



# ST. JOHN THE BAPTIST

## *Catholic Church*

FEBRUARY 14, 2021



## 6<sup>TH</sup> SUNDAY IN ORDINARY TIME

He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them." The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. - Mk 1:44-45b

## Sacraments

### Masses

Mass is currently celebrated in the church. 6ft social distancing and a mask is required and must be worn at all times. Please sign in for contact tracing purposes.

### Weekend Mass Times

Sat: 5:00pm (Sunday Vigil)

Sun: 7:30am, 9:00am,  
11:15am & 6:00pm

### Daily Mass Times

Mon-Fri: 8:15am

### Reconciliation / Confession

Saturday 3 - 4:30 pm  
& by appointment

### All Other Sacraments

Please call the office for information.

## Clergy

Fr. Renier Siva

### Pastor

Fr. Cleetus Karakkat

### Parochial Vicar

William Goeke

Jim McFadden

### Deacons

Fr. Ignatius Haran

### Pastor Emeritus

## Parish Office

The office is closed until further notice. Please call and leave a message.

307 Montrose Drive, Folsom

Phone: 916-985-2065

### Website:

FolsomCatholic.org

### Social Media:

@FolsomCatholic

## Bulletin

FolsomCatholic.org/bulletin

**Bulletin Date**    **Ads Due by 5pm**

Feb 21                      Feb 11

Feb 28                      Feb 18

Mar 7                        Feb 25

# Welcome to

## St. John the Baptist Catholic Church

We are a community where we welcome all as members of the Body of Christ.

We are welcoming, faithful, passionate, joyful, authentic,  
sacramental, loving and charitable.

## Today's Readings

Lv 13:1-2, 44-46 / Ps 32:1-2, 5, 11[7] / 1 Cor 10:31-11:1 / Mk 1:40-45

*"I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation."  
(Ps 32)*

## Gospel Meditation

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 find ourselves with quite a mess. It's time to admit that things have been a mess for a very long time. The mess needs to be healed, not by erasing it but by allowing God to touch it and make it whole. We need to bring God back to the center of life where God belongs. There are no easy solutions to the world's dilemmas. But, knowing that wholeness, healing, and dignity are worthy pursuits, we can more confidently labor to achieve God's vision.

## Scripture Reflections

### First Reading

Ancient Israel isolated those with leprosy fearing the disease would spread to others.

In what way can this be seen as a form of compassion?

### Second Reading

Paul places a high value on avoiding unnecessary conflict. Why do you think this is an important virtue for a Christian?

### Gospel

The man healed of leprosy disobeyed Jesus' command not to share with others what had happened. Why do you think the man did so?



## Lent 2021 February 17 - April 4

Ash Wednesday

Mass Times & Distribution of Ashes

February 17, Wednesday

*"Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ." -- Pope Francis*

8:15am (Church)

10:00am (Outdoor together w/ school children)

6:00pm (Church)

Please check the parish website for any last minute updates on scheduled Masses.

### The Unfailing Goodness of God

I have always wondered why Jesus told the cleansed leper not to publicize how he had been healed by the Son of God. It's not that I can't understand why Jesus would want to keep the matter quiet — after all, he knew that as soon as people heard, he would be mobbed with requests for healings, and his movements restricted.

What gets me is the fact that Jesus simply must have realized the leper would not listen to him. Why give someone a command you know they will ignore? It's a complicated question, and when I reflect on it, I can't help but connect it to another equally complicated question: why does God, all-good and all-knowing, allow bad things to happen?

Yes, God is all-good and all-knowing. So when He gives us free will, He knows what we will do with it. However, He is also all-powerful. He can and will bring good from any situation, any tragedy, or even any instance where someone ignores Him.

Was it a sin for this leper to do other than what Jesus had said? That's a heavy question for a Sunday morning! But it's plain to see that, even though this man ignored Jesus' command, God still used his actions. How many were brought to Christ because of the news spread by this leper!

As someone trying to live out a stewardship way of life, what is God requesting of you right now?

~ Tracy Earl Welliver, MTS

## World Marriage Day

Renewal of Vows

February 20, 2021, Saturday, 9am Mass  
Live-stream St. Isidore Church, Yuba City

Contact: Moises De Leon  
916-733-0133

Join us as we honor marriage and salute the beauty of faithfulness, sacrifice, and joy in married life. During this live-streamed Mass, there will be a special blessing for sacramentally married couples and an opportunity for them to renew their marital commitment. After Mass, there will be a drive-thru to receive a blessing and picture with Bishop Soto. Special certificates will be distributed at the reception honoring couples celebrating milestone anniversaries (10, 25, 30, 35, 40, 45, 50, 50+).

If you plan to attend, please register at:  
[www.scd.org/wmd](http://www.scd.org/wmd)

### Spring Independent Online Scripture Studies

Contact: Lee & Teresa Weider  
916-983-8065, [laweider631@gmail.com](mailto:laweider631@gmail.com)

Our parish is offering a variety of individual online Scripture Studies for the Spring. This is an opportunity for parishioners to continue to work on their faith journey during this time when we can't easily get together. Study at your own pace and in your own home with online classes from Ascension Press, Augustine Institute and St. Benedict Press. The available studies include the following:

- **The Gospel of John** (8 weeks)
- **Bible Timeline** (both the 8 week study or 24 week study)
- **St. Paul Letter to the Romans** (8 weeks)
- **Walking Towards Eternity** (8 weeks)
- **Lectio Eucharist** (10 weeks)
- **Lectio Peter** (10 weeks)
- **Lectio Mark** (14 weeks)
- **Kingdom of Happiness** (8 weeks)

We have reduced the suggested donation to \$20 for each study (which includes a workbook and access to the online video study) to help clear out excess inventory and provide a little financial relief to parishioners. Please call Lee or Teresa Weider if you are interested or have any questions on the studies. We'll provide the details on how the studies will work and how to get the workbook.

At St. John the Baptist Parish,  
we welcome all  
as members of  
the Body of Christ.



## Mass Intentions

### Sunday, February 14th

Joan McArdle†  
People of the Parish

### Monday, February 15th

Thomas Malong†

### Tuesday, February 16th

In Honor of the Holy Face of Jesus

### Wednesday, February 17th

Luis Ribaya†

### Thursday, February 18th

Arnold & Tagumpay Nagano†

### Friday, February 19th

Caridad Montemayor†

### Saturday, February 20th

Frank Zuccaro†

## Observances

### We Celebrate This Week

Sun: World Marriage Day  
Valentine's Day

Wed: Ash Wednesday

### February is Dedicated to: The Holy Family

### Pope Francis' Monthly Intention for February Violence against women

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

*"Remember that you are dust and unto dust you shall return"*



When we receive ashes, we remember our own mortality. We're reminded that we have limited time on this earth and we ought to make the best use of it that we can! People are in need of love, care, and compassion. We all need to continually rediscover the love of God. The Gospel invites every person in every stage of life to encounter and imitate Jesus here and now. The forty days of Lent are the perfect time to assess our own awareness of these realities.

## Intercessory Prayers

### Prayers for the Sick

*We pray for our sick parishioners, family and friends, and those in need of healing of the body and soul.*

Christopher Kovarik	Marites Brooks
Dharmo Dhillon	Mark Penman
Jesse Diaz	Marilyn Dorr
Jocelyn Patio	Norma Aley
Jody Park	Sarah Norberg
Joe Bierek	Vincent Guilles
Kimanh Davis	Zachary Whiten

### Prayers for Our Troops

*We pray for our military personnel abroad and at home, and for their families.*

Michael Dalupan

### Prayers for the Recently Deceased

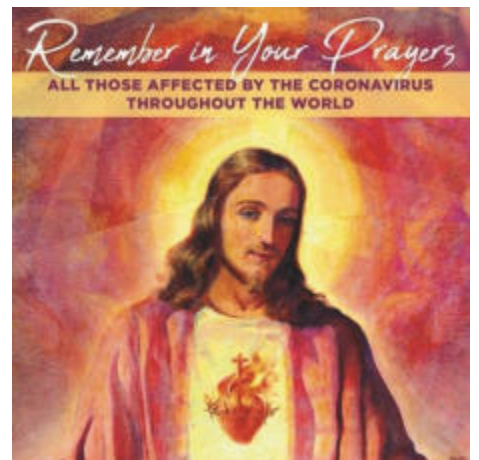
*We pray for the souls of all who have died, our family members, friends, and parishioners. May they rest in peace.*



Caridad Montemayor	Joyce Margaret Elliott
Clifford W. Kinney	Lorenza Mejia
Beatrice Iddamalgoda	Maryann Manzitto
Diana Dahm	Ofelia Bagabaldo
Doug Jackson	Oliver Nash
Fernanda Castelo	Paul DuPont
Francisco Bejarano	Pete Sidhu
Herminia Villacorte	Prabasheeni
Hilarion Aspera	Iddamalgoda
Jean Mellberg	Purificacion Siruno
Joan McArdle	Steve Beneto
Jose Alfredo Aspera	Sunta de Rivera

## Prayer Requests

Prayer requests for the sick, military or recently deceased may be made by calling our Parish Office. Names will appear for four months.



At St. John the Baptist Parish, time in conversation with our Lord is at the center of our lives.



### The Adoration Chapel

The Adoration Chapel is closed until further notice  
Adoration has been moved to the Church

A link to an Adoration Video (50mins) is located on our website.

Scroll down to midpage and click on "Spend Time..."

A YouTube video will pop up to play the video.

Another Adoration Video (30mins) is also posted and pinned on our Facebook page.

A Facebook account is not necessary to view.

Once on our Facebook page click on the Monstrance picture to start the video.

[www.facebook.com/FolsomCatholic](http://www.facebook.com/FolsomCatholic)

### Live Stream Mass

[scd.org/coronavirus/livestream-mass](http://scd.org/coronavirus/livestream-mass)

Please visit the Diocesan page. It lists Parishes which are currently live streaming Sunday and Daily Masses.

### Church Hours

#### Monday - Friday

The church will remain open for those who would like to pray before the Blessed Sacrament from 8am-4:30pm.

#### Saturday - Sunday

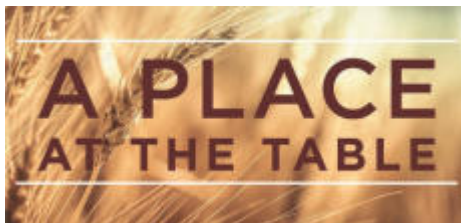
On the weekends, the church will be open from 7am-6pm.

**Please wear a mask and keep in mind your minimum 6ft social distancing**

### Confession

**Saturdays: 3 - 4:30 pm  
and by appointment**

Please note confessions at this time will still be offered but not in the confessional. We will be doing a face to face format in a larger setting in order to maintain the social distancing of 6ft.



Contact: Joanne 916-607-2228 or  
Sue 916-337-6237

[www.40daysforlife.com/sacramento](http://www.40daysforlife.com/sacramento)

St. John's carpools to go out and pray will be on Thursdays. Leaving the parking lot at 10:30am, returning at 1:30pm including drive time. Bring a folding chair and join us! Up to 75% of moms and dads that see people praying change their minds and keep their babies.

#### Vigil Hours:

Mon, Tues, Thurs, Fri. 8am-6pm  
Wed. 11am-6pm, Sat. 10am-11am  
2322 Butano Dr., Sacramento, CA

### Consecration to St. Joseph

2021 Year of St Joseph

- The Marian Fathers of the Immaculate Conception invite everyone to participate in the world's largest consecration to St. Joseph from February 15 - March 19. Information can be found at [stjosephnow.org](http://stjosephnow.org)
- An effective means of obtaining special graces through the intercession of St. Joseph is to honor his seven sorrows and seven joys by the practicing the Seven Sundays devotion. This devotion may be practiced at any time of the year, but especially on the seven Sundays preceding his solemnity on March 19th.



At St. John the Baptist Parish,  
time in conversation with our  
Lord is at the center of  
our lives.



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At St. John the Baptist Parish, we foster a commitment to lifelong spiritual growth.

**Parent Support:  
Creating a home supporting vocations**  
February 15, Monday, 8pm  
Contact: Jennifer Campbell, [jcampbell@scd.org](mailto:jcampbell@scd.org)  
[www.scd.org/parentsupport](http://www.scd.org/parentsupport)

Join us for our monthly Parent Support Session. This month's guests will be Jeanne & Brian Condon from St. Mel Parish and parents to one of the Diocese of Sacramento's seminarians, Benjamin Condon. Tune in to hear how they have encouraged vocation discernment in their family to all vocations including the ordained life, the consecrated life, married life or single life.

**ON FiRE: Keep the Light Bright –  
Into the Desert**  
February 20, Saturday, 2pm to 4pm  
Contact Jennifer Campbell, [jcampbell@scd.org](mailto:jcampbell@scd.org)  
[www.onfirenorcal.com](http://www.onfirenorcal.com)

"Into the Desert" is a Lenten experience for teens where we reflect on Sunday's Gospel as Jesus wanders into the desert and emerges with a mission. Our afternoon will feature Rhyan Ramirez, Deacon Victor Taglianetti and the SFOA Band (from the Diocese of San Jose).

**Together in Holiness  
Marriage Enrichment Conference**  
March 20, 2021, Saturday, 8:30am - 3pm  
At-Home Conference Experience | \$15

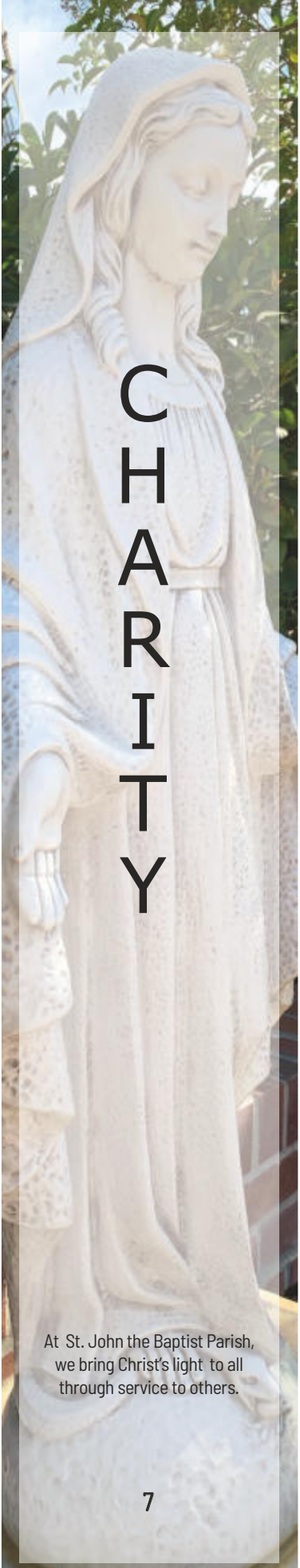
The Office of Family and Faith Formation at the Diocese has partnered with the St. John Paul II Foundation to present this marriage enrichment conference for all married and engaged couples in the diocese who desire to grow together in holiness and learn to form their children in the Catholic Faith. Presented online, it includes Mass celebrated by Bishop Soto, Eucharistic Adoration, and inspiring keynotes around the topic of evangelization featuring Dominick Albano, Rob and Jeanie Uchison, and more! The conference will be livestreamed on Saturday, March 20, 2021. Participating couples will have access to the conference recordings for one week after that date. To register or learn more, visit [togetherinholiness.org](http://togetherinholiness.org) and click on the Sacramento location.

## LENT 2021 | Reflect. Repent. Restore.

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center; font-weight: bold; font-size: 1.2em;">February 17</p> <p style="text-align: center; color: #333;">🍷</p> <p><b>Ash Wednesday— Lent Begins</b></p> <p>Ashes are sprinkled on our heads so that the fire of love can be kindled in our hearts. We are citizens of heaven, and our love for God and neighbor is our passport to heaven.</p> <p><small>(Pope Francis, Ash Wednesday, 2020)</small></p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">February 18</p> <p>Begin your journey with self-reflection and allow yourself to experience the mercy of the Lord. How will you renew your commitment to prayer, fasting and almsgiving this season?</p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">February 19</p> <p style="text-align: center; color: #333;">🍷</p> <p>Abstaining from meat and other indulgences during Lent is a penitential practice. Do you have questions about fasting? We've got <a href="#">answers!</a></p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">February 20</p> <p>Begin your day with the Bible. <a href="#">Read</a> or <a href="#">listen</a> to the daily readings.</p>

Source: [www.usccb.org/resources/len-2021-calendar-english](http://www.usccb.org/resources/len-2021-calendar-english)



At St. John the Baptist Parish, we bring Christ's light to all through service to others.

### 2nd Collection

This weekend our 2nd collection is for our Building & Maintenance Fund. Last weekend our 2nd collection was for the RE Program & SJND. Together we collected \$1251.00.

### Annual Catholic Appeal

*Be there for others through the Annual Catholic Appeal*

Next weekend, February 20 we will have the opportunity to walk with others as Jesus asks us to do. Together as Catholics, we extend our hand to those who need help. We assist them beyond dire circumstances and to begin again, refreshed and renewed. As our communities overcome the paralyzing effects of the COVID-19 pandemic, let us accompany those in physical and emotional poverty. Each of our gifts, no matter the amount, really do make a difference in someone's life. Please prayerfully consider what you can give this year.

#### To watch the 2021 video

*Hover your smartphone camera*



or visit

[scd.org/annual-catholic-appeal](https://scd.org/annual-catholic-appeal)

#### To give online

*Hover your smartphone camera*



or visit

[scd.org/acagive](https://scd.org/acagive)

For those who wish to make a donation without using the above links and code, you will have an opportunity during Appeal Weekend, February 20/21 before or after all Masses. Look for the pledge cards at the entrance to the church.

### Loaves and Fishes

February 21, Wednesday

Contact: Cathy Kovarik, 916-353-0688 or Greta Tecson, 916-337-2014

*"Jesus heart is moved with pity for the hungry crowd "*  
*(Mark 8:2)*

We all know the story of the Loaves and Fishes in this reading. The crowd had a change of heart and the miracle of generosity and sharing happened! The Divine Mercy Ministry sees this happening every month with the generosity of our parish. Please consider sharing food this month with the homeless at Friendship Park. Most requested are cup-of-soups, peanut butter and cheese crackers, hot chocolate and oatmeal packets, nutritious bars, fruit cups and raisins. Also requested are warm blankets, gloves and hats. The large designated cart remains in the church vestibule for you to drop off items during open church hours. All will be shared Wednesday, February 21. Thanking you for considering.

### Stewardship of Treasure the Lord Has Entrusted to Us

Weekly goal: \$25,529.00

Weekly Offerings:

February 6/7

\$12,154.19

### Inspiration for the Week

Everybody has a place at the table, and nobody deserves to feel inferior, unworthy, unwanted, or marginalized. It is not part of God's vision. Jesus came to heal, make things whole, set things right, and restore relationships. No one is to feel unwelcome or alienated from the community. Whether we like it or not, this message is at the core of the Gospel. It makes a lot of sense when you think about it. Perhaps this is why people kept coming from everywhere to listen to Jesus speak and to be in his presence. He made perfect sense. Most of us have no issue buying into this vision. We run into trouble, however, when we fall into the trap of privilege and power. We diverge from God's vision when the powerful begin to control who is entitled to wholeness and inclusion, and greed becomes a driving force. Prejudice and entitlement have no place in the kingdom of God, and even the most needy and hurting among us are worthy of the compassion Jesus desires to offer. There are no easy solutions to the world's dilemmas. But one thing is for certain, no one can be singled out, excluded or mistreated. Everyone matters.

## Sharing the Gospel

It is not fun to be sick. You miss your friends at school. You can't go outside to play. On top of being bored and lonely, you don't feel well at all. The man with leprosy in today's Gospel was sick a long, long time. He was really bored, lonely, and feeling awful. There was no medicine for leprosy. Jesus was the only one who could help him.

## ✝️ Mission for the Week

Visit the sick. Make a card. Take a treat to share. Give them something to read. Pray for them before you leave. You will brighten their day.

## 🙏 Prayer

God, you have the power to heal. Help me to trust you, even when I'm sick.

## 🖍️ Read the Gospel and Color

Mk 1:40-45



## 🧩 Puzzle

Find & circle these words from today's Gospel

LEPROSY  
JESUS  
POWER

WELL  
WARNED  
SHOW

GIFT  
HEALED  
WALKED

M O S Y T E D A G U R  
A L E P R O S Y E W A  
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"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."



Our parish is enriched with many ministries, please consider learning about and engaging in one or more of our ministries. Call the contact listed or see a Minister of Hospitality after Mass.

## Welcoming Ministries

### Communications Ministry

Loreen McMahon, 916-933-1330

### Ministers of Hospitality

Shannon Bleeker, 916-200-8059

### New Parishioner Welcoming Ministry

Lori Hopper, 916-337-0139

### Ushers

Stanley Posis, 916-705-9192

## Prayer Ministries

### Companioned Prayer

Bill Stobbe, 916-505-3800

### Divine Mercy Devotion/Cenacle

Zoanne Tafolla, 707-333-7359

-*Chaplet/Rosary/Morning Prayer*

-*Divine Mercy Chaplet/Mass*

-*Cenacle* - Zoanne Tafolla, 707-333-7359

-*Cenacle-Spanish* - Ana Haid, 916-956-1177

### Eucharistic Adoration

Veronica Thomas, thomas\_vera@yahoo.com

*Perpetual Adoration*—1st Fri 9am - Sat 4pm

### Marian Cenacle (Marian Movement of Priests Cenacle)

-*English* – 1st Saturday of the month

Sally Gomez, 916-693-2411

-*Spanish* – 2nd Wednesday of the month

Ana Haid, 916-956-1177

### Our Lady of Fatima

Henry Altamirano, 925 - 899-7769

## Spiritual Growth Ministries

### Adult Scripture Study

Lee & Teresa Weider, 916-983-8065

### Couples for Christ

Myrah Empleo, 661-993-4721

### Praise & Worship

Sheila Fitzpatrick, 925-437-0798

### Religious Education

Shannon Langer, 916-985-7338

### Rite of Christian Initiation for Adults (RCIA)

Debbie Duncan, 916-798-0201

### Theology on Tap

Aaron Santos, 916-985-2065

### WINGS (Women in Growth Spiritually)

Sue Collins, 916-337-6237

### Youth/Young Adults Ministries

Aaron Santos, asantos@folsomcatholic.org

## Parish Committees/Councils

### Finance Council

Elizabeth Beigh, 916-730-1291

### Liturgy Committee

Barbara Bowden, 916-984-9476

### Pastoral Council

## Outreach/Charity Ministries

### Bereavement Hospitality/Receptions

Nina Pucci, 916-947-6386

### Catholics for Life

Kathy Baxter, 916-337-6824

### Gabriel Project

Debbie Sultan, 916-337-5786

### Grace Quilters Ministry

Catherine Scott, 831-402-4681

### Grupo Pastoral Hispano

Anna Haid, 916-956-1177

### Knights of Columbus

Dick Phelan, 916-221-0596

### Pastoral Care Ministry

Dan Dunne, 916-817-1675; Sunday

Candice Ralston, 916-806-8090; Tuesday

### Prayer Shawl Ministry

Catherine Scott, 831-402-4681

### Prison/Restorative Justice Ministry

-Folsom Prison - Fr. H. Gomez, 916-985-2561 x 4206

-CSP Sacramento - Greg Mellor,  
Catholic Chaplain, 916-985-8610 x6425

### School Ministry (St. John Notre Dame)

Keith Martin, Principal, 916-985-4129

### Senior Visitation

Charlene Agles, 916-984-9602

### St. Vincent de Paul (Helping Hands)

John Knight, 916-985-4630

## Liturgical Ministries

### Altar Servers

Hugo Schmidt, 916-817-4541

### Children's Liturgy during Mass

Shannon Langer, 916-985-7338

### Extraord. Ministers of Holy Communion

Steve & Maryanne Ashley, 916-479-2214

### Lectors

Patti Midtlyng, 916-837-8322

### Liturgical Environment

Arlette Peterson, 916-220-5968

**Music** - See choir director after Mass.

## Additional Ministries

### Children's Babysitting at Mass

Georgia Oatmeyer, 916-201-3193

### Family Fellowship

Carol Stephenson, 916-952-6744

### Gift Shop

Connie Aley, 916-984-9284

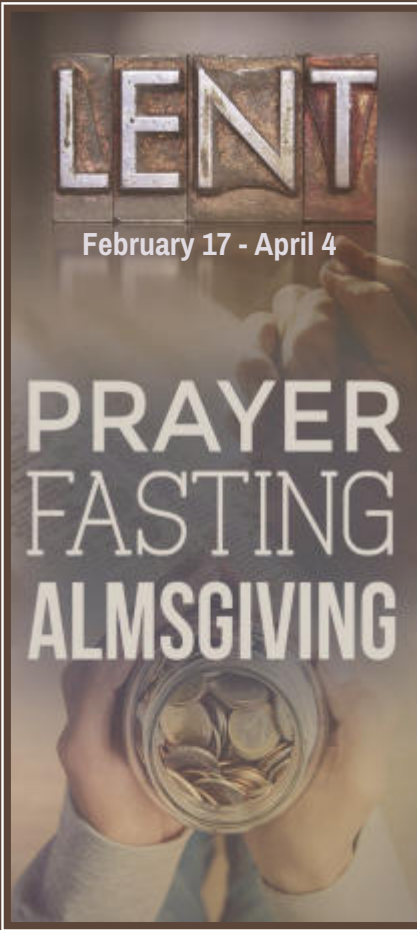
### Women's Game Day

Roberta Puzio, 916-933-2561

Please send ministry updates and corrections to  
Loreen McMahon, mcmahon510@comcast.net.

# MINISTRIES

"Here am I, Lord;  
I come to do your will."



**Abstinence**

All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent. Other forms abstinence, including abstinence from alcoholic beverages, television, video games, the internet and social media during and other electronic devices during Lent is spiritually beneficial.

**Fasting**

Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges

**Prayer**

Catholics are urged to read and pray with sacred Scripture more intently during Lent, and to deepen their faith by reading the Catechism of the Catholic Church. The faithful are encouraged to participate in special devotions offered by the parish, especially Eucharistic adoration. Other devotions such as the Rosary, the Divine Mercy Chaplet, visits to the Blessed Sacrament, and praying for vocations to the priesthood and religious life are also encouraged.

**Almsgiving**

From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church, especially through their local parish and the Annual Catholic Appeal. The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison.

Fasting and abstinence together with almsgiving and charitable works unites us to the crucified Christ reflected in the image of our brothers and sisters who suffer.

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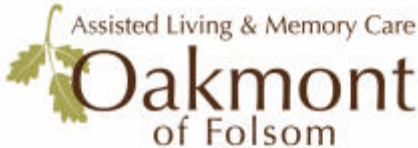
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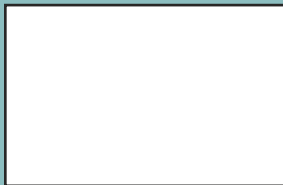
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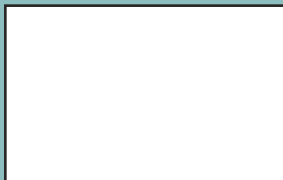


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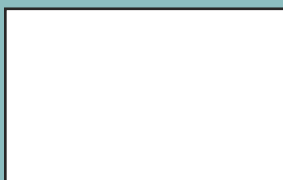
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