



FIRST SUNDAY OF LENT
February 18, 2018

ST. ELIZABETH CATHOLIC CHURCH

ST. ELIZABETH OF HUNGARY PARISH

4112 SW 6th Avenue Drive

Portland, OR 97239

(503)222-2168 * office@stelizabethportland.net www.stelizabethportland.net

SCHEDULE OF MASSES

Saturday Vigil Mass: 4:00 p.m.

Sunday: 9:00 a.m. and 11:00 a.m.

Tuesday, Wednesday, Thursday and Friday: 8:30 a.m.

PARISH STAFF

Rev. James M. Kolb, C.S.P., Pastor

Elizabeth Duncan, Parish Assistant - 9:30 a.m. - 5:30 p.m., Monday-Friday

10 THINGS TO GIVE UP FOR LENT THAT AREN'T CHOCOLATE *

1. Fear: God is on my side. In Him I am more than a conqueror (See Romans 98).
2. Envy: I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
3. Excuses: A wise man once said, if you need an excuse, any excuse will do.
4. Sense of Entitlement: The world does not owe me anything. God does not owe me anything. I live in humility and grace.
5. Bitterness and Resentment: The only person I am hurting by holding onto these feelings is myself.
6. Doubt: Believe God has a plan for you that is beyond anything you could imagine.
7. Retirement: As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. That does not end until the day you die.
8. Fear of failure: You don't succeed without experiencing failure. Just make sure you fall forward.
9. Worry: God is in control and worrying will not help. You can't give your problems over to God in prayer only to yank them back to yourself by worrying.
10. Apathy: Life is too short not to care.

* Adapted from "40 Things to Give up for Lent: The List" by Rev. Phil Ressler at www.greaterthings.today. To find the full list and a link to Ressler's book, "40 Things to Give up for Lent and Beyond," visit <https://www.greaterthings.today/40-things-to-give-up-for-lent-the-list/>.