



# 1<sup>ST</sup> SATURDAY DEVOTION NEWSLETTER

MARCH 2026

## In this Issue

Repentance, Reconciliation, Forgiveness	1
Feasts for March	
Cenacle Topic	2
God Touched Me	3
Spiritual Enrichment Recommended	
Upcoming Events	6

\*\*\*\*\*

**THE EDITORS OF THE SPIRITUAL ARMY OF GOD THE FATHER'S 1ST SATURDAY NEWSLETTER ARE RESPONSIBLE FOR MAINTAINING THE CONSISTENT QUALITY AND ACCURACY OF THE SPIRITUAL ARMY OF GOD THE FATHER'S 1ST SATURDAY NEWSLETTER AND AS SUCH RESERVE THE RIGHT TO REJECT OR EDIT THE CONTENT OF ALL SUBMISSIONS FOR PUBLICATION. EDITING MAY INCLUDE, BUT IS NOT LIMITED TO, CHANGES TO GRAMMAR, SYNTAX AND STYLES, REMOVAL OF OFFENSIVE CONTENT AND REMOVAL OF PERSONAL NON-PUBLIC INFORMATION. SUBMISSION OF YOUR ARTICLE SIGNIFIES YOUR AGREEMENT TO THE TERMS AFOREMENTIONED.**

\*\*\*\*\*

## Repentance, Reconciliation, Forgiveness

*By Fr. Abraham Mutholath*

*A Catholic Priest from the Archdiocese of Kottayam*

[www.biblereflection.org](http://www.biblereflection.org)



REPENTANCE, RECONCILIATION, AND FORGIVENESS ARE CENTRAL THEMES IN CATHOLIC TEACHING AND SCRIPTURE. THE CALL TO REPENTANCE ECHOES THROUGHOUT THE OLD AND NEW TESTAMENTS AS GOD CONTINUALLY INVITES HIS PEOPLE TO TURN BACK TO HIM.

IN THE CATHOLIC UNDERSTANDING, REPENTANCE INVOLVES RECOGNIZING ONE'S SINS, FEELING GENUINE SORROW FOR THEM, RESOLVING TO CHANGE ONE'S LIFE, AND SEEKING GOD'S FORGIVENESS THROUGH THE SACRAMENT OF RECONCILIATION. THE GREEK WORD FOR REPENTANCE, 'METANOIA', SIGNIFIES A PROFOUND CHANGE OF HEART AND CONDUCT.

JESUS EMPHASIZED THE IMPORTANCE OF REPENTANCE IN HIS MINISTRY. IN LUKE 13:3, HE WARNS, "NO, I TELL YOU; BUT UNLESS YOU REPENT, YOU WILL ALL LIKEWISE PERISH." THE PARABLE OF THE PRODIGAL SON (LK 15:11-32) BEAUTIFULLY ILLUSTRATES GOD'S MERCY AND FORGIVENESS TOWARDS THE REPENTANT SINNER.

RECONCILIATION WITH GOD IS MADE POSSIBLE THROUGH CHRIST'S SACRIFICE. AS COLOSSIANS 1:13-14 STATES: "HE HAS RESCUED US FROM THE POWER OF DARKNESS AND TRANSFERRED US INTO THE KINGDOM OF HIS BELOVED SON, IN WHOM WE HAVE REDEMPTION, THE FORGIVENESS OF SINS."

THE CATHOLIC CHURCH TEACHES THAT FORGIVENESS OF SINS IS AVAILABLE THROUGH THE SACRAMENT OF RECONCILIATION, WHERE THE PRIEST ACTS IN 'PERSONA CHRISTI' TO ABSOLVE THE PENITENT. HOWEVER, FORGIVENESS ALSO REQUIRES A WILLINGNESS TO FORGIVE OTHERS. JESUS TEACHES IN MATTHEW 6:14-15: "FOR IF YOU FORGIVE OTHERS THEIR TRESPASSES, YOUR HEAVENLY FATHER WILL ALSO FORGIVE YOU; BUT IF YOU DO NOT FORGIVE OTHERS, NEITHER WILL YOUR FATHER FORGIVE YOUR TRESPASSES."

*CONTINUED ON PAGE 4*

## FEASTS FOR MARCH

THE FEASTS ON THE GENERAL ROMAN CALENDAR CELEBRATED DURING THE MONTH OF MARCH ARE:

- 1 SECOND SUNDAY OF LENT, SUNDAY
- 3 KATHARINE DREXEL (USA), OPT. MEM.
- 4 CASIMIR OF POLAND, OPT. MEM.
- 7 PERPETUA AND FELICITY, OPT. MEM.
- 8 THIRD SUNDAY OF LENT, SUNDAY
- 9 FRANCES OF ROME, OPT. MEM.
- 15 FOURTH SUNDAY OF LENT, SUNDAY
- 17 PATRICK, OPT. MEM.
- 18 CYRIL OF JERUSALEM, OPT. MEM.
- 19 JOSEPH, SPOUSE OF MARY, SOLEMNITY

- 22 FIFTH SUNDAY OF LENT, SUNDAY
- 23 TURIBIUS OF MOGROVEJO, OPT. MEM.
- 25 ANNUNCIATION OF THE LORD, SOLEMNITY
- 29 PALM SUNDAY OF THE LORD'S PASSION, HOLY WEEK
- 30 MONDAY OF HOLY WEEK, TRIDUUM

THE OPTIONAL MEMORIALS OF ST. FRANCES OF ROME (MARCH 9) AND ST. TURIBIO DE MOGROVEJO (MARCH 23) ARE SUPERSEDED BY THE LENTEN SUNDAY LITURGY. ☐

## OUR CENACLE CORNER

SEEKING A DEEPER RELATIONSHIP WITH GOD  
THROUGH MEDITATION OF PASSAGES FROM HOLY SCRIPTURES

### Pain and Suffering

# GOD TOUCHED ME

*Publish his glorious deeds among the nations.*

*Tell everyone about the amazing things he does. — 1 Chronicles 16:24*

## OUR FATHER, THE GREAT COMFORTER

*By Katie Zalany*

[www.catholic365.com](http://www.catholic365.com)

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:3-4*

AT MASS THIS PAST WEEK, A FEW WORDS STRUCK ME IN THE PENTECOST SEQUENCE: YOU OF COMFORTER'S THE BEST. IT REMINDED ME THAT YOU, OUR FATHER, ARE THE GREAT COMFORTER. YOU ARE THE BEST COMFORTER WHEN I AM IN NEED OF IT.

I RELISH COMFORT, ESPECIALLY IN MOMENTS OF STRUGGLE, ANXIETY, RESTLESSNESS, OR GRIEF. I OFTEN STRUGGLE TO FIND THAT COMFORT AND SEEK IT IN THE WAYS OF THE WORLD AND THEN I REALIZE LATER THAT ONLY GOD CAN PROVIDE THE COMFORT I AM SEEKING.

INCREASINGLY, I FIND THAT THERE IS A GREAT HUNGER IN PEOPLE FOR COMFORT. COMFORT FROM STRESS, DIFFICULTIES, EMOTIONS, AND ALL SORTS OF THINGS THAT PLAGUE OUR LIVES. PEOPLE WILL OFTEN USE UNHEALTHY MEANS TO COMFORT THEMSELVES AND LAND THEMSELVES IN A CYCLE OF SIN AND ADDICTION.

I RECALL A CONVERSATION I HAD WITH A CLOSE COMPANION AT WORK. BOTH OF US FREQUENTLY RELY ON GETTING A STARBUCKS COFFEE DOWNSTAIRS IN OUR OFFICE DURING THE EARLY AFTERNOON AT WORK TO COMFORT US IN THE FATIGUE, STRESSES AND DIFFICULTIES WE EXPERIENCE IN CORPORATE LIFE. "IT'S LIKE A COMFORT," SHE SAID ONE DAY, WHICH ILLUMINATED TO ME THAT I WAS USING COFFEE AS A COMFORT INSTEAD OF TURNING TO GOD.

THAT'S JUST A SMALL EVERYDAY EXAMPLE OF HOW WE MIGHT SEEK COMFORT IN THE WAYS OF THE WORLD. BEYOND THAT, WE MIGHT SEEK COMFORT IN EXCESS FOOD, DRINK, ALCOHOL, SEX, SHOPPING, INTERNET, SMARTPHONE/INTERNET USE, OR

TV/NETFLIX. ALTERNATIVELY, PERHAPS WE SEEK HEALTHIER COMFORTS LIKE FRIENDSHIP, A WARM BATH, OR GENTLE MUSIC. STILL, THOSE THINGS ONLY SATIATE AND COMFORT US FOR A LITTLE WHILE.

LET US BE REMINDED THAT GOD IS THE GREATEST OF COMFORTERS AND WANTS TO GIVE US THAT COMFORT WHEN WE NEED IT IN HEALTHY, SUSTAINING WAYS THAT NOURISH OUR RELATIONSHIP WITH HIM AND GROWTH IN HOLINESS. ONE OF MY FAVORITE LINES OF ISAIAH IS "COMFORT, COMFORT MY PEOPLE, SAYS YOUR GOD." BECAUSE INDEED, THIS IS THE CHARACTER OF OUR GOD AND LOVING FATHER. HE LOVES AND CHERISHES HIS CHILDREN. HE WANTS TO EMBRACE AND HOLD US IN HIS ARMS, LIKE ANY FATHER WOULD, WHEN WE ARE SAD, LONELY, RESTLESS, STRESSED, OR FRUSTRATED.

GOD WILL COMFORT US WITH HIS WORDS, PRESENCE, AND LOVE IF WE TURN TO HIM, FOR HE IS THE GREAT COMFORTER. THE BEST COMFORTER. □



## REPENTANCE, RECONCILIATION, FORGIVENESS

TRUE REPENTANCE BEARS FRUIT IN A CHANGED LIFE. AS JOHN THE BAPTIST EXHORTED, "PRODUCE GOOD FRUITS AS EVIDENCE OF YOUR REPENTANCE" (Lk 3:8). THIS MAY INVOLVE MAKING AMENDS FOR PAST WRONGS, AS EXEMPLIFIED BY ZACCHAEUS (Lk 19:8-9), AND ENGAGING IN WORKS OF CHARITY.

FOR CHRISTIANS, REPENTANCE IS NOT A ONE-TIME EVENT BUT AN ONGOING PROCESS OF CONVERSION AND RENEWAL IN CHRIST. IT CALLS US TO CONTINUALLY EXAMINE OUR LIVES, TURN AWAY FROM SIN, AND DRAW CLOSER TO GOD. AS WE EMBRACE THIS PATH OF REPENTANCE AND RECONCILIATION, WE OPEN OURSELVES TO THE TRANSFORMATIVE POWER OF GOD'S FORGIVENESS AND GRACE.

### COMPONENTS OF REPENTANCE

1. TURNING AWAY FROM SINFUL LIFE: WHEN TAX COLLECTORS AND SOLDIERS CAME TO JOHN FOR BAPTISM, THEY ASKED WHAT THEY SHOULD DO AS PART OF REPENTANCE. HE SAID TO TAX COLLECTORS: "COLLECT NO MORE THAN THE AMOUNT PRESCRIBED FOR YOU." TO THE SOLDIERS, HE SAID: "DO NOT EXTORT MONEY FROM ANYONE BY THREATS OR FALSE ACCUSATION, AND BE SATISFIED WITH YOUR WAGES" (Lk 3:12-14).

2. COMPENSATION FOR MISTAKES: WHEN JESUS CAME TO THE HOUSE OF ZACCHAEUS, OUT OF REPENTANCE HE DECLARED: "BEHOLD, HALF OF MY POSSESSIONS, LORD, I WILL GIVE TO THE POOR; AND IF I HAVE DEFRAUDED ANYONE OF ANYTHING, I WILL PAY BACK FOUR TIMES AS MUCH." JESUS RESPONDED, "TODAY SALVATION HAS COME TO THIS HOUSE" (Lk 19:8-9). SAUL, WHO PERSECUTED THE EARLY CHURCH, COMPENSATED BY WORKING ENTHUSIASTICALLY FOR EVANGELIZATION AND EVEN BECOMING A MARTYR FOR JESUS. AUGUSTINE, WHO HAD LED A SINFUL LIFE IN THE EARLY STAGES OF HIS LIFE, WHEN CONVERTED BY THE PRAYERS OF HIS MOTHER MONICA, SERVED THE CHURCH EARNESTLY AND BECAME A BISHOP, DOCTOR OF THE CHURCH, AND A SAINT.

3. ACTS OF CHARITY: JOHN THE BAPTIST'S REPLY TO THE CROWDS THAT ASKED HIM WHAT THEY SHOULD DO FOR REPENTANCE WAS: "WHOEVER HAS TWO COATS MUST SHARE WITH ANYONE WHO HAS NONE; AND WHOEVER HAS FOOD MUST DO LIKEWISE" (Lk 3:10-11). HE ASKED PEOPLE TO "PRODUCE GOOD FRUITS AS EVIDENCE OF YOUR REPENTANCE" (Lk 3:8). JOHN WARNED THOSE WHO WERE UNWILLING TO REPENT: "EVEN NOW THE AX IS LYING AT THE ROOT

OF THE TREES; EVERY TREE THEREFORE THAT DOES NOT BEAR GOOD FRUIT IS CUT DOWN AND THROWN INTO THE FIRE" (Lk 3:9).

4. REPENTANCE FOR THE RIGHTEOUS: EVEN THOSE CONSIDERED RIGHTEOUS NEED REPENTANCE. GOD, WHO IS PERFECT, HAS SHOWN A CHANGE OF MIND, AS SEEN WHEN HE DECIDED NOT TO DESTROY THE ISRAELITES AFTER MOSES' INTERCESSION (EX 32:14).

### REFLECTION

REPENTANCE, LIKE FAITH, IS A GIFT FROM GOD TO WHICH WE MUST COOPERATE. JESUS CAME INTO THE WORLD WITH THIS GIFT AND GAVE HIS LIFE AS A RANSOM FOR OUR SINS. WHEN WE POSITIVELY RESPOND TO THIS GIFT, WE BECOME ELIGIBLE FOR ITS BENEFITS. REPENTANCE IS NOT JUST A RITUAL OF BAPTISM; IT IS AN ONGOING PROCESS OF RENEWING OUR LIVES IN JESUS AND STRIVING TO DO GOOD IN FAVOR OF THE KINGDOM OF GOD.

AS CHRISTIANS, LET US CONTINUALLY TURN AWAY FROM SIN, MAKE AMENDS FOR OUR WRONGS, AND LIVE OUT ACTS OF CHARITY. EMBRACING REPENTANCE AND RECONCILIATION, WE EXPERIENCE THE TRANSFORMATIVE POWER OF GOD'S FORGIVENESS AND GRACE, DRAWING CLOSER TO HIM EACH DAY. LET US REMEMBER THAT TRUE REPENTANCE IS MARKED BY A CHANGE OF HEART AND BEHAVIOR, LEADING US TO LIVE MORE FULLY IN THE LIGHT OF CHRIST'S LOVE AND MERCY. □

---

Fr. Abraham Mutholath was the first Knanaya Catholic Vicar General and the first director of the Knanaya Region in the St. Thomas Syro-Malabar Catholic Diocese of Chicago. He took initiative in starting Knanaya Catholic missions and parishes in the United States. He was the first director of some of those missions and the first pastor of some of the Knanaya Catholic parishes in the United States.

As a priest ordained and incardinated in the Archdiocese of Kottayam, Fr. Mutholath served in the parishes and institutions of the Archdiocese of Kottayam. He authored six books in Malayalam, one book in English, and has been a youth trainer. He authored many articles in English and Malayalam and was editor of souvenir books of the Archdiocese of Kottayam and of some parishes. Fr. Mutholath is a public speaker and prepares homilies based on Sunday Bible Readings and on the feasts of saints that he makes available to priests, preachers, and Bible students through his website. He also provides Bible Interpretation and Bible Reflection through his websites.



***“LET YOUR PAIN BE OFFERED TO MY SON JESUS AND  
THIS PAIN BE LIFTED TO GOD THE FATHER.”***

***BLESSED MOTHER***

***02212026***



***“PRAY, HOPE AND DON'T WORRY.”***

***ST. PIO OF PIETRELCINA***

## SPIRITUAL ENRICHMENT RECOMMENDED

### WHERE IS GOD WHEN IT HURTS? WHY DOES GOD ALLOW SUFFERING? AN EXCERPT

[GRAHAMJOSEPHHILL.COM](http://GRAHAMJOSEPHHILL.COM)

SUFFERING CAN LEAD US TO HUMILITY AND DEPENDENCY ON GOD. (BUT SUFFERING CAN ALSO LEAD US TO FINAL AND UNREPENTANT REBELLION). SUFFERING CAN ALSO BREAK DOWN OUR WRONG IDEAS ABOUT GOD. SUFFERING CAN (BUT DOESN'T ALWAYS) LEAD TO HOPE. AND SUFFERING MAKES SENSE IN THE LIGHT OF THE FINAL CHAPTER—THE NEW HEAVEN AND NEW EARTH IN JESUS CHRIST.

IT'S IMPORTANT TO REFLECT, THEN, ON OUR RESPONSE TO SUFFERING.

THE FIRST RESPONSE IS TO ASK OURSELVES SOME QUESTIONS:

"IS THIS A RESULT OF MY SIN OR LIFESTYLE, AND IF SO, WHAT SHOULD I CHANGE?" NOTE THAT THE ANSWER HERE MAY BE YES, BUT IT'S OFTEN NO. OFTEN, IT'S THE RIGHTEOUS AND INNOCENT WHO SUFFERS.

"IS GOD TRYING TO SPEAK TO ME IN THE MIDST OF THIS SUFFERING?" (NOT CAUSING THE SUFFERING BUT SPEAKING TO ME IN THE MIDST OF IT).

ONCE WE'VE ASKED THOSE QUESTIONS, HERE ARE SOME THINGS WE CAN DO (I RECOGNIZE HOW DIFFICULT SOME OF THESE THINGS ARE, ESPECIALLY WHEN WE ARE IN PHYSICAL PAIN AND EMOTIONAL ANGUISH):

- HOLD ON TO THE PROMISE THAT GOD IS WITH US IN OUR SUFFERING.
- CLING TO THE HOPE OF ETERNAL HEALING.
- SHOW COMPASSION FOR OTHERS IN THEIR SUFFERING.
- REFUSE TO OFFER SUFFERERS SIMPLISTIC OR CLICHÉD ANSWERS.
- RESIST SUFFERING THROUGH MEDICAL INTERVENTION.
- PRAY FOR HEALING (WHICH MAY OR MAY NOT COME THROUGH PRAYER, DEPENDING ON THE WILL OF GOD).
- CHANGE OUR LIFESTYLES AND HABITS, IF APPROPRIATE.
- MINISTER TO THOSE WHO SUFFER.

REMEMBER THE CROSS, THE RESURRECTION, AND CHRIST'S RETURN (THE CROSS SHOWS US THAT GOD SUFFERS AND SHARES OUR PAIN. IT SHOWS US THE INCREDIBLE SUFFERING OF CHRIST TO REDEEM AND RESTORE THE WORLD. THE RESURRECTION WITNESSES TO THE NEW LIFE AND THE NEW CREATION IN JESUS CHRIST, AND TO THE RESURRECTION OF OUR WHOLE, HEALED, AND RESTORED BODIES. CHRIST'S RETURN GIVES US HOPE FOR THE NEW HEAVEN AND EARTH AT THE END OF THE AGE, THROUGH THE RULE AND REIGN OF JESUS CHRIST). □

## Upcoming Events

### 1<sup>ST</sup> SUNDAY DEVOTION

MARCH 1, 2026

IN LAS VEGAS:

ST. SHARBEL CATHOLIC CHURCH  
MASS AT 9:30 AM FOLLOWED BY  
DEVOTIONAL PRAYERS AT THE CHAPEL

### 1<sup>ST</sup> FRIDAY DEVOTION DEDICATED TO THE HOLY SOULS

MARCH 6, 2026

IN LAS VEGAS:

THE CENACLE HOUSE  
AT 2:30 PM

IN LOS ANGELES: VIA ZOOM  
AT 8:30 PM

### 1<sup>ST</sup> SATURDAY DEVOTION

MARCH 7, 2026

IN LAS VEGAS:

THE CENACLE HOUSE  
AT 1:00 PM

### 1<sup>ST</sup> SATURDAY DEVOTION

### 1<sup>ST</sup> SUNDAY DEVOTION

MARCH 7, 2026

IN LOS ANGELES:

ST. ANNE'S CHAPEL  
155 N. OCCIDENTAL BL.  
LOS ANGELES, CA 90026  
DEVOTIONAL PRAYERS AT 8:30 AM  
MASS AT 9:30 AM

### 2000 HAIL MARY DEVOTION

MARCH 21, 2026

IN LAS VEGAS:

THE CENACLE HOUSE  
AT 6:00 AM

### 800 OUR FATHER DEVOTION

MARCH 21, 2026

IN LOS ANGELES: VIA ZOOM  
AT 9:00 AM

### DIVINE MERCY SUNDAY

APRIL 12, 2026