

# SIXTH SUNDAY IN ORDINARY TIME

## February 14, 2021



### *Saint Stanislaus Catholic Church*

516 East 13th Street  
Erie, Pennsylvania 16503  
814.452.6606

[www.ststanserie.org](http://www.ststanserie.org)  
email: [ststaner@outlook.com](mailto:ststaner@outlook.com)

Fr. Jason Glover, S.T.L., Pastor  
Msgr. Daniel Magraw, Senior Associate  
Debbie Oldenski, Secretary  
Thaddeus Fryczynski, Director of Music

Office Hours: Monday - Friday, 9:30AM - 3:00 PM  
(Closed 12:00PM - 1:00PM, Saturdays, Sundays, & Holidays)

Daily Eucharistic Liturgy: Tuesday - Friday at 8:00AM  
**Temporary Weekend Eucharistic Liturgy:**  
**Saturday at 4:00PM; Sunday at 9:00AM**

**\* Daily Eucharistic Liturgy remains temporarily Non-Public**

### *Holy Trinity Catholic Church*

2220 Reed Street  
Erie, Pennsylvania 16503  
814.456.0671

[www.holytrinityrc.org](http://www.holytrinityrc.org)  
email: [parishoffice@holytrinityrc.org](mailto:parishoffice@holytrinityrc.org)

Fr. Jason Glover, S.T.L., Pastor  
Msgr. Daniel Magraw, Senior Associate  
Mary Ann Merski, Secretary  
Jeannie McGinley, Director of Music

Office Hours: Monday - Friday, 9:00AM - 4:00PM  
(Closed 12:00PM - 1:00PM, Saturdays, Sundays, & Holidays)

Daily Eucharistic Liturgy: Tuesday, Thursday, and Friday at 8:00AM  
**Temporary Weekend Eucharistic Liturgy:**  
**Saturday at 5:15PM; Sunday at 10:30AM**

**\* Daily Eucharistic Liturgy remains temporarily Non-Public**



## *Saint Stanislaus & Holy Trinity*

### *Partners in Faith & Mission*



**February 14, 2021**  
**6th Sunday in Ordinary Time**

The Church, as a voice of the Gospel, proclaims the sacredness of all human life. Everyone created by God is fashioned in God's image and has Divine DNA at the center of their soul. God never leaves what God creates but always remains intimately bound to what he has given form. Everyone has a place and because they have received the gift of Divine Blessing, nobody deserves to feel inferior, unworthy, unwanted, unclean or marginalized. Even the most broken of souls has a place. We, the Body of Christ, have the privilege and responsibility to give voice to the voiceless. The cries of the little one in his or her mother's womb are just as sacred as the cries of one who is homeless and hungry. The migrant deserves our attention as much as the forgotten elderly and even the prisoner, with a heart hardened by anger and resentment, deserves respect and dignity.

The Gospel of Life is often hard to swallow, and we would rather keep those we consider unclean, different or unfixable in a place by themselves. It is hard to see them with us, but they deserve to be. There is far too much violence in this world and the result of that violence is the assault on human life. Many are forced to leave the place they call home in search of safer ground, finding few if any along the way who will help them. How different today's Gospel story would be if Jesus gave in to what was politically correct at that time. The leper would have been turned away and a soul, already beaten down by disease and fear, would have experienced an even deeper wound. Jesus wouldn't have captured much attention from anyone, nor would he have mirrored the Father's compassion and love.

Where do we stand with all of this? Do we at least understand that God's vision is often in conflict with the vision put forth in our world and even the one we advance ourselves? There is no doubt that it is incredibly challenging to find a place for everyone at the table. This challenge is compounded when the systems of operation and structure that are so ingrained in us affirm power and privilege rather than inclusivity and justice. Everything really goes askew when the powerful begin to control who is entitled to wholeness and inclusion, and greed becomes a driving force. Prejudice and entitlement raise their ugly heads and we

#### **Readings for the week of February 7, 2021**

Sunday: Lv 13:1-2, 44-46/Ps 32:1-11/1 Cor 10:31-11:1/Mk 1:40-45 [6th Sunday]  
Monday: Gn 4:1-15, 25/Ps 50:1, 8, 16-21/Mk 8:11-13  
Tuesday: Gn 6:5-8; 7:1-5, 10/Ps 29:1-10/Mk 8:14-21  
Wednesday: Jl 2:12-18/Ps 51:3-6, 12-17/2 Cor 5:20-6:2/Mt 6:1-6, 16-18 [Ash Wed.]  
Thursday: Dt 30:15-20/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/Lk 9:22-25  
Friday: Is 58:1-9/Ps 51:3-6, 18-19/Mt 9:14-15  
Saturday: Is 58:9-14/Ps 86:1-6/Lk 5:27-32  
Next Sunday: Gn 9:8-15/Ps 25:4-9/1 Pt 3:18-22/Mk 1:12-15 [1st Sunday of Lent]

**Sacrament of Baptism:** Sacramental preparation is required of the parents who desire to share the Catholic faith with their children and are held monthly throughout the City of Erie. Call the parish office to register to schedule your preparation. Godparents must be Confirmed and practicing Catholics with a letter of recommendation from their pastor to serve as a sacramental sponsor.

**Religious Education, First Holy Communion, and First Reconciliation** programs are hosted at Saint Luke's Church for all eastside Erie parishes. Contact their parish office for more information and to register your child (814.825.7105).

**Confirmation** preparation for all eastside Erie parishes is hosted at Saint Luke's Church. Contact their parish office for more information and to register your child (814.825.6920).

**Sacrament of Holy Orders:** God calls all people to holiness. Some men are called to fulfill this vocation as priests. If you are interested in the priesthood, or have questions about it, please contact a parish priest or our Diocesan Vocation Director, Fr. Michael Polenik, at 1.800.374.3723.

**Sacrament of Matrimony:** Before a date can be scheduled, a priest must be contacted at least six months in advance to complete the required documents.

**Sacrament of the Sick:** Communal celebrations of Anointing the Sick are scheduled periodically. The sacrament can also be requested by any parishioner who is seriously ill or in danger of death. *Please note:* Federal law no longer permits hospitals or nursing homes to contact churches when a parishioner is admitted. It is important that family members notify the parish office if a loved one needs a visit, desires to receive Holy Communion, or needs to be Anointed.

**Leave A Legacy:** Consider Saint Stanislaus and Holy Trinity as you meet with your attorney or financial planner regarding your estate planning. Remember the needs of your parish family and leave a legacy of faith for future generations with your generous remembrance.

**Bulletin Information Deadline:** Please submit information to be included in the weekend bulletin by noon the Monday prior. Holiday bulletin announcements must be received by the parish office two weeks in advance.

# *Saint Stanislaus & Holy Trinity*

## *Partners in Faith & Mission*

### **"PRAYER, CARE, AND CONCERN" MINISTRY**

Those who participate in this ministry express the care and concern of our entire parish community to those who are ill, hospitalized, homebound, or in nursing facilities, through birthday and holiday cards, visits, and prayers. To request prayers, or to participate in this ministry, contact Rose Marie at 814.923.4438.

### **"PRAYERLINE" MINISTRY**

These ministers devote themselves to prayer for any needs made known to them and any special intentions. To participate in this ministry, or to request prayers for a particular need, contact Kay (825-7328) or Shirley (452-3395) from Saint Stanislaus, or Kathy Benes (898-1091) or Kathy Smith (392-8974) from Holy Trinity.

### **PCEP (Parish Catholic Education Program)**

Parishioners of Holy Trinity can receive a parish grant to assist with the cost of tuition for families who wish their primary or secondary school age children to have a Catholic education. To be eligible, families must participate in the program, attend Mass regularly, and be involved in the parish community. For more information, contact the parish office.

### **LITURGICAL MINISTRIES**

Parishioners interested in serving our worshipping community as an altar server, lector, Eucharistic minister, or music minister, please let one of your priests know.

### **"PRAYER SHAWL" MINISTRY**

The enjoyment of knitting, crocheting, and sewing are uniquely combined with prayer to offer a deeply personal and meaningful spiritual ministry. Shawls are prayerfully made and freely given away to those suffering bereavement, those recovering from illness, the elderly, homebound, and those in nursing facilities. To join us in this ministry, please contact Linda at 814.864.8476.

### **THE "ZABAWA COMMITTEE"**

Held on the parish grounds of Holy Trinity, Zabawa is the largest Polish heritage celebration in the region, drawing tens of thousands of people to our neighborhood. The Zabawa Committee organizes the festival through food preparation, donation solicitation, food and beverage service, and so on. The committee always welcomes any help they receive. If you would like to offer your time, and experience hands-on learning about these rich cultural traditions, contact Ray Luniewski at 882-1032.

### **PROLIFE COMMUNITY**

This ministry advocates through for the protection of all human life from conception until natural death through prayer, education, and action.

### **ST. STANISLAUS / HOLY TRINITY INITIAL PARISHIONER REGISTRATION FORM**

(please circle which parish)

Family Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Please Check: ☐ New Registration ☐ Change of Address ☐ Change of Telephone Number

☐ Change of E-mail ☐ Moving out of Parish ☐ Want Envelopes

*Place in offertory basket or mail to Parish Office. We will contact you to complete our Census Form.  
Welcome to our Parish Family!*

*A Community of Faith Built on Tradition, Where Everyone is Welcome*

# Saint Stanislaus Parish Community

## MASS INTENTIONS

Mon., Feb. 15th - Vernon & Ellen Gambill (Paul & Renee Gambill)  
 Tues., Feb. 16th - Stanley & Sophie Wiczorek (Irene Mielnik)  
 Wed., Feb. 17th - Special Intention  
 Thurs., Feb. 18th - Della & Thomas Valahovic (Family)  
 Fri., Feb. 19th - Joseph Macioch (Bill & Diane Sajewski)  
 Sat., Feb. 20th, 4:00PM - For the People of St. Stanislaus (*Pro Populo*)  
 Sun., Feb. 21st, 9:00AM - Mary Ann Hedderick (Judy)

## mark ✓ your Calendar

We intend to host our annual "Fish & Pierogi Dinners" (most likely, for take-out only) on the following dates in Lent:

February 19th  
 March 5th  
 March 19th



Our sanctuary candle burns in memory of **JOSEPH MACIOCH** as gifted by the Family.

The Parish Office will be **CLOSED** on Monday, February 15th, in observance of President's Day.



## FISH & PIEROGI DINNER VOLUNTEERS

If you are volunteering to help serve our Lenten Fish & Pierogi Dinners, we kindly ask that you park in the school parking lot. We would like to use the

Social Hall parking lot for our drive-thru customers. Thank you, in advance!

## EASTER CASH RAFFLE

The Women's Society is selling raffle tickets for a chance to win either \$1,000 in cash, or \$1,000 worth of scratch-off lottery tickets. Tickets are only \$5.00 each and can be purchased before or after Mass, at the Parish Office, or by calling Diane Valahovic at 825-5748. The winning drawing will take place Sunday, April 11th.

## DAILY MASSES

Although our weekend Masses have been public since mid-July, we never resumed a daily public Mass, primarily because our "regulars" were still reluctant to come to church. However, moving forward, if the daily Mass intention is for a loved one and you would like to attend, please call the Parish Office a day in advance and Father will be sure to open the church is opened for you.

## WEEKLY OFFERING (FEBRUARY 7, 2021)

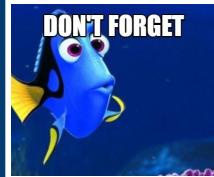
	This Week	July 1 to date
Amount we need	\$4,156.00	\$128,836.00
Amount Received	\$3,558.00	\$87,598.00
Net over/under	(\$598.00)	(\$41,238.00)

Mass Attendance:  
 4:00PM = 34  
 9:00AM = 37



## PRAYER SHAWL MINISTRY

Although the pandemic has prevented us from meeting together and crocheting, we continue to produce blankets in our own homes. Any member who needs more yarn can pick some up at the Parish Office. If any parishioner is aware of someone who could benefit from a Shawl, please contact Fr. Jason. Parishioners who would like to make a donation of yarn to this worthy ministry, please drop it off at the Parish Office. This work of God continues, even during a pandemic!



Friday is the first of our "Lenten Fish & Pierogi Dinner." Take-out meals will be served from 4-7PM in the Parish Hall. Drive-thru is also available through the Parish Hall parking lot.

## Celebrate World Marriage Day!

World Marriage Day is celebrated annually on the second Sunday of February to honor husbands and wives as the foundation of the family, the basic unit of society. It salutes the beauty of their faithfulness, sacrifice and joy in daily married life.

**ASH WEDNESDAY  
 FEBRUARY 17, 2021**

A minister was completing a temperance sermon. With great emphasis he said, 'If I had all the beer in the world, I'd take it and pour it into the river.'

With even greater emphasis he said, 'And if I had All the wine in the world, I'd take it and pour it into the river.'

And then finally, shaking his fist in the air, he Said, 'And if I had all the whiskey in the world, I'd take it and pour it into the river.'

Sermon complete, he sat down..

The song leader stood very cautiously and announced  
 With a smile, nearly laughing, 'For our closing song,  
 Let us sing Hymn #365, 'Shall We Gather at the River.'



# Holy Trinity Parish Community



Sanctuary Candle burns this week in memory of **LORETTA LIPINSKI** as gifted by her sister, Joan Pruzenski.



16 – Corinne Dyakon  
18 – Kathy Wisniewski  
19 – Sara Korytowski

## MASS INTENTIONS

Mon., Feb. 15th - Kulig, Laszczewski, Habas Families (Estate)  
Tues., Feb. 16th - The Souls in Purgatory (Bill & Corinne Dyakon)  
Wed., Feb. 17th - For the People of Holy Trinity  
Thurs., Feb. 18th - Nancy Slubowski (Christine Rodrigues)  
Fri., Feb. 19th - Carolyn DiMattio (Family)  
Sat., Feb. 20th, 5:15PM - For the People of Holy Trinity (*Pro Populo*)  
Sun., Feb. 21st, 10:30AM - John Figurski (Holy Trinity Ushers)

The Parish Office will be **CLOSED** on Monday, February 15th, in observance of Presidents' Day.

A Funeral Service was held for **CYNTHIA NITCZYNAKI** this past Saturday, February 6th. Please keep Cynthia, her family and her loved ones in your prayers. "Eternal rest grant unto her, O Lord..."

Hey Pooh?  
Yes Piglet?  
This thing seems to be going on forever.  
You mean the pandemic thing?  
Yeah, will it ever end?  
Oh I hope so Piglet.  
I do too, I miss so much.  
What do you miss?  
Hugs Pooh, I miss hugs.  
Yeah, its the one thing the humans were good at  
I know Piglet,  
I know



Today's readings prepare us for the penitential season of Lent. In our Gospel, a leper knelt before Jesus and said, "If you wish, you can make me clean." Jesus reached out and touched this diseased man and healed him. He then encouraged the man to show himself to the priest and offer himself a cleansing, referencing what was commanded in the Law of Moses. By completing these rituals, this man might be reinstituted into the community. Let us approach this holy season of Lent like the leper. By our faults, we have distanced ourselves from God and His community. The leper reminds us Who to go to so that we might be healed. Let us approach the Lord this season on our knees asking for forgiveness and healing from our offenses, saying, "If you wish, you can make me clean." There is no doubt that, if we have a contrite heart, Jesus will stretch out His hand in forgiveness and His mercy will touch our lives. And like the leper, we too should go forth from being healed with a commitment to cleanse ourselves from the lasting effects of sin. Lent is a time to offer acts of reparation through Prayer, Fasting and Almsgiving so that we might be purified in all areas of our life and walk with the Gracious Healer, Who sacrificed His life for our sake. This holy season of Lent is an opportunity to be healed and cleansed on our journey as disciples of Christ.

When your pastor refuses to adjust the thermostat at church.



## WEEKLY OFFERING FOR FEBRUARY 7, 2021

Regular Offering: \$2,780.00 (36/140)

	THIS WEEK	JULY 1 TO DATE
Dream Goal:	\$3,000.00	\$96,000.00
Budgeted:	\$2,365.00	\$75,852.00
Total Offertory:	\$2,780.00	\$64,581.00
Net (over/under):	\$415.00	(\$11,686.00)

Attendance: 5:15PM = 30; 10:30AM = 30



"... people kept coming to Him from everywhere."

- Mark 1:45

# News for Our Partnership

## ASH WEDNESDAY MASS SCHEDULE

Ash Wednesday Masses will be celebrated at **9:00AM at Holy Trinity** and **4:00PM at St. Stanislaus**. If you are comfortable, please join us as we begin this blessed and graced season of Lenten repentance and conversion.

## HOLY TRINITY CHURCH

### Lenten Orders

January 23<sup>rd</sup> until February 15<sup>th</sup>, 2021

**PAYMENT DUE WITH ORDER**

### PIEROGI

\$18.00/Dozen OR \$9.50/Half Dozen

### POTATO PANCAKE BATTER

\$5.00/Pint

\$8.00/Quart

\$15.00/2 Quarts

CALL orders in to (814) 456-5300 (Edith) Credit Cards Accepted  
MAIL orders to: Holy Trinity Parish 2220 Reed Street Erie, PA 16503

### Order pick up dates:

Wednesday February 17<sup>th</sup>  
(4:00p.m. until 7:00p.m.)

OR

Saturday, February 20<sup>th</sup>

(Between 10:00-11:00am)

**HOLY TRINITY SOCIAL CENTER**

23<sup>rd</sup> and Reed Streets

Saint Stanislaus & Holy Trinity Partnered Parishes

## LENTEN DINNERS

\*TAKE-OUT ONLY\*



4:00 - 7:00 PM (or until sold out)

- ASH WEDNESDAY, FEBRUARY 17<sup>th</sup> at **HOLY TRINITY**
- FRIDAY, FEBRUARY 19<sup>th</sup> at **SAINT STANISLAUS**
- FRIDAY, MARCH 5<sup>th</sup> at **SAINT STANISLAUS**
- FRIDAY, MARCH 12<sup>th</sup> at **HOLY TRINITY**
- FRIDAY, MARCH 19<sup>th</sup> at **SAINT STANISLAUS**

Saint Stanislaus  
513 East 13th Street  
Fish & Pierogi  
\$10.00 for adults  
\$5.00 for children 6-12  
Free for children under 5  
(Take-Out Only)



Enjoy your meal!

## 2021 LENTEN REGULATIONS

The following practices and regulations are promulgated and binding for all Latin Rite Catholics in the Diocese of Erie for Lent and the Paschal Triduum, 2021. If the COVID situation requires modifications to these practices, those will be communicated as they develop.

1. Traditional Lenten practices of PRAYER, FASTING, and ALMSGIVING, and other forms of self-denial, are recommended most warmly by the Church. Daily Mass is particularly encouraged.
2. ASH WEDNESDAY, ALL FRIDAYS IN LENT EXCEPT MARCH 19, and GOOD FRIDAY are days of abstinence from eating meat for those 14 years of age and older. Because the Solemnity of St. Joseph (March 19) falls on a Friday of Lent, and solemnities are never days of penance, the faithful are not obliged to abstain from meat on that day.
3. ASH WEDNESDAY AND GOOD FRIDAY are also days of fasting for those ages 18 to 58 inclusive. (On these days, those bound by the law of fasting may take one full meal. Two smaller meals, sufficient to maintain strength according to one's needs, are also permitted. Eating between meals is not permitted, but liquids including milk and fruit juices are allowed. When health or work is seriously affected, the law does not oblige.)

## ASH WEDNESDAY

Reminder: Due to Covid concerns, ashes will be distributed by sprinkling them on the crown of your head. This is an act of devotion (also known as a "sacramental"). As such, while a worthy practice, it is *not obligatory*. If this seems awkward, or makes you uncomfortable, you may refrain from coming forward or simply ask for a blessing instead.

## WHAT TO EXPECT AFTER GETTING A COVID-19 VACCINE



In most cases, discomfort from fever or pain is normal. **Call your healthcare provider** if redness or tenderness increases after **24 hours**, if your side effects are worrying you, or if they do not seem to be going away after a few days.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## Mental Health Help During COVID-19

### Crisis Text Line

Text 'PA' to 741741

### National Suicide Prevention Lifeline

1-800-273-8255

### Preventing suicide in PA

[preventsuicidepa.org/](https://preventsuicidepa.org/)

### Disaster Distress Helpline

800-985-5990

### Get Help Now for substance use disorder

1-800-662-4357

### Veterans in crisis

[veteranscrisisline.net](https://veteranscrisisline.net)

### PA's support helpline

855-284-2494

### Coping with COVID-19 stress

[bit.ly/covid-coping](https://bit.ly/covid-coping)

### COVID-19 resources

[mhanational.org/covid19](https://mhanational.org/covid19)

## THE 31 CLUB - PRAYING FOR VOCATIONS

- 2/15) Dorothy & Mead Carlson, Nancy & Art Kujawinski, & Carol Clark; 2/16) Corinne Dyakon, May Jo Sulecki, & Kay Stankiewicz; 2/17) Dave Slubowski; 2/18) Pearl Wisniewski; 2/19) Bill Dyakon & Fr. Jason Glover; 2/20) Ed Korytowski; 2/21) Darlene Vlahos & Dorothy Mielnik

## PRAY FOR OUR PRIESTS

- 2/15) Fr. Matt Strikenburger; 2/16) Fr. Paul Siebert; 2/17) Pray for Vocations; 2/18) Fr. Tom Whitman; 2/19) Fr. Howard King; 2/20) Fr. Nick Rouch; 2/21) Fr. Bill Sutherland



**Sunday, Feb 14, 2021**

SIXTH SUNDAY IN ORDINARY TIME

**Staying the course**

Leviticus 13:1-2, 44-46; 1 Corinthians 10:31-11:1; Mark 1:40-45  
*"Be imitators of me, as I am of Christ."*

Quarantine is hard on relationships: both with the people you can't yet risk seeing in person, as well as those with whom you happen to be locked down. Families that have survived a long year of "acute togetherness" might congratulate each other on their success. Spouses, too, might reward each other for going the distance, without much distance, since last spring. On this World Marriage Day, take some time to reflect together on ways your vital relationships have been tested in a long period of crisis. Ask for forgiveness where necessary. Offer yours freely.

**Monday, Feb 15, 2021**

**Lead by example**

Genesis 4:1-15, 25; Mark 8:11-13

*"Amen, I say to you, no sign will be given to this generation."*

Presidents' Day—celebrated every February between Lincoln's and Washington's birthdays—is an occasion to remember all the presidents of the United States. Certainly some of them have been better than others. Our job is not to sit on the sidelines and criticize and complain. The church wisely instructs us on our duty as citizens "to contribute along with the civil authorities to the good of society in a spirit of truth, justice, solidarity, and freedom." That goes for participation in any community—get involved and raise it up!

**Tuesday, Feb 16, 2021**

**Enjoy the feast before the fast**

Genesis 6:5-8; 7:1-5, 10; Mark 8:14-21

*"Do you not remember, when I broke the five loaves for the five thousand?"*

Today is Fat Tuesday. Whether you call it Mardi Gras, Carnival, or Shrove Tuesday, the popular practice of one last big, sumptuous feast—right before the asceticism of Lent—actually had a very practical motivation. In the days before refrigeration, people couldn't preserve certain foods (like eggs, cream, and butter) during the time of prolonged fasting. They had to use them up. Nowadays, that's not the case for most of us. So it's worth considering: What does the feasting of this day signify, in contrast to the great fast that's approaching? Perhaps it's gratitude - for God's generous abundance.

**Wednesday, Feb 17, 2021**

ASH WEDNESDAY; DAY OF FAST AND ABSTINENCE

**Invitation to love**

Joel 2:12-18; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18  
*"Even now, says the Lord, return to me with your whole heart."*

We enter the Lenten journey with the intention to draw closer to God by means of prayer, generosity, and fasting. Talk to God and share what is on your mind, read the daily scripture, practice the prayer of meditation. Find ways to be generous with time or treasure: write a card, heal a broken relationship, bake bread to share, donate to a group that cares for the underserved. And admit that some fasting—whether from gaming, social media, or worrying—could improve your connection to God. This Lent is an opportunity, not a burden. Embrace it with hope. Live it with love.

**Thursday, Feb 18, 2021**

THURSDAY AFTER ASH WEDNESDAY

**Choose life**

Deuteronomy 30:15-20; Luke 9:22-25

*"For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it."*

Today's readings focus on the urgency of choosing life. Moses tells his people to choose life over death; Jesus says we save our life by losing it in him. Meanwhile, events nationwide and worldwide keep reminding us that black lives matter and, as Catholic bishops put it, "everyone belongs." The disproportionate death of people of color from poor healthcare, poverty, abortion, crime and violence, judicial bias, and more cries out for major reform. Support life in all its diversity by learning more about racial injustice as a prolife issue.

**Friday, Feb 19, 2021**

FRIDAY AFTER ASH WEDNESDAY; DAY OF ABSTINENCE

**Make abstinence a healthy habit**

Isaiah 58:1-9a; Matthew 9:14-15

*"...fast so as to make your voice heard on high!"*

The wisdom of making Lenten Fridays meatless has endured for centuries. We now understand that meat consumption at current levels is not only unhealthy, but unsustainable. Ever more Amazonian rain forests are cleared for grazing. Hundreds of activists have been gunned down trying to protect this biodiverse land and its poor settlers against the interests of powerful ranchers and loggers. Among the martyrs is Sister Dorothy Stang, SNDdeN, whose death 15 years ago brought new attention to the plight of the farmers and the devastation of the Amazon for the sake of beef. Why not extend your meat abstinence beyond Lenten Fridays?

**Saturday, Feb 20, 2021**

SATURDAY AFTER ASH WEDNESDAY

**Off to a good start?**

Isaiah 58:9b-14; Luke 5:27-32

*"I have not come to call the righteous to repentance but sinners."*

This is only the fourth day of Lent, and already we had a day of fasting and abstinence on Wednesday and another day of abstinence yesterday. During Lent back in the Middle Ages, Catholics weren't supposed to eat anything before 3 p.m. In the monasteries, that was the hour the "Nones" prayers were recited. So no eating until after Nones. But the monks would move the Nones hour up to 12 o'clock so they could eat earlier. That's how the 12 o'clock hour got the name "noon." While we can eat at any hour today, every day is a good day to control our appetites. What hunger stands between you and a peaceful heart? Can you put it on pause at least for a day?



Dear Lord, As we enter this Solemn and Holy Season, we pray that you would send your Holy Spirit upon us that we might prepare ourselves for these coming 40 days of Lent.

Even though we may no longer wear sackcloth and ashes, we do seek to humble ourselves so that we can understand the magnificence of Your Love for us as You humbled Yourself and gave Your Life on the Cross that we might receive the gift of Eternal Glory with You. AMEN.

