



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

St. Gianna Oratory at 338 W. University Blvd., Tucson

Quinquagesima Sunday - February 19 A.D. 2023

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY



40 Hours Devotion Begins Today

Our Lord fasted for 40 days in the desert. The 40 Hours Devotion serves as a reparation for the sins committed during the Carnival. It is a time of prayer to usher in Lent.

Sunday, February 19	12:00pm-4:45pm Adoration
Monday, February 20	8:30am-5:45pm Adoration
Tuesday, February 21	8:30am-5:45pm Adoration

- We pray for protection against evil and temptation.
- We pray in reparation for our sins and the conversion of sinners.
- We pray for the souls in Purgatory

Today is the last day to place your old blessed palms in the designated basket at the back of church. *Palms brought in later will not be accepted.*

Please note special Office hours this week.
The Office will be *open* Tues, Feb. 21 10am-4pm
The Office will be *closed* Wed, Feb. 22 and Fri. 24

Ash Wednesday, Feb. 22nd

Masses with blessing & distribution of ashes:

12:00pm Low Mass

7:00pm High Mass

Confessions heard an hour before both Masses

Ash Wednesday is a day of

FASTING and ABSTINENCE.



NEXT SUNDAY February 26:
"Many Apostolates, One Mission"

Special Second Collection

Envelopes available in your box or in back of church.

Help the Institute continue to restore Catholic life and culture in the USA!



Donate online with the QR code here.



NEXT SUN, Feb 26

AFTER THE
HIGH MASS

20-minute
Lessons in Liturgy

Please join Canon Fehrenbacher in the church for this educational series of talks!



Lenten Friday's Schedule

Holy Mass: 12 Noon & 6:00pm

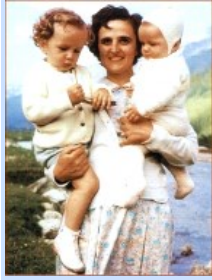
Way of the Cross: 11:00am & 6:40pm

Adoration: After Noon Mass until 5:45pm

The **Pueri Cantores Children's Choir**

will convene **today, Feb 19,**
after High Mass for a 30-min lesson.

Next lesson Sun, Feb 26



Saint Gianna Oratory

*Extraordinary Form of the Roman Rite,
"Traditional Latin Mass"*

Mailing Address: Saint Gianna Oratory
P.O. Box 87350, Tucson, AZ 85754

Telephone: (520) 883-4360

Office Hours: Wed & Fri 10am– 4pm

(NB: St. Gianna Oratory office is not located at the church)

Email: stgianna.tucson@institute-christ-king.org

Oratory Staff

Canon Jonathon Fehrenbacher, *Rector*

Canon Bryan Silvey, *Vicar*

Mrs. Teri Gauger, *Oratory Secretary*

Mr. Matthew Lancaster, *Music Director*

Website & Online Bulletin: saintgianna.net

"Join our Flocknote" from our website to receive email updates on other important information.

FOR DONATIONS:

- 1) Please write check to **Institute of Christ the King** and mail or drop into the collection.
- 2) or donate securely using the DONATE button on our website

<p>Sun. 2/19 8:30am Low Mass 10:30am High Mass Adoration 5:00pm Low Mass</p>	<p>QUINQUAGESIMA SUNDAY / 2nd cl. / Violet Mass (Esto): <i>Comm. pro Papa, Credo, Preface of Trinity</i> <i>Novena to the Infant King</i></p>	<p><i>CF</i> John A. Gauger <i>by the Gauger Family</i> CF Pro populo <i>CF</i> John Thornes <i>by Nancy Thornes</i></p>
<p>Mon. 2/20 8:00am Low Mass Adoration 6:00pm Low Mass</p>	<p>Votive Mass of the Most Blessed Sacrament / 4th class / White Mass (Cibavit): <i>Gloria, Comm. pro Papa, Preface of Christmas</i> <i>Novena to the Infant King</i></p>	<p><i>CF</i> Alan Thornes <i>by Nancy Thornes</i> <i>CF</i> Justin Gravett <i>by Linda Duplissey</i></p>
<p>Tue. 2/21 8:00am Low Mass Adoration 6:00pm Low Mass</p>	<p>Votive Mass of the Most Blessed Sacrament / 4th class / White Mass (Cibavit): <i>Gloria, Comm. pro Papa, Preface of Christmas</i> <i>Novena to the Infant King</i></p>	<p><i>CF</i> Jon R. Evers <i>by Nancy Evers</i> <i>CS</i> Jesusa Yap <i>by Taleck/Kruszewski Fam.</i></p>
<p>Wed. 2/22 12:00pm Low Mass 7:00pm High Mass <i>Fasting & Abstinence</i></p>	<p>ASH WEDNESDAY / 1st cl. / Violet <i>Blessing/Imposition of Ashes, Mass (Misereris): Comm. pro Papa, Preface of Lent / Novena to the Infant King</i></p>	<p><i>CF</i> Juan Pablo Smith <i>by Andrew Smith</i> <i>CS</i> Adam Wypych <i>by Mr. & Mrs. Joe Wypych</i></p>
<p>Thur. 2/23 5:00pm Adoration 6:00pm Low Mass</p>	<p>Feria of Lent / 3rd class / Violet Mass (Dum): <i>Comm. of St. Peter Damien & pro Papa, Preface of Lent</i> <i>Novena to the Infant King</i></p>	<p><i>CF</i> Vanek/Skinner Children <i>by Larabeth Miller</i> <i>CS</i> †Mathilda Froemming <i>by Dean & Arden Maas</i></p>
<p>Fri. 2/24 12:00pm Low Mass Adoration 6:00pm Low Mass <i>Abstinence</i></p>	<p>ST. MATTHIAS / 2nd cl. / Red Mass (Mihi): <i>Gloria, Comm. of Feria, Credo Preface of Apostles, Last Gospel of Feria / Novena to the Infant King</i></p>	<p><i>CF</i> †Walter Avis <i>by Mr. & Mrs. Joseph Kish</i> <i>CS</i> Family of †Matthias Garcia <i>by the Copeland Family</i></p>
<p>Sat. 2/25 8:00am Low Mass</p>	<p>Feria of Lent / 3rd class / Violet Mass (Audiuit): <i>Gloria, Comm. pro Papa, Preface of Lent</i> <i>Conclusion of Novena to the Infant King</i></p>	<p><i>CF</i> †All Souls in Purgatory <i>by Lourdes Orozco</i> <i>CS</i> †Marion L. Franzen <i>by Elizabeth Warapius</i></p>
<p>Sun. 2/26 8:30am Low Mass 10:30am High Mass 5:00pm Low Mass</p>	<p>1ST SUNDAY OF LENT / 1st cl. / Violet Mass (Invocabit me): <i>Comm. pro Papa, Credo, Preface of Lent</i></p>	<p><i>CS</i> †David R. King <i>by George & Elaine Kadlec</i> CF Pro populo <i>CF</i> Intentions of Prior General <i>by Canon Fehrenbacher</i></p>

CONFESSIONS TIMES THIS WEEK

<p>Sun, 2/19</p>	<p>8:00-8:20am 9:30-10:20am 4:30-4:50pm</p>	<p>Fri, 2/24 Sat, 2/25</p>	<p><i>Aft. Noon Mass</i> 5:00-5:40pm 7:30-7:50am</p>
<p>M/T, 2/20-21</p>	<p>7:30-7:50am 5:15-5:40pm</p>	<p>Sun, 2/26</p>	<p>3:15-3:50pm 8:00-8:30am</p>
<p>Wed, 2/22</p>	<p>11:00-Noon 6:00-7:00pm</p>		<p>9:30-10:30am 4:30-4:50pm</p>
<p>Thurs, 2/23</p>	<p>5:05-5:40pm</p>		

Please Remember in Your Prayers:

Deceased: Matthias Garcia, Sheila Beaumont, Walter Avis, Ricky Schenck, Joan Francis, Stephen Gallop; Arturo Piña; Dean Maas; Maureen LoManto; Rosemary Shillue; Mitchell Awana; John & Agnes Pfeiffer

Healing: Matt Ribarich; Ignatius Everitt; Laura Kruszewski; Deana Lewis; Howard Baumann; Ted Davis; Joseph Wypych, Jr.; Marlene Luhr O'Connor; Greg & Sadie Schuller; Thaddeus Stypa; Steve Shikles; Deborah Schultz; Andy Stropko

Upcoming Events

- Feb 19 Charcuterie Board Night for Ladies
- Feb 21 Potluck/Board Game Night aft. 6pm Mass
- Feb 22 Ash Wednesday - Masses at 12 Noon & 7pm
- Feb 25 Shooting Outing for Men & Boys
- Feb 26 Lesson in Liturgy following 10:30am Mass

From *The Liturgical Year,* *Week of Quinquagesima* by Dom Gueranger, O.S.B.

The Church gives us today another subject for our meditation: it is the Vocation of Abraham. When the waters of the Deluge had subsided, and mankind had once more peopled the earth, the immorality which had previously excited God's anger, again grew rife among men. Idolatry, too, into which the ante-diluvian race had not fallen, now showed itself, and human wickedness seemed thus to have reached the height of its malice. Foreseeing that the nations of the earth would fall into rebellion against Him, God resolved to select one people that should be peculiarly His, and among whom should be preserved those sacred truths which the Gentiles were to lose sight of. This new people was to originate from one man, who would be the father and model of all future believers. This was Abraham. His faith and devotedness merited for him that he should be chosen to be the Father of the Children of God, and the head of that spiritual family to which belong all the elect, both of the Old and New Testament.

It is thus necessary that we should know Abraham, our father and model. This is his grand characteristic: fidelity to God, submissiveness to His commands, abandonment and sacrifice of everything in order to obey His holy will. Such ought to be the prominent virtues of every Christian. Let us, then, study the life of our great Patriarch, and learn the lessons it teaches.



Thought from St. Francis de Sales:

"Happy the man who knows how to control zeal," says Saint Ambrose. Saint Bernard adds, "the devil will easily delude you if you neglect knowledge. Therefore, let your zeal be inflamed with charity, adorned with knowledge and established in constancy."

True zeal is the child of charity, since it is its ardor. Therefore, like charity, it is patient and kind. It is without quarrelling, without hatred, without envy; it rejoices in the truth, The ardor of true zeal is like the hunter's: diligent, careful, active industrious, eager in pursuit, but without passion, anger, bad temper or vexation. Otherwise, hunting would not be such a popular sport. In like manner, the ardor of zeal must be stable, industrious, untiring and likeable. Completely different is false zeal: it is turbulent, troubled, insolent, arrogant, choleric, impetuous and unstable.

(T.L.G. Book 10, Ch. 16, pp. 189-190)

Men's Afternoon at the Range – 2/25/23

- A) Meeting Location at Church: Meet at St. Gianna Oratory at 11:00am.
- B) Meeting Location at Southern Exit of I-10 and Highway 83: Meet at 11:20am.

Bring your guns, ammunition, goggles, hearing protection, targets, picnic lunch, snacks, and drinks, hat, sunscreen, and lawn chairs.

Only men and boys who attend St. Gianna Oratory are invited. If boys under 18 attend, their father or adult male guardian must attend.

2023 Annual Catholic Appeal *We are the Mission of the Church*

Blessed are those who are poor ... meek ... hungry ... merciful.
Matthew 5:1-12

The word beatitude literally means "happiness" or "blessedness". What is the significance of Jesus' beatitudes, and why are they so central to His teaching? The beatitudes respond to the natural desire for happiness that God has placed in every heart. Jesus' beatitudes also confront us with important choices concerning the life we pursue here on earth and the use we make of the gifts that God has entrusted to us.

Blessed Are You who support the good work of the Annual Catholic Appeal, bringing hope and healing to people in need.

Thank you to those who have already made their gift to the ACA!

Make your gift today at www.cathfnd.org/donate

St. Gianna Oratory's portion of the Annual Catholic Appeal is **\$16,340 and 100% Participation.**

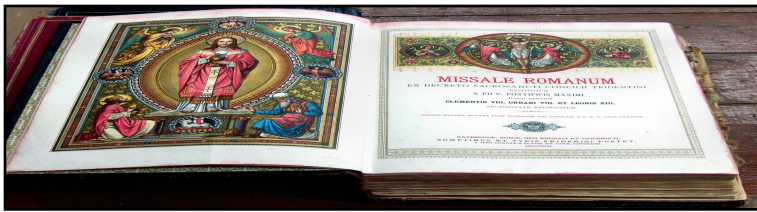
visit www.cathfnd.org/donate

Please join in praying the monthly Novena to Our Infant King. This Novena is prayed every day after Holy Mass on the 17th - 25th of each month.

Mardi Gras Potluck & Board Game Night *Tues, Feb 21*

Join your Oratory Family for an enjoyable evening of food and fun! Following afternoon Adoration and 6pm Mass, we will have a potluck dinner together in the church basement, followed by board games. Sign up in the back of church to bring a dish to share as well as a board game of your choice!





Quinquagesima Sunday

INTROIT: Ps. 30: 3,4,2 Be Thou unto me a God, a Protector, and a house of refuge, to save me: for Thou art my strength and my refuge: and for Thy name's sake Thou wilt lead me, and nourish me. (Ps) In Thee, O Lord, have I hoped, let me never be confounded : deliver me in Thy Justice, and save me. Glory be. Be Thou unto me...

COLLECT: We beseech Thee, O Lord, graciously hear our prayers, and releasing us from the bonds of our sins, guard us from all adversity. Through Our Lord.

EPISTLE: *1 Cor. 13: 1-13 Lesson from the Epistle of Blessed Paul the Apostle to the Corinthians*

Brethren, If I speak with the tongues of men and of Angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. And if I should have prophecy, and should know all mysteries and all knowledge, and if I should have all faith so that I could remove mountains, and have not charity, I am nothing. And if I should distribute all my goods to feed the poor, and if I should deliver my body to be burned, and have not charity, it profiteth me nothing. Charity is patient, is kind: charity envieth not, dealeth not perversely, is not puffed up, is not ambitious, seeketh not her own, is not provoked to anger, thinketh no evil, rejoiceth not in iniquity, but rejoiceth with the truth: beareth all things, believeth all things, hopeth all things, endureth all things. Charity never falleth away: whether prophecies shall be made void, or tongues shall cease, or knowledge shall be destroyed. For we know in part, and we prophesy in part. But when that which is perfect is come, that which is in part shall be done away. When I was a child, I spoke as a child, I understood as a child, I thought as a child. But when I became a man, I put away the things of a child. We see now through a glass in a dark manner: but then face to face. Now I know in part: but then I shall know even as I am known. And now there remain faith, hope, and charity, these three: but the greatest of these is charity.

GRADUAL: Ps. 76: 15, 16 Thou art the God that alone dost wonders: Thou hast made Thy power known among the nations. With Thine arm Thou hast delivered Thy people, the children of Israel and of Joseph.

TRACT: Ps. 99: 1, 2 Sing joyfully to God, all the earth: serve ye the Lord with gladness. Come in before His presence with exceeding great joy: know ye that the Lord He is God. He made us, and not we ourselves: but we are His people and the sheep of His pasture.

GOSPEL: *Lk. 18: 31-43 † Continuation of the holy Gospel according to St. Luke*

At that time Jesus took unto Him the twelve and said to them: Behold, we go up to Jerusalem, and all things shall be accomplished which were written by the Prophets concerning the Son of man. For He shall be delivered to the Gentiles, and shall be mocked, and scourged, and spit upon: and after they have scourged Him, they will put Him to death, and the third day He shall rise again. And they understood none of those things and this word was hid from them, and they understood not the things that were said. Now it came to pass, when He drew nigh to Jericho, that a certain blind man sat by the wayside, begging. And when he heard the multitude passing by, he asked what this meant. And they told him that Jesus of Nazareth was passing by. And he cried out, saying: Jesus, Son of David, have mercy on me. And they that went before rebuked him, that he should hold his peace. But he cried out much more: Son of David, have mercy on me. And Jesus standing, commanded him to be brought unto Him. And when he was come near, He asked him, saying: What wilt thou that I do to thee? But he said: Lord, that I may see. And Jesus said to him: Receive thy sight, thy faith hath made thee whole. And immediately he saw and followed Him, glorifying God. And all the people, when they saw it, gave praise to God.

OFFERTORY: Ps. 118: 12, 13 Blessed art Thou, O Lord, teach me Thy justifications: with my lips I have pronounced all the judgments of Thy mouth.

SECRET: May these Offerings, we beseech Thee, O Lord, cleanse us from our sins: and by sanctifying Thy servants in body and mind, make them fit to celebrate this Sacrifice. Through Our Lord.

COMMUNION: Ps. 77: 29, 30 They did eat, and were filled exceedingly, and, the Lord gave them their desire: they were not defrauded of that which they craved.

POSTCOMMUNION: We beseech Thee, almighty God, that we, who have received this heavenly Food, may be safeguarded by it against all adversity. Through Our Lord.



Ash Wednesday

Blessing of the Ashes *The priest and his ministers enter the sanctuary in silence. After which the following antiphon is recited. The faithful sit during the antiphon.*

Antiphon *Ps. 68:17* Hear me, O Lord, for Thy mercy is kind; look upon me according to the multitude of Thy tender mercies, O Lord. *Ibid, 2* Save me, O God: for the waters are come in even unto my soul. Glory be...Hear me...

Afterwards all stand, while the Priest blesses the ashes.

V. The Lord be with you. *R.* And with thy spirit.

Let us pray. Almighty, everlasting God, spare those who are repentant, be merciful to those who pray to Thee, and graciously send Thy holy angel from heaven to bless ✠ and hallow ✠ these ashes, that they may be a wholesome remedy for all who humbly implore Thy holy Name; who accuse themselves by acknowledging their sins, who weep for their evil deeds in the sight of Thy divine mercy; who humbly and earnestly seek Thy fatherly love. Grant to us who call upon Thy holy Name, that all who are sprinkled with these ashes for the forgiveness of their sins, may receive health for their bodies and salvation for their souls. Through Christ our Lord.

Let us pray. O God, Thou Who desirest not the death but the repentance of sinners, look graciously upon the weakness of our human nature, and in Thy fatherly love mercifully bless ✠ these ashes which are to be placed upon our heads as a sign of humility and a pledge of Thy forgiveness. We know that we are but ashes, and because of our wickedness must return to dust. May we obtain from Thy mercy the pardon of all our sins and the rewards promised to those who repent. Through Christ our Lord.

Let us pray. O God, Thou Who are moved by our acts of humility and appeased by our works of penance, turn Thine ear lovingly to our prayers, and by the ashes sprinkled upon the heads of Thy servants mercifully pour forth upon them the grace of Thy blessing, fill them with the spirit of repentance and truly grant what they ask for in the right way; and may whatever Thou grantest remain fixed and unchanged always. Through Christ our Lord.

Let us pray. Almighty, everlasting God, Who bestowed upon the people of Nineveh, who repented in sackcloth and ashes, Thy merciful remedies, graciously grant that we may so imitate their outward behavior as inwardly to obtain Thy forgiveness. Through Christ our Lord.

*The Priest sprinkles and incenses the ashes. The Priest may then give an admonition before distributing the blessed ashes. When he imposes the ashes, the priest says to each one: **Remember, man, that thou art dust and unto dust thou shalt return.***

Meanwhile the choir sings the following :

Antiphon *Joel 2:13:* Let us change our garment for ashes and sackcloth: let us fast and lament before the Lord: for our God is plenteous in mercy to forgive sins.

Antiphon *Joel 2:17; Esther 13:17--*Between the porch and the altar the priests, the Lord's ministers shall weep, and shall say: Spare, O Lord, spare Thy people: and shut not the mouths of them that sing to Thee, O Lord.

Response *Ps. 78:9--*Let us amend for the better in those things in which we have sinned through ignorance: lest suddenly overtaken by the day of death, we seek space for penance, and are not able to find it. * Hear O Lord, and have mercy, for we have sinned against Thee. *V.* Help us, O God, our Savior: and for the glory of Thy name, O Lord, deliver us, and forgive us our sins for Thy name's sake: O Lord deliver us. Hear O Lord... Glory be... Hear O Lord....

After all have received ashes, the Priest says:

V. The Lord be with you. *R.* And with thy spirit.

Let us pray. Grant us, O Lord, to take up our duty as soldiers of Christ by holy fasting that we, who are going to struggle with the evil spirits, may be protected by the help of self-restraint. Through Christ our Lord.

The Mass

N.B. *At High Masses of a penitential character, such as Requiems, Ash Wednesday, etc. the postures for kneeling, standing and sitting are different from Sundays and non-penitential days. The differences being mostly that one kneels during the Collects, from the Canon of the Mass through until the Agnus Dei, during the Post-Communion prayers and during the Prayer over the People.*

Introit *Wis 11:24-25, 27-*Thou hast mercy on all, O Lord, and hate none of the things which Thou hast made, overlooking the sins of men for the sake of repentance, and sparing them: because Thou art the Lord our God. *Ps 56:2* Have pity on me, O God; have pity on me, for in Thee I take refuge. Glory be... Thou hast mercy on all...

Collect (all kneel) Grant, O Lord, that Thy faithful people may, with true piety, undertake the time-honored custom of fasting and may carry it out with unwavering devotion. Through our Lord...

Lesson Joel 2:12-19 Thus says the Lord: Return to Me with your whole heart, with fasting, and weeping, and mourning; rend your hearts, not your garments, and return to the Lord, your God. For gracious and merciful is He, slow to anger, rich in kindness, and relenting in punishment. Perhaps He will again relent and leave behind Him a blessing, offerings and libations for the Lord, your God. Blow the trumpet in Sion! proclaim a fast, call an assembly; gather the people, notify the congregation; assemble the elders, gather the children and the infants at the breast; let the bridegroom quit his room, and the bride her chamber. Between the porch and the altar let the priests, the ministers of the Lord, weep, and say, 'Spare, O Lord, Thy people, and make not Thy heritage a reproach, with the nations ruling over them! Why should they say among the peoples: Where is their God?' Then the Lord was stirred to concern for His land and took pity on His people. The Lord answered and said to His people: See, I will send you grain, and wine, and oil, and you shall be filled with them; no more will I make you a reproach among the nations, says the Lord almighty.

Gradual Ps 56:2, 4--Have pity on me, O God; have pity on me, for in Thee I take refuge. *V.* He has sent from heaven and saved me; He has made those a reproach who trample upon me.

Tract Ps 102:10--O Lord, deal with us not according to our sins, nor requite us according to our crimes. *V. Ps 78:8-9* O Lord, remember not against us the iniquities of the past; may Thy compassion quickly come to us, for we are brought very low. **(During following verse, all kneel)** *V.* Help us, O God, our Savior, because of the glory of Thy Name, O Lord; deliver us and pardon our sins for Thy Name's sake.

Gospel Matt. 6:16-21 At that time, Jesus said to His disciples, When you fast, do not look gloomy like the hypocrites, who disfigure their face in order to appear to men as fasting. Amen I say to you, they have received their reward. But you, when you do fast, anoint your head and wash your face, so that you may not be seen fasting by men, but by your Father, Who is in secret; and your Father, Who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where rust and moth consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither rust nor moth consumes, nor thieves break in and steal. For where your treasure is, there also will your heart be.

Offertory Ps 29:2-3 I will extol Thee, O Lord, for Thou drewest me clear and did not let my enemies rejoice over me. O Lord, I cried out to Thee and Thou healed me.

Secret O Lord, we beseech Thee, make us truly fit to offer these gifts by which we celebrate the beginning of this venerable observance. Through our Lord...

Preface of Lent It is truly meet and just, right and for our salvation, that we should at all times, and in all places, give thanks unto Thee, O holy Lord, Father almighty, everlasting God; Who by this bodily fast, dost curb our vices, dost lift up our minds and bestow on us strength and rewards; through Christ our Lord. Through whom the Angels praise Thy Majesty, the Dominations worship it, the Powers stand in awe. The Heavens and the heavenly hosts together with the blessed Seraphim in triumphant chorus unite to celebrate it. Together with these we entreat Thee that Thou mayest bid our voices also to be admitted while we say with lowly praise: Holy, Holy, Holy... **(remain kneeling even during the Our Father and until the Agnus Dei)**

Communion Ps 1:2-3 He who shall meditate day and night on the law of the Lord shall yield his fruit in due season.

Post Communion (All kneel) May the sacrament that we have received, O Lord, give us help, that our fast may be pleasing to You and may profit us as a healing remedy. Through our Lord...

Prayer over the people (remain kneeling) Let us pray. Bow your heads to God. **(bow your head until the Amen at the end of the prayer)** Look graciously O Lord, upon those who bow down before Thy divine majesty, that they, being fed by Thy holy gift, may always be nourished by help from heaven. Through our Lord....

An Act of Contrition

O MY GOD, I am heartily sorry for having offended Thee and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. *Amen.*



Fasting and Abstinence: RULES AND PRACTICE

Fasting is an aid to prayer, as the pangs of hunger remind us of our hunger for God.

Fasting: Catholics between the ages of 18 and 59 are obliged to **FAST** on Ash Wednesday and Good Friday. Fasting has been defined as the partaking of only one full meal and of two smaller meals which if added together would not exceed the main meal in quantity. It is gravely forbidden to eat anything between these three meals! No snacks are allowed.

Abstinence: In addition, all Catholics 14 years and older are obliged by Canon Law to **ABSTAIN** from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. On these days in Lent it is **NOT** allowed to substitute the obligation to abstain from meat by a different sacrifice. The sacrifice of abstaining from meat on the above mentioned days reminds us of the bloody sacrifice of Christ on the cross.

[From USCCB website: Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs, all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, and shellfish are permitted.]

Children: Children, however, can and even should be invited to voluntarily abstain from meat on those days as an expression of self denial & as an act of penance. Before the new regulations concerning fasting & abstinence were promulgated by Pope Paul VI (Apostolic Constitution *Poenitemini* Feb.17, 1966), the age, from which Catholics were obliged to abstain from meat on those mentioned days in Lent, was the age of reason, namely the age of 7.

Encouragements: Aside from these minimum penitential requirements, Catholics are encouraged to impose some personal penance on themselves at other times, like prayers, time in adoration before the Blessed Sacrament, almsgiving, fasting, spiritual or corporal works of mercy, etc. Before all else we are obliged to perform the duties of our state in life. **When considering further mortifications, it is prudent to discuss the matter with one's confessor or spiritual director.** Any deprivation that would seriously hinder us in carrying out our work, as students, employees, or parents would be contrary to the will of God and thus should not be undertaken. Mortifications, being corporal or spiritual, need to be accomplished with prudence and serve our purification of weaknesses, imperfections, attachment to sin, vices and thus our growth in all four cardinal virtues of prudence, justice, fortitude and temperance as well as in the three theological virtues of faith, hope and charity.

The USCCB in its letter of Nov. 18, 1966, "strongly recommends" to us the practice of penance on all weekdays of Lent (Sundays of Lent and Solemnities/Feasts of First Class like the Feast of St. Joseph or the Feast of the Annunciation, even if they fall on a Friday in Lent, are exempt from Fasting and Abstinence). Let us do with the grace of God what is possible for us and our spiritual life will be rejuvenated.

Exceptions for Fasting and Abstinence: Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing mothers according to need for meat or nourishment, are excused from the law of fast and abstinence. The same holds true for the poor who have nothing else to eat that day.

Fasting Prayer: *Grant, we beseech Thee, almighty God, that Thy servants who discipline the body by fasting from food, may strive after righteousness by abstaining from sin. Through Christ our Lord. Amen.*