

First Sunday of Lent: Feb 22, 2026

“Jesus was led by the Spirit into the desert to be tempted by the devil”

Today, brothers and sisters, the Gospel takes us into the desert: “Jesus was led by the Spirit into the desert to be tempted by the devil” (Mt 4:1). It is not a spiritual stroll; it is the place where our dependencies are unmasked. The tempter begins with what is basic: “If you are the Son of God, command that these stones become loaves of bread” (Mt 4:3). The proposal seems reasonable: solve the need right now. But Jesus responds with a freedom born of trust: “One does not live by bread alone, but by every word that comes forth from the mouth of God” (Mt 4:4).

The second temptation is more subtle: to seek God as a spectacle, forcing Him to prove Himself. We too are tempted by a “faith of proofs”: if You answer me, I will believe; if not, I close myself off. Jesus does not negotiate with the Father or manipulate what is sacred.

And when the third temptation arrives (power, control, success...), the Lord cuts it off at the root: “Get away, Satan!” (Mt 4:10), and He fixes the center of life: “The Lord, your God, shall you worship and him alone shall you serve.” This phrase is medicine for a culture that pushes us to live for applause, consumption, and self-sufficiency.

This Lent is not about enduring forty days, but about learning the freedom of Jesus. Fast so that your heart no longer obeys what is immediate. Pray in order to hear the Word that sustains you. And if you find yourself restless, remember Saint Augustine: “Our heart is restless until it rests in You.” As Pope Leo XIV has said: “God loves us, God loves you all, and evil will not prevail!” The Gospel ends with a promise: “Then the devil left him and, behold, angels came and ministered to him” (Mt 4:11). Let us walk without fear: the desert is not the last word; it is the path toward a purer worship that makes us free.



Be merciful, O Lord, for we have sinned.

Today's Gospel: Mt 4:1-11

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, and afterwards he was hungry. The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.” He said in reply, “It is written: *One does not live on bread alone, but on every word that comes forth from the mouth of God.*” Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, “If you are the Son of God, throw yourself down. For it is written: *He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone.*” Jesus answered him, “Again it is written, *You shall not put the Lord, your God, to the test.*” Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, “All these I shall give to you, if you will prostrate yourself and worship me.” At this, Jesus said to him, “Get away, Satan! It is written: *The Lord, your God, shall you worship and him alone shall you serve.*” Then the devil left him and, behold, angels came and ministered to him.

Archdiocesan Lenten Regulations: the Pope and the American Bishops have outlined obligatory fast and abstinence as follows:

* **Ash Wednesday (Feb 18, 2026)** and **Good Friday (April 3, 2026)** are days of abstinence (refraining from meat) for all Catholics from age *14 onwards*. On these two days, fast, as well as abstinence, is also obligatory for those from the *ages of 18-59*. Abstinence means refraining from meat. Fast means one full meal a day, with two smaller meals and nothing between meals (liquids are permitted). No Catholic will lightly excuse himself or herself from this obligation.

* **All Fridays in Lent** are days of *abstinence* from meat. Here again Catholics will not hold themselves lightly excused, but if there is a serious health problem, this obligation would not apply.

* We should strive to make all days of Lent a time of prayer and penance.

As the Holy Father noted in his address, “I invite everyone to make next Feb 18, Ash Wednesday, a day of fasting for peace. I encourage believers in a special way to devote themselves intensely to prayer and fasting on that day. May the Queen of Peace preserve the world from the madness of war.”

Rice Bowl: CRS Rice Bowl begins on Ash Wednesday, Feb 18, 2026, 75 percent of Rice Bowl donations support CRS's humanitarian relief programs in more than 100 different countries. Additionally, Catholic Relief Services allows each diocese that participates to keep 25% of the collection in the local community to be used for hunger and poverty alleviation efforts. In the Archdiocese of St. Louis, these funds support food pantries and other programs.

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Holy Father's Intention for February:

For vocations to the priesthood and religious life

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

Fasting and Feasting

As we begin this great season of Lent it is important to take some time to reflect on how we plan to best spend this time to grow as stewards of Christ. We often associate Lent with fasting and penances, which are undoubtedly good. However, it is important that if we are going to give something up, we should strive to replace it with something good as well, for Aristotle famously said that "nature abhors a vacuum."

This leads us to the practice of "fasting and feasting" in Lent. Through this practice we are able to cultivate strong stewardship through fasting from things that are unvirtuous and feasting on charitable and wholesome acts. Let us take some time to prayerfully reflect on how we can implement the following list this Lenten season. Fast from judging others; Feast on the Christ dwelling in them. Fast from emphasis on differences;

Feast on the unity of life. Fast from words that pollute; Feast on phrases that purify. Fast from discontent; Feast on gratitude. Fast from anger; Feast on patience. Fast from complaining; Feast on appreciation. Fast from negatives; Feast on affirmatives. Fast from self-concern; Feast on compassion for others. Fast from problems that overwhelm; Feast on prayer that strengthens. In essence, let us fast from anything that prevents us from being good stewards and feast on those practices that strengthens us.

Summary

As we begin this great season of Lent it is important to take some time to reflect on how we plan to best spend this time to grow as stewards of Christ. It is important that if we are going to give something up, we should strive to replace it with something good as well. Let us strive to fast from anything that prevents us from being good stewards and feast on those practices that strengthens us

Second Collection:

We have a Second Collection for Black and Indian Missions on this Sunday (Feb 22, 2026). **Please be generous!**



Parish Council:

Mr. Lawrence Dao
314.679.0313

Finance Council:

Mrs. Thuong Hoai Nguyen
314.691.6508

Children Religious Education:

Sr. Mary Hanh Nguyen, LHC
314.736.9337

Liturgy Committee:

Mr. Hung Bui: 314.783.7266

Offering for Feb 15, 2026

Total Sum. Collection \$7,135.00

First Sunday of Lent:

Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting. Are you open to being led by the Holy Spirit into the state in life God has prepared for you?

Vocation Office at
(603) 663-0196 or email:
emartel@rcbm.org

Resurrection Our Lord Church

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Tel: 314-832-7023; Fax: 832-7024

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**Emergency Only: Fr. Francis 202-368-6828;
Fr. Peter 773-888-3088
Fr. Francis X. Binh Thanh Nguyen SVD, Pastor
Fr. Peter Son Le, SVD, Parochial Vicar**

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Baptism: Arrangements must be made one week in advance.

Sacrament of Reconciliation: Sunday from 8:30 am to 9:00 am or by appointment.

Marriage: Arrangements must be made at least 6 months prior to plan date of wedding.

Mass Schedule & Mass Intentions

Sun 2/22: * Maria by Duc Vo

* Maria, Joseph, Theresa and John the Baptist by 1 person

* Louis Canh by Tai Thao

Mon 2/23: * Maria Ngoan by Nailpro

Tues 2/24: * Peace for family by Bich Phuong family

Wed 2/25: * Ancestors both sides & intention by 1 person

Thurs 2/26: * Ancestors both sides by Minh Thuy

Fri 2/27: * Ann Suong and thanksgiving by Lich Ho

*Louis Canh by Tuan Hang

Sat 2/28: * Peace for family by Minh Thuy

* Maria Binh by 1 person