacon, studying at The Athenaeum, Mount St. Mary's Seminary in Cincinnati. Please join us in offering special prayers for him on the 28th or if you would like to send a birthday wish, please send to his attention at 6616 Beechmont Road, Cincinnati, OH 45230.




**DONUT SUNDAY - FEBRUARY 18**

GET EXCITED! Donut Sunday will be after all three Masses on Sunday, February 18th. Please stop by the school cafeteria for donuts and coffee.

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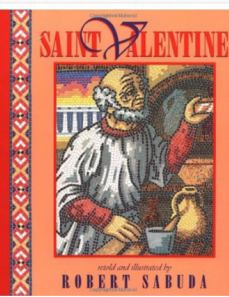
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