February 3 & 4 Fifth Sunday in Ordinary Time

Jesus offers us his healing grace.

Today's Gospel picks up from last Sunday's Gospel where Jesus went to the village of Capernaum, taught in the synagogue, and then commanded an unclean spirit to depart from a man. Now we hear that Jesus has gone to his friends' home, where he performs another extraordinary feat, namely, curing Simon's mother-in-law of her fever. After sharing a meal prepared by her, Jesus spends the night curing many other sick people, and driving out more demons. The next day, he can barely get a moment to pray in peace and silence before Simon arrives to warn him that everyone is looking for him. The word has gotten out that Jesus can do marvelous things.

In today's fast-paced world, perhaps we are able to empathize with Jesus' hectic schedule. As someone new to Capernaum, it would help to have a person like Simon to guide him around. We know, though, that it is Jesus who will guide Simon, and all of us, on the path to the heavenly kingdom. Despite the forks in the road we may encounter, or the many obstacles that might block our path, we know that when we put our lives in Jesus' hands, he will show us God's mercy and compassion.

There may be times in our own lives when we feel like Job, who in our first reading bemoaned that life is a drudgery. He makes his life sound like one that is without hope – full of misery and too many restless nights. If life is full of peaks and valleys, then Job is most certainly experiencing the depths of the valley. Poor Job, though, should take heart from the psalm that we sang, in which we praise the Lord, who heals the brokenhearted. God created each of us, knows each of us by name, and continues to bless each of our lives. That very same God would not allow any of us to remain in despair. As the psalmist proclaims, the Lord binds up the wounds of the brokenhearted, and sustains the lowly.

When we face valleys in our lives, we can take solace in the Lord who lifts us up. Jesus was sent to give witness that God does indeed care for each of us. As he ascended into heaven, Jesus promised that he would send his Spirit to be with us as a Comforter and a Sustainer. That Holy Spirit inspires our lives with God's goodness. As we come forward to the altar of the Lord in a few moments, let us take a moment to pause and give thanks to God for lifting us up out of whatever troubles us, and for offering us the Bread of Life that fills us with his grace.

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Please visit our website at: holyangelslavalle.org or on Facebook at: Holy Angels Parish, La Valle



In the Divine Presence

Reflect

Silence and solitude are not loneliness, but stillness. In the stillness is an invitation to enter into the sacred presence so that we can just be with God. When I do so I am blessed with one-on-one time with my Creator.

Pray

My God, thank you for surrounding me with your presence. You have gone before me and behind me—you never leave me.

Help me to accept your invitation to spend time with you. Guide me to the path that you would like me to take with you.

Amen.

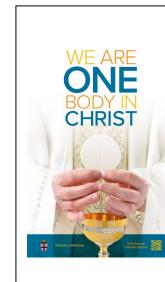
<u>Act</u>

Take five minutes to clear the clutter from the day—the events, the dog barking, the conversations, the background noise. Clear your mind. Then take five minutes to just listen and to just be. What is God saying to you? What seeds are being planted? Finish with five minutes to name to what God may be inviting you.

Holy Angels at Holy Family, La Valle has Eucharistic Adoration on Tuesday mornings at 9:00 am with Deacon Tom Fogarty. All welcome!

Holy Angels Parish Masses This Week

Tue 2/6	Holy Family 9:00 am Adoration	
Fri 2/9	Holy Family 9:15 am Mass-Herbert DeKing Holy Family 10:00 am Confessions	
Sat 2/10	Our Lady of Refuge Chapel, Sacred Heart Million of Monicas 9:00 am Reflection: Believing I God's Power Holy Family 3:00 pm Confessions Holy Family 4:00 pm Mass-Birthday Blessings for Felix Fogarty	



2024 Diocese of Madison Annual Catholic Appeal Begins, Please Make a Generous Pledge Parishioners throughout the Diocese

On February 10 & 11, 2024, Father F will lead the in-pew process for the al Catholic Appeal. Those who have made a pledge by mail will be asked so at this time. You will also be sent special edition of the Catholic Herale February 8, where you will have the portunity to make a gift, as well. Ple read the annual appeal tabloid that your bulletin today. It provides a deexplanation of the use of the funds

you are asked to give. This appeal funds many ministries throu the diocese and helps many in need. Each household is asked to prayerfully consider making a gift. In doing so, please consider ing a pledge, payable over six months. On February 18 & 19th, member from each household will be asked to fill out a commis ment envelope during mass. Thank you in advance for your su of our parish, the diocese and the work of the church through

Join us at Sacred Heart, Reedsburg next Sunday, February 11 the 10:30 am Mass for the Deceased Members and Current Members of Catholic Financial Life.



The collection basket for palms from last year's Sunday Mass is now located in the back of the church. Please bring your palms in by Wednesda February 14, 2024.

"Let us pray together for the many civilians who have fallen vio to wars that unfortunately still cause bloodshed in the world, s as those in the Middle East and Ukraine. May their cry of pain the hearts of world leaders and give rise to projects for peace."

~Pope Francis

In	Parish Support 1/27/2024Offertory\$4545.30Please pick up your 2023Contribution Statementsin your mailbox at Holy Family.Thank you.	You will want to make plans to attend St. Joseph's, Baraboo Delicious Shrimp and Fish Fry, February 16, 2024, 5:00-6:30 pm or while supplies last! Note the new time. Dine in or carryout.
e will Paul Annu- not d to do a d on e op- ease is in etailed that ughout to mak-	Have the Winter Blues? Come to our Euchre Card Parties St. Joseph, Baraboo: Sunday, February 18, 2024 at 1:00 pm, and Sunday, March 17, 2024 at 1:00 pm. St. Joseph's School Gym, 310 Second Street. \$3.00 admission, snacks available. Doors open at 12:30 pm. Sponsored by St. Joe's CCW. Proceeds Benefit Parish Projects	Sacred Heart Mobile Food Pantry Thursday, February 22 VFW 200 Veterans Drive, Parking lot Pickup Time: 4:00 pm until food is gone. This will be drive- through. All persons in need of food are welcome. Food will be placed in vehicle trunks. Sponsored and Serviced by:
, one it- pport	"All that Jesus did for the salvation of humanity is	SEC: ND HARVEST FOODBANK OF SOUTHERN WISCONSIN
for	made present in the celebration of the Eucharist, including his sacrificial Death and Resurrection." ~The Mystery of the Eucharist In the Life of the Church, no. 14	"When we turn our hearts and minds back to God with a disposition of peaceful trust, we find him waiting for us."
ay,	Eucharistic Revival	Dr. Gregory Bottaro The Mindful Catholic ~The Dynamic Catholic
ctim such touch ″	Healing from Abortion Whether recent or many years ago Rachel's Vineyard retreats offer hope and peace for any- one, women or men who have struggled with the emo- tional or spiritual pain after abortion. Upcoming retreat: March 15-17. Confidential. Contact Mary: rachel@madisondiocese.org or 608-821-3177. Visit: www.madisondiocese.org/rachel	



HOLY ANGELS CATHOLIC CHURCH LA VALLE PASTORATE 7

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Rev. John Blewett, Parochial Vicar Rev. Garrett Kau, Parochial Vicar Rev. Luke Powers, Parochial Vicar

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Holy Angels Bookkeeper Robin Landsinger Office - (608-985-7558) landsingerr@gmail.com

Weekend Mass Schedule Saturday Confession 3:00 pm Holy Family, La Valle Mass 4:00 pm Holy Family, La Valle

<u>Weekday Mass Schedule</u> Friday Confession 8:30 am Holy Family Mass 9:15 am Holy Family, La Valle

Website: www.holyangelslavalle.org

"Holy Angels, Guard Us."



Sacraments

In need of Baptism, Holy Matrimony, Anointing of the Sick, or any of the sacraments, please call the parish office at (608-985-7558) or email holyangels7558@gmail.com

Religious Education call or email Holy Angels Office at (608-985-7558) or email holyangels7558@gmail.com

Prayer Chain Requests call or email Holy Angels Office at (608-985-7558) or email holyangels7558@gmail.com