

# SEVENTH SUNDAY IN ORDINARY TIME

## FEBRUARY 23, 2020



"Sermon on the Mount," Carl Heinrich Bloch (1877)

### *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: Monday - Friday at 8:00AM  
Weekend Eucharistic Liturgy: Saturday at 4:00PM  
Sunday at 9:30AM

Holy Days of Obligation: 8:00AM

### *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  
Weekend Eucharistic Liturgy: Saturday at 5:00PM;  
Sunday at 10:00AM

Holy Days of Obligation: Vigil at 5:30PM



# *Saint Stanislaus & Holy Trinity*

## *Partners in Faith & Mission*



**February 23rd, 2020**  
**7th Sunday in Ordinary Time**

The Gospels continue to challenge us to the core. This is especially true in the way our social relationships have developed. Feeling safe and secure in the world are not things that come easily these days. Actually, we may find ourselves feeling more reservation, caution, reluctance, and fear than ever before. In a moment's notice, life can drastically change. When someone has been intentionally and violently hurt, especially someone we love, we can all too easily find ourselves very attracted to the Old Testament philosophy of "an eye for an eye and a tooth for a tooth."

Intellectually, we know this is not what Jesus wants us to do. But on some level it just seems to make practical or even political sense. After all, why should we allow someone to get away with a heinously violent act? Yet, Jesus cannot be any clearer than he is with this! Offer no resistance to one who is evil. Turn the other cheek as well. When pressed into service, go two miles. Do not turn your back on one who wants to borrow. Love your enemies. Be honest. Can you do as Jesus directs?

We want to be holy. But we are more comfortable with a definition of holiness that can keep us saying our prayers and on our knees in church. We are not comfortable with a definition of holiness that has something to say about to how we react to and negotiate life. We like to keep a sharp and strong line between the secular and the sacred. In fact, we would prefer that the doors between them be kept closed. God wants us to be holy as He is holy. If God sees this one way and we see it another, then where does this leave us on our journey to God?

Our minds like the practical, worldly, and secular answers to things. They are more black and white and at first glance appear to make more sense. Holiness wells up from our souls and is beyond reason. It cannot be explained. It is something we just simply know comes as a result of deep prayer. The truly contemplative eye knows inwardly that what Jesus asks is true and then willingly does it. It may not be easy.

### WEEKLY READINGS AND OBSERVANCES

Readings for the week of February 23, 2020

Sunday: Lv 19:1-2, 17-18/Ps 103:1-13/1 Cor 3:16-23/Mt 5:38-48 [7th Sunday]  
Monday: Jas 3:13-18/Ps 19:8-15/Mk 9:14-29  
Tuesday: Jas 4:1-10/Ps 55:7-11, 23/Mk 9:30-37  
Wednesday: Jl 2:12-18/Ps 51:3-14-17/2 Cor 5:20-6:2/Mt 6:1-6, 16-18 [Ash Wednesday]  
Thursday: Dt 30:15-20/Ps 1:1-6/Lk 9:22-25  
Friday: Is 58:1-9a/Ps 51:3-6, 18-19/Mt 9:14-15  
Saturday: Is 58:9b-14/Ps 86:1-6/Lk 5:27-32  
Next Sunday: Gn 2:7-9; 3:1-7/Ps 51:3-6, 12-17/Rom 5:12-19/Mt 4:1-11 [1st 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 John's Church. Contact their parish office for more information and to register your child (814.454.2873).

**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.

### **"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.

### **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.

### **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., February 24th, 8:00AM - Deacon Bob Walker (Deacon Andy Froberg)  
Tues., February 25th, 8:00AM - Luigina Pasquale (Jim Burke)  
Wed., February 26th, 8:00AM - Eleanor Przybyszewski (Family)  
5:00PM - The People of Saint Stanislaus (Pro Populo)  
Thurs., February 27th, 8:00AM - Daniel Dylewski (Jack & Kathy Ciecierski)  
Fri., February 28th, 8:00AM - Michael & Deborah Murnoch (T. Murnoch)  
Sat., February 29th, 4:00PM - The People of Saint Stanislaus (Pro Populo)  
Sun., March 1st, 9:30AM - Harriet Dobosiewicz (Family)

## LITURGICAL MINISTRY SCHEDULE

Saturday, February 22nd  
Server: Jack Ciecierski  
Lector: Stephanie Wycech  
Gifts: The Justka Family  
Sunday, February 23rd  
Server: J. & A. Wildfire  
Lector: Irene Smerick  
Gifts: The Leretsis  
Saturday, February 29th  
Server: Chip & Haley Rohrbach  
Lector: Katherine Krainski  
Gifts: The Macie Family  
Sunday, March 1st  
Server: Shane Green  
Lector: John Kleiner  
Gifts: Dave Lesnieski



Our sanctuary candle burns in memory of **DECEASED MEMBERS OF THE RADOMSKI FAMILY** as gifted by BARB AND BERNIE TUSZYNSKI.

LECTORS AND EUCHARISTIC MINISTERS schedules for April through June are being prepared. If there are dates you will be unavailable, please call Katherine by March 4th at 864.9144.

## FISH & PIEROGI DINNERS

Back by popular demand... St. Stan's will host our annual Fish & Pierogi dinners on **February 28th, March 13th, and March 27th**. Worker schedules are available at the church entrances. Volunteers are still needed. If you are able to help, please come and offer your helpful hands.

## **HELP WANTED!**



We will be in need of additional help for our Fish & Pierogi dinners on the Thursdays at 10:00AM before each dinner. Help will be needed for food preparation and table settings/silverware. Please join in the fun and offer your service for the success of our dinners!

## HOMEMADE BAKED GOODS



The ladies of the Women's Society are soliciting homemade baked goods to sell at our Fish & Pierogi dinners. Please drop any goodies off at the Parish Hall the Thursday before each of our dinners.

## CSA: OUR PARISH GOAL & PROJECT

Once our parish reaches our CSA assessment goal of \$31,019, any additional funds pledged remain at Saint Stan's. In consultation with Parish Council, it was decided that these funds would be used to provide necessary repairs to the school's roof. The roof is over 30 years old! While interest in growing to rent space in the school building, significant leakage prevents us from doing so. Repairing/replacing the roof would not only preserve the physical integrity of the building, but also allow us to rent out additional space in order to make the building profitable.

WE ARE ATTEMPTING TO RECONSTITUTE the Immaculate Conception choir, a vestige that was lost in their merger with St. Stan's. It is an opportunity to diversify our music ministry to be more inclusive. *CHANGE OF PLANS:* In deference to the austerity called for during Lent, the choir is planning to debut 2 music selections at Mass on March 22nd, Laetare Sunday - traditionally a celebratory respite from the starkness of Lent (not March 1st as first planned).

## WEEKLY OFFERING (FEBRUARY 16, 2020)

This Week	July 1 to date
Amount we need .....	\$4,156.00 .....
Amount Received .....	\$2,777.00 .....
Net over/under.....	(\$1,379.00) .....

Mass Attendance:  
4:00PM = 68  
9:30AM = 80



## LENTEN & EASTER MARKETS

Our Partner Parish, Holy Trinity, will be holding their annual Lenten and Easter Markets again this year.



This is the *last weekend* to turn in your order form for the **Lenten Market**. Order pick-up will be on February 26th, following Ash Wednesday Mass, and February 29th, from 10:00-11:00AM.

**EASTER MARKET:** Order forms will be available throughout Lent. The Market will be held on April 3rd and April 4th. More information will be available in future bulletins.

# Holy Trinity Parish Community

## LITURGICAL MINISTERS SCHEDULE

### **5:00PM - February 29th**

**Lector:** R. Koziel & J. Roland

**Server:** N. & M. Mangini

**EM:** R. & A. Koziel

### **10:00AM - March 1st**

**Lector:** B. Downing & S. Carpenter

**Servers:** J. & T. Chermack

**EM:** S. Chermack, S. Carpenter, & D. Carlson

## MASS INTENTIONS

Mon., February 24th, 8:00AM - Mass at Saint Stanislaus  
 Tues., February 25th, 8:00AM - Daniszewski & Gorka Families  
 Wed., February 26th, 5:30PM - The People of Holy Trinity (Pro Populo)  
 Thurs., February 27th, 8:00AM - The Souls in Purgatory  
 Fri., February 28th, 8:00AM - Joseph Ganska (Lillian Maciulewicz)  
 Sat., February 29th, 5:30PM - The People of Holy Trinity (Pro Populo)  
 Sun., March 1st, 10:00AM - Patric Phillips (Ed, Patty, Anna Czulewicz)

The sanctuary candle burns in memory of **THE PEOPLE OF HOLY TRINITY.**

**THE HOLY TRINITY USHERS** will meet at 7:00PM on Tuesday, February 25th. Final plans for the annual Communion Breakfast will be discussed. Planning for the April 26th pre-election gathering will also be on the agenda.



February 24th - Wanda Reszkowski

## HELP WANTED

We are in need of volunteers to help out with our Fish & Pierogi dinners. If you have time to give to this worthy cause, please let Fr. Jason or Marc Moore know as soon as possible. This is a great way for students to acquire service hours!

## "WE JOURNEY TOGETHER"

A spiritual booklet, "We Journey Together," is available for your Lenten prayer and reflection. The are located at the entrances to the church. We ask for a nominal donation to defray the cost of the booklet. Please place your donation in the envelope provided and place it in the collection basket.

## CSA: OUR PARISH GOAL & PROJECT

Once our parish reaches its CSA assessment goal of \$12,425, any additional pledges will enable Holy Trinity to complete projects such as replacing our six main entrance to the Social Center along with equipping one door with an exterior and interior button to open the door for handicapped persons. Our center then will be fully ADA compliant with your generosity. We will be sending out a letter, a brochure with an envelope for your gift or pledge to the 2020 CSA. Please pray how you and your family will respond as we move forward together doing the work of Christ in our diocese and at Holy Trinity.



A lady was picking through the frozen turkeys at the grocery store, but she couldn't find one big enough for her family. She asked a stock boy, "Do these get any bigger?" The stock boy replied, "No ma'am, their dead."

## WEEKLY OFFERING (FEBRUARY 16, 2020)

Regular Offertory..... \$2,698.00 (56/146 mailed)  
 Loose Cash.....\$65.00  
 Total Offertory.....\$2,763.00  
 Mass Attendance: 5:00PM = 55 / 10:00AM = 81

<u>THIS WEEK</u>	<u>JULY 1 TO DATE</u>
Dream Goal .....	\$3,000.00
Amount we need ....	\$2,365.00
Amount Received .....	2,763.00
Net over/under .....	398.00
	\$1,548.00

W	Q	B	O	R	R	O	W	R	R	P	C	E
G	M	I	L	E	P	N	M	E	C	E	H	X
L	R	H	O	V	E	E	S	C	O	R	E	M
C	S	E	V	I	R	I	T	O	L	F	E	O
H	E	A	E	L	S	G	R	M	L	E	K	D
I	R	V	F	T	E	H	I	P	E	C	C	E
L	V	E	A	R	C	B	K	E	C	T	L	G
D	I	N	T	A	U	O	E	N	T	U	O	S
R	C	L	H	I	T	R	S	S	O	N	A	R
E	E	Y	E	N	E	M	Y	E	R	I	K	O
N	J	B	R	O	T	H	E	R	S	C	E	L
U	N	J	U	S	T	P	A	G	A	N	S	M
L	L	M	G	I	V	E	J	R	A	Y	H	

resistance	evil	strikes
cheek	tunic	cloak
service	mile	give
borrow	love	neighbor
enemy	pray	persecute
children	Father	rain
unjust	recompense	collectors
greet	brothers	pagans
perfect	heavenly	

"Love your enemies and pray for those who persecute you..."

- Matthew 5:44

## News for Our Partnership



The first of our fish & pierogi dinners will be hosted at **Holy Trinity** this coming **Wednesday, February 26th from 4:00-7:00PM**. St. Stan's will host the dinner on Friday, February 28th.



### CSA: COMMITMENT SUNDAY

The theme of this year's CSA is "Forward Together... doing the work of Christ." Together, we make it possible for parishes, Catholic Schools, Catholic Charities, clergy and the Catholic faithful to live and share Christ's teaching. As members of the Diocese of Erie, we play an important role in the activities of Catholic education, evangelization, promoting justice and serving the people in need throughout our Diocese. Our Diocese has work to do on behalf of the Lord and we are all asked to share our gifts to help advance the mission of the Church. Your gift is important. Thank you for giving!

### ANOINTING OF THE SICK

Saint Stanislaus will celebrate the Anointing of the Sick during the 9:30AM Mass on March 22nd, Laetare Sunday. Please invite all those who may benefit from this sacrament!

VISIT [www.DynamicCatholic.com/Amazing](http://www.DynamicCatholic.com/Amazing) for daily video reflections by Matthew Kelly and his team on the Lenten season. "It's not what you give up; it's who you

**THE KNIGHTS AND LADIES OF SAINT PATRICK** invite you to their annual Induction Dinner at 6:00PM on March 7th at the Yehl Ballroom at Gannon University. Traditional Irish fare will be served and entertainment will be provided by Irish dancers. Tickets are \$25. Reservations are needed by March 1st. Call Colleen at 455-8571

### LENTEN DINNERS IN THE AREA

**Our Lady of Mount Carmel:** March 6, 20, and April 4 4:00-7:00PM; \$10 for adults, \$5 for children; under 6 is free. Featuring pierogi, potato salad, Lake Pike, and more.

**ALL SAINTS:** March 6, 13, 16, 20, 27 and April 3 4:30-7:00PM; \$10 adults, \$4 children, under 12 is free. Featuring baked white fish, baked potato, slaw, and more.

### THE SEASON OF LENT

The Season of Lent will soon be upon us. We will mark its beginning on Ash Wednesday with Masses celebrated at St. Stan's 8:00AM & 4:00PM. Holy Trinity will have a Mass at 5:30PM. St. Stan's will also host an Anointing of the Sick Mass on March 22nd at 9:30AM. More details will be published in future bulletins.

### LENTEN REGULATIONS

The Season of Lent begins on February 26th and concludes at the start of the Holy Thursday Mass on April 9th. During that time, the Church encourages the faithful to consciously observe the traditional practices of **prayer**, **fasting**, and **almsgiving**. Additionally, daily Mass is particularly encouraged. **Ash Wednesday, all Fridays, and Good Friday** are days of abstaining from meat for those 14 years old and older. **Ash Wednesday and Good Friday** are also days of fasting (one full meal and two small meals to maintain adequate strength according to one's needs) for those 18 to 58 years old. Eating between meals is not permitted, but liquids are. *When health or work is seriously affected, the law does not oblige.*



**THE "YOUNG AT HEART"** for our 55 plus members will come together for an initial meeting on Monday, March 2nd at Holy Trinity Social Hall at noon (doors will open at 11:30am). People who are

interested in being a part of this new venture are invited to attend and share their dreams and hopes for the group. Sign up sheet will be in the vestibule of each church if you plan to attend. Bring a bag lunch; coffee and desserts will be provided. We hope the group will provide a social opportunity for our seniors and it will offer a lot of fun things they can enjoy.

### "WE JOURNEY TOGETHER"

A spiritual booklet, "We Journey Together," is available for your Lenten prayer and reflection. The are located at the entrances to the church. We ask for a nominal donation to defray the cost of the booklet. Please place your donation in the envelope provided and place it in the collection basket.

### THE 31 CLUB - PRAYING FOR VOCATIONS

2/23 Heidi Jankowski, Gina Lintelman, 2/24) Len Sebastian, Tom Widomski, Diane Valahovic, 2/25) Jack Kempisty, Helen Zimmerman, 2/26) Patricia Straub, John Kleiner, 2/27) Sr. Maxine Kaminski, Regina Jaworski, 2/28) Dorothy & Mead Carlson, Suzanne Sundy, 2/29) Msgr. Bernie Urbaniak, Janis Leretsis.

### PLEASE OFFER PRAYERS FOR OUR PRIESTS THIS WEEK:

2/23 Msgr. Robert Smith, 2/24 Fr. Paul Siebert, 2/25 Fr. Matthew Strickenberger 2/26 Msgr. John Swoger, 2/27 Fr. Tom Whitman, 2/28 Msgr. Gerry. Ritchie 2/29 Bishop Lawrence Persico

**Sunday, Feb 23, 2020**

SEVENTH SUNDAY IN ORDINARY TIME

**See clearly beyond racism**

Leviticus 19:1-2, 17-18; 1 Corinthians 3:16-23; Matthew 5:38-48  
*"For the wisdom of this world is foolishness in the eyes of God."*

How do we fight the popular recommendation to circle the wagons around "our stuff" or, worse, "our kind"? In their 1979 pastoral on racism, our bishops noted: "Racism is not merely one sin among many; it is a radical evil that divides the human family and denies the new creation of a redeemed world. To struggle against it demands an equally radical transformation, in our own minds and hearts as well as in the structure of our society." Racism affects *everything*: immigration, education, economics, zoning laws, healthcare, and criminal justice. Pray to see the color of your values.

**Monday, Feb 24, 2020**

**Let your doubt strengthen your faith**

James 3:13-18; Mark 9:14-29  
*"I do believe! Help my unbelief."*

Faith is a gift that invites us to believe in that which cannot be seen with our eyes, only our hearts. So it is not unusual to experience some doubts along life's way. A sudden death, a violent crime, or nothing you can pinpoint can trigger doubts. When doubts arise, do not be afraid. Do not run from the questions but trust that facing them can lead you to a deeper faith. When darkness clouds what you once took for granted, speak honestly to God even if you doubt God is listening, read God's word in scripture for each day, and beg the unseen God to increase your faith, as the Catechism puts it.

**Tuesday, Feb 25, 2020**

**Time to resolve our differences**

James 4:1-10; Mark 9:30-37  
*"Humble yourselves before the Lord and he will exalt you."*

Traditionally today was a day to finish off all the rich and fattening foods in the household, including meats, which were given up for Lent. Thus the origins of the term Mardi Gras ("Fat Tuesday" in French), and the word *carnival* might be derived from the Latin for "removing or taking away meat." The excesses of some modern-day celebrations of the Carnival season, however, have obscured its connection with Lent. The tension between celebration and fast is nothing new. In 1559, the Dutch master Pieter Bruegel the Elder painted *The Fight Between Carnival and Lent*, contrasting scenes of raucous celebration on one side of the painting and solemn religious observance on the other. How do you resolve the tension of excess in your own life?

**Wednesday, Feb 26, 2020**

ASH WEDNESDAY; DAY OF FAST AND ABSTINENCE

**When we do without, we grow within**

Joel 2:12-18; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18  
*"Return to me with your whole heart, with fasting."*

Is there any spiritual practice more tied to Lent than fasting? Forgoing creature comforts is the biblical way to express our sorrow for sin. It's a sacrifice that reminds us of what Jesus sacrificed. It also has the knack of clearing the clutter from our hearts so that our minds can focus on prayer. Make the most of your fasting this Lent by taking some advice from Saint Peter Chrysologus: "Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you

**Thursday, Feb 27, 2020**

THURSDAY AFTER ASH WEDNESDAY

**Set your intention**

Deuteronomy 30:15-20; Luke 9:22-25  
*"I have set before you life and death... Choose life, then."*

"Well begun is half done," quipped the eminently practical Benjamin Franklin. Today is a great day to get into the spirit of Lent, if Ash Wednesday didn't fully accomplish that for you for whatever reason. We have a rare opportunity to slow down and quiet our lives for the next few weeks. What is complicating life right now that you can simplify? How about giving up stress and fasting from complications this Lent as part of your spiritual practice? Turn Lent into a positive experience of drawing ever closer to Jesus, the source of life, light, and love in your life.

**Friday, Feb 28, 2020**

FRIDAY AFTER ASH WEDNESDAY; DAY OF ABSTINENCE

**Think fast**

Isaiah 58:1-9a; Matthew 9:14-15  
*"The days will come when the bridegroom is taken away from them, and then they will fast."*

Catholics abstain from meat on all Fridays during Lent for many reasons. It is a sacrifice—a reminder of Christ's sacrifice on Good Friday. It is an act of humility as we eat modestly. It is an experience of solidarity with those who go without. It is penance for our past wrongdoings and an exercise in discipline to help us abstain from sin in the future. It is a form of preparation as we hunger, symbolically, for the eucharistic meal. Jesus fasted to draw closer to God and draw upon him for help. Now's your chance to do the same.

**Saturday, Feb 29, 2020**

SATURDAY AFTER ASH WEDNESDAY

**Take a leap of faith**

Isaiah 58:9b-14; Luke 5:27-32  
*"If you call the sabbath a delight, and the LORD's holy day honorable . . . Then you shall delight in the LORD."*

It's nice to know that the leap year has a historical connection to the Catholic Church. In 1582, Pope Gregory introduced the Gregorian calendar, still in use in much of the world today. The calendar corrected the former Julian calendar by providing a more accurate calculation of the year with the addition of an extra day every four years so that the calendar did not drift too far away from the actual movement of the earth around the sun. Let's give a special nod to Pope Gregory today for keeping us on track as we work to stay on course with our Lenten promises.



