



INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

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

4th Sunday of Lent "Lætare" - March 19 A.D. 2023

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

Marian Silent Lenten Retreat for Ladies & Girls

March 25, 2023

RSVP required for attendance.

Prices to offset costs of retreat (including 2 meals):

Ladies (18+): \$30 Girls (12-17): \$25

Please place RSVP attached to your payment in Sunday Collection. **Deadline is today, Sun. Mar 19.**

LAETARE POTLUCK & ST. JOSEPH'S TABLE

**TODAY, March 19
Noon in the Hall**

**Please bring a
savory to share!**

(Dessert provided by Oratory)

A variety of breads and baked goods will be for sale to benefit our St. Martin de Porres Meal Program.

Donations of breads, cakes, cookies, etc. gratefully accepted before the High Mass today.



Feast of St. Joseph Patron of the Universal Church

Monday, March 20th

5:00pm Sung Vespers

5:30-5:50pm Confessions

6:00pm Solemn Mass & Cons. to St. Joseph



Feast of St. Benedict

**Patronal Feast of the
Institute of Christ the King***

Tues, March 21st

5:30-5:50pm Confessions

6:00pm High Mass

**with possibility to gain a plenary indulgence by assisting at Holy Mass under the usual conditions.*



Holy Week & Easter 2023



PALM SUNDAY, APRIL 2

8:00-8:30am Confessions

8:30am Low Mass

10:00am Palm Blessing and Procession*

**Due to the Procession, there are NO confessions before the High Mass, but confessions will be available AFTER High Mass*

10:45am High Mass and Sung Passion

4:30-4:50pm Confessions

5:00pm Low Mass

SPY WEDNESDAY, APRIL 5

4:00-4:20pm Confessions

4:30pm Low Mass

6:00pm Sung *Tenebrae* of Holy Thursday (anticipated)

HOLY (MAUNDY) THURSDAY, APRIL 6

5:00-5:50pm Confessions

6:00pm High Mass followed by *Vespers, Compline, and Adoration at Altar of Repose until midnight*

9:00pm Sung *Tenebrae* of Good Friday (anticipated)

GOOD FRIDAY, APRIL 7

3:00-4:45pm Confessions

4:00pm Stations of the Cross

5:00pm – *Mass of the Presanctified* - Good Friday Liturgy

7:30pm Sung *Tenebrae* of Holy Saturday (anticipated)

HOLY SATURDAY, APRIL 8

4:00-5:45pm Confessions

6:00pm Easter Vigil (Latin)

followed by blessing of Easter food & baskets

EASTER SUNDAY, APRIL 9

8:00-8:30am Confessions

8:30am Low Mass w/Organ

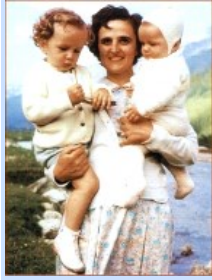
9:30-10:30am Confessions

10:30am High Mass

followed by Divine Mercy Chaplet & Children's Easter Egg Hunt

5:00pm Sung *Vespers* of Easter

NB: No 5:00pm Low Mass



Saint Gianna Oratory

Extraordinary Form of the Roman Rite,

“Traditional Latin Mass”

Mailing Address: Saint Gianna Oratory
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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. 3/19 8:30am Low Mass 10:30am High Mass 5:00pm Low Mass</p>	<p>4TH SUNDAY OF LENT « LÆTARE » / 1st cl. / Rose Mass (Lætare): <i>Comm. pro Papa, Credo, Pref. of Lent</i> <i>Novena to St. Joseph</i></p>	<p>CS †Gerard Mullen <i>by Bobbie Mullen</i></p>
<p>Mon. 3/20 6:00pm Solemn High Mass</p>	<p>ST. JOSEPH / 1st cl. / White Mass (Justus) : <i>Gloria, Comm. of Feria, Credo, Preface of St. Joseph, Last Gospel of Feria / Litany and Consecration to St. Joseph</i></p>	<p>CF Pro populo CF Leo Davis <i>by Nancy Thornes</i> CF †Francis X. Hanam <i>by Russell & Irene Hanam</i> CS Thanksgiving to St. Joseph <i>by the Gauger Family</i></p>
<p>Tue. 3/21 6:00pm High Mass</p>	<p>ST. BENEDICT, ABBOT / 1st cl. / White Mass (Os justi) : <i>Gloria, Comm. of Feria, Credo, Preface of Lent, Last Gospel of Feria</i></p>	<p>CF †Anna Maria McCarthy <i>by Paul McCarthy</i> CS Dorothy Kelly <i>by Joe & Colleen Wypych</i></p>
<p>Wed. 3/22 8:00am Low Mass</p>	<p>Anniversary of Papal Inauguration / 2nd class / White Mass (Statuit ei) : <i>Gloria, Comm. of Feria, Preface of Lent, Last Gospel of Feria / Wednesday Devotions to St. Joseph</i></p>	<p>CF †John Edward Copeland <i>by the Copeland Family</i> CS Canon Benjamin Norman <i>by Sarah Mills</i></p>
<p>Thur. 3/23 5:00pm Adoration 6:00pm Low Mass</p>	<p>Feria of Lent / 3rd class / Violet Mass (Lætetur cor) : <i>Comm. pro Papa, Preface of Lent</i></p>	<p>CF Amanda Steinhafel <i>by Nancy Evers</i> CS †Joan Rita Francis <i>by the W. Jim Yee Family</i></p>
<p>Fri. 3/24 12:00pm Low Mass Adoration 6:00pm Low Mass <i>Abstinence</i></p>	<p>Feria of Lent / 3rd class / Violet Mass (Meditatio) : <i>Comm. of St. Gabriel & pro Papa, Preface of Lent</i> <i>Litany of the Sacred Heart</i></p>	<p>CF Andrew Stropko <i>by Lanny Stropko</i> CS Christopher Gabriel Gauger <i>by Meghan Gauger</i></p>
<p>Sat. 3/25 8:00am Low Mass w/ Organ</p>	<p>ANNUNCIATION OF OUR LADY / 1st cl. / White Mass (Vultum) : <i>Gloria, Comm. of Feria, Credo, Preface of the Blessed Virgin, Last Gospel of Feria / Devotion to Our Lady of Sorrows</i></p>	<p>CF †Holy Souls <i>by D. & C. Villascuesa</i> CS Deborah Schultz <i>by Carl Schultz</i></p>
<p>Sun. 3/26 8:30am Low Mass 10:30am High Mass 5:00pm Low Mass</p>	<p>PASSION SUNDAY / 1st cl. / Violet Mass (Judica): <i>Comm. pro Papa, Credo, Preface of Lent</i></p>	<p>CS Andrew Stropko <i>by Lanny Stropko</i> CF Pro populo CF S. & G. Cunningham Fam. <i>by René S. Locke</i></p>

CONFESSIONS TIMES THIS WEEK

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

Please Remember in Your Prayers:

Deceased: Canon Fragelli, Greg Schuller, 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: Linus Gonzalez; Matt Ribarich; Ignatius Everitt; Laura Kruszewski; Deana Lewis; Howard Baumann; Ted Davis; Joseph Wypych, Jr.; Marlene Luhr O'Connor; Sadie Schuller; Thaddeus Stypa; Deborah Schultz; Andy Stropko

Upcoming Events

- Mar 20 Feast of St. Joseph (Transferred) - HM @ 6pm
Josephine Silent Lenten Retreat for Men & Boys
- Mar 21 Feast of St. Benedict - HM @ 6pm
- Mar 25 Feast of the Annunciation - LM @ 8am
Marian Silent Lenten Retreat for Ladies & Girls

Lenten Friday's Schedule

Holy Mass: 12 Noon & 6:00pm
Way of the Cross: 11:00am & aft. 6pm Mass
Adoration: After Noon Mass until 5:45pm

This THURSDAY Mar. 23 - 9:00am

VOLUNTEERS NEEDED!

Veiling statues & holy images for Passion Sunday & deep cleaning the church for Easter! (Pizza lunch provided)



Next Sun, Mar. 26

AFTER THE
HIGH MASS

20-minute
Lessons in Liturgy

Explanations of the pre-1955 Holy Week

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



Thought from St. Francis de Sales:

Thinking of the grandeur of Saint Joseph, consider the words, "Lord, look with favorable eyes on the good and upright of heart." [cf. Ps 36:11] I would like to say a few words about this saint whom we love so much because he has cultivated love in every heart. My God, how good and upright this great saint must have been if the Lord gave him the lofty privilege of being entrusted with His mother and His Son! With these two responsibilities, he could have been envied by the angels. Could anyone in all heaven possess any greater privilege than this? Who is there among the angels who could be compared with the queen of angels? And who can compare with the Son of God Himself? Yet Saint Joseph was closer to them than anyone else.

(*Letters 671; O. XV, p. 33*)

From *The Liturgical Year, 4rd Sunday of Lent*

by Dom Gueranger, O.S.B.

This Sunday, called from the first word of the Introit *Laetare Sunday*, is one of the most solemn of the year. The Church interrupts her Lenten mournfulness; the chants of the Mass speak of nothing but joy and consolation; the Organ, which has been silent during the preceding three Sundays, now gives forth its melodious voice...instead of purple, Rose-colored Vestments are allowed to be used. The Church's motive for introducing this expression of joy in today's Liturgy, is to encourage her Children to persevere fervently to the end of this holy Season.

We now come to the explanation of another name given to the Fourth Sunday of Lent, which was suggested by the Gospel of the day. We find this Sunday called in several ancient documents, the *Sunday of the Five Loaves*. The miracle alluded to in this title not only forms an essential portion of the Church's *instructions* during Lent, but it is also an additional element of today's joy. **We forget for an instant the coming Passion of the Son of God, to give our attention to the greatest of the benefits He has bestowed on us; for under the figure of these Loaves multiplied by the power of Jesus, our Faith sees that *Bread which came down from heaven, and given life to the world*' [St. John 6:33]. *The Pasch*, says our Evangelist, *was near at hand*; and, in a few days, our Lord will say to us: *With desire I have desired to eat this Pasch with you* [St. Luke 22:15].**

Before leaving this world to go to His Father, Jesus desires to feed the multitude that follows Him; and in order to do this, He displays His omnipotence. Well may we admire that creative power which feeds five thousand men with five loaves and two fishes, and in suchwise that even after all have partaken of the feast *as much as they would*, there remain fragments enough to fill twelve baskets. **Such a miracle is indeed an evident proof of Jesus' mission; but He intends it as a preparation for something far more wonderful; He intends it as a figure and a pledge of what He is soon to do, not merely once or twice, but every day, even to the end of time; not only for five thousand men but for the countless multitudes of believers.** Think of the millions who this very year, are to partake of the banquet of the Pasch; and yet, He whom we have seen born in Bethlehem, (*the House of Bread*.) He is to be the nourishment of all these guests; neither will the Divine Bread fail. We are to feast as did our fathers before us; and the generations that are to follow us shall be invited as we now are to come and taste how sweet is the Lord [Ps. 33: 9].

But observe, it is in a *desert place*, (as we learn from St. Matthew, [Mt 14:13]) that Jesus feeds these men who represent us Christians. They have quitted the bustle and noise of cities in order to follow Him. **So anxious are they to hear His words, that they fear neither hunger nor fatigue; and their courage is rewarded. A like recompense will crown our labours, – our fasting and abstinence – which are now more than half over. Let us, then, rejoice, and spend this day with the light-heartedness of pilgrims who are near the end of their journey.** The happy moment is advancing when our soul, united and filled with her God, will look back with pleasure on the fatigues of the body which, together with our heart's compunction, have merited for her a place at the Divine Banquet.



FOURTH SUNDAY IN LENT "Laetare"

INTROIT: *Is. 66: 10, 11; Ps. 121: 1* Rejoice, O Jerusalem: and come together all you that love her: rejoice with joy, you that have been in sorrow: that you may exult, and be filled from the breasts of your consolation. (Ps) I rejoiced at the things that were said to me: we shall go into the house of the Lord. Glory be. Rejoice, O Jerusalem...

COLLECT Grant, we beseech Thee, almighty God, that we who are justly afflicted for our deeds, may be relieved by the consolation of Thy grace. Through Our Lord.

EPISTLE: *Gal. 4: 22-31* Brethren: It is written that Abraham had two sons; the one by a bondwoman and the other by a free woman. But he who was of the bondwoman was born according to the flesh; but he of the free woman was by promise: which things are said by an allegory. For these are the two testaments. The one from Mount Sinai, engendering unto bondage: which is Agar: for Sinai is a mountain in Arabia, which hath affinity to that Jerusalem which is above, is free, which is our mother. For it is written: Rejoice, thou barren that bearest not: break forth and cry, thou that travailest not: for many are the children of the desolate, more than of her that hath a husband. Now we, brethren, as Isaac was, are the children of promise. But as then he that was born according to the flesh, persecuted him that was after the spirit: so also it is now. But what saith the Scripture? Cast out the bondwoman and her son: for the son of the bondwoman shall not be heir with the son of the free woman. So then, brethren, we are not the children of the bondwoman but of the free: by the freedom wherewith Christ has made us free.

GRADUAL: *Ps. 121: 1, 7* I rejoiced at the things that were said to me: we shall go into the house of the Lord. Let peace be in Thy strength: and abundance in Thy towers.

TRACT: *Ps. 124: 1-2* They that trust in the Lord shall be as Mount Sion: he shall not be moved for ever that dwelleth in Jerusalem. Mountains are round about it: so

the Lord is round about His people, from henceforth now and for ever.

GOSPEL: *Jn. 6: 1-15* +Continuation of the holy Gospel according to St. John At that time Jesus went over the sea of Galilee, which is that of Tiberias: and a great multitude followed Him, because they saw the miracles which He did on them that were diseased. Jesus therefore went up into a mountain and there He sat with His disciples. Now the pasch, the festival day of the Jews, was near at hand. When Jesus therefore had lifted up His eyes, and seen that a very great multitude cometh to Him, He said to Philip: Whence shall we buy bread that these may eat? And this He said to try him: for He Himself knew what He would do. Philip answered Him: Two hundred pennyworth of bread is not sufficient for them, that every one may take a little. One of His disciples, Andrew, the brother of Simon Peter, saith to Him: There is a boy that hath five barley loaves and two fishes; but what are these among so many? Then Jesus said: Make the men sit down. Now there was much grass in the place. The men therefore sat down, in number about five thousand. And Jesus took the loaves, and when He had given thanks, He distributed to them that were set down: in like manner also of the fishes, as much as they would. And when they were filled, He said to His disciples: Gather up the fragments that remain, lest they be lost. They gathered up therefore, and filled twelve baskets with the fragments of the five barley loaves which remained over and above to them that had eaten. Now those men, when they had seen what a miracle Jesus had done, said: This is of a truth the Prophet that is to come into the world. Jesus therefore when He knew that they would come to take Him by force and make Him king, fled again into the mountain, Himself alone.

OFFERTORY: *Ps. 134: 3, 6* Praise ye the Lord, for He is good: sing ye to His name, for He is sweet: whatsoever He pleased, He hath done in heaven and in earth.

SECRET: Look favorably upon these present Sacrifices, we beseech Thee, O Lord, that they may profit us unto both devotion and salvation. Through Our Lord.

COMMUNION: *Ps. 121: 3, 4* Jerusalem, which is built as a city, which is compact together: for thither did the tribes go up, the tribes of the Lord, to praise Thy name, O Lord.

POSTCOMMUNION: We are constantly filled with Thy holy mysteries, O merciful God: grant, we beseech Thee, that we may celebrate them with sincere homage and always receive them with steady faith. Through Our Lord.

SAINT JOSEPH
Spouse of the Blessed Virgin Mary

INTROIT: *Psalm 91: 13, 14* The just shall flourish like the palm tree: he shall grow up like the cedar of Libanus: planted in the house of the Lord, in the courts of the house of our God. It is good to give praise to the Lord: and to sing to Thy name, O Most High. Glory be

COLLECT: We beseech Thee, O Lord, that we may be helped by the merits of the Spouse of Thy most holy Mother, so that what we cannot obtain of ourselves, may be given to us through his intercession. Who livest and reignest.

EPISTLE: *Ecclesiasticus 45: 1-6* Beloved of God and men, whose memory is in benediction. He made him like the saints in glory, and magnified him in the fear of his enemies, and with his words he made prodigies to cease. He glorified him in the sight of kings, and gave him commandments in the sight of his people, and showed him His glory. He sanctified him in his faith and meekness, and chose him out of all flesh. For He heard him and his voice, and brought him into a cloud. And He gave him commandments before His face, and a law of life and instruction.

GRADUAL: *Ps. 20: 4, 5* Lord, Thou hast prevented him with blessings of sweetness: Thou hast set on his head a crown of precious stones. *V.* He asked life of Thee: and Thou hast given him length of days for ever and ever.

TRACT: *Ps. 111:1-3* Blessed is the man that feareth the Lord: he shall delight exceedingly in His commandments. *V.* His seed shall be mighty upon earth: the generation of the righteous shall be blessed. *V.* Glory and wealth shall be in his house: and his justice remains forever and ever.

GOSPEL: *Matthew 1: 18-21* Now the generation of Christ was in this wise. When as his mother Mary was espoused to Joseph, before they came together, she was found with child, of the Holy Ghost. Whereupon Joseph her husband, being a just man, and not willing publicly to expose her, was minded to put her away privately. But while he thought on these things, behold the Angel of the Lord appeared to him in his sleep, saying: Joseph, son of David, fear not to take unto thee Mary thy wife, for That Which is conceived in her, is of the Holy Ghost. And she shall bring forth a Son: and thou shalt call

His name Jesus. For He shall save His people from their sins.

OFFERTORY: *Ps. 88: 25* My truth and My mercy are with him: and in My name his horn shall be exalted.

SECRET: We render Thee, O Lord, the debt of our service, humbly entreating that Thou wouldst preserve Thy gifts within us through the intercession of blessed Joseph, the Spouse of the Mother of Thy Son Jesus Christ our Lord; on whose holy festival we offer to Thee the sacrifice of praise. Through the same Lord.

COMMUNION: *Matthew 1: 20* Joseph, son of David, fear not to take unto thee Mary thy wife: for That Which is conceived in her is of the Holy Ghost.

POSTCOMMUNION: Come to our assistance, we beseech Thee, O merciful God; and through the intercession of blessed Joseph Thy confessor, graciously preserve Thy gifts about us. Through...

LAST GOSPEL of Feria John 2: 13-25

At that time, the Pasch of the Jews was at hand, and Jesus went up to Jerusalem. And he found in the temple them that sold oxen and sheep and doves, and the changers of money sitting. And when he had made, as it were, a scourge of little cords, he drove them all out of the temple, the sheep also and the oxen, and the money of the changers he poured out, and the tables he overthrew. And to them that sold doves he said: Take these things hence, and make not the house of my Father a house of traffic. And his disciples remembered, that it was written: The zeal of thy house hath eaten me up. The Jews, therefore, answered, and said to him: What sign dost thou shew unto us, seeing thou dost these things? Jesus answered, and said to them: Destroy this temple, and in three days I will raise it up. The Jews then said: Six and forty years was this temple in building; and wilt thou raise it up in three days? But he spoke of the temple of his body. When therefore he was risen again from the dead, his disciples remembered, that he had said this, and they believed the scripture, and the word that Jesus had said. Now when he was at Jerusalem, at the Pasch, upon the festival day, many believed in his name, seeing his signs which he did. But Jesus did not trust himself unto them, for that he knew all men, And because he needed not that any should give testimony of man: for he knew what was in man.

ST. BENEDICT, Abbot

Introit *Psalm 36: 30-31, 1* The mouth of the just shall meditate wisdom, and his tongue shall speak judgment: the law of his God is in his heart. *Ps.* Be not emulous of evildoers: nor envy them that work iniquity. Glory be to the Father.

Collect May the intercession of the blessed Abbot Benedict, commend us, we beseech Thee, O Lord, that what we cannot attain by our own deserts we may attain through his patronage. Through....

Epistle *Ecclesiasticus 45: 1-6*

He was beloved of God and men, whose memory is in benediction; He made him like the saints in glory, and magnified him in the fear of his enemies; and with his words he made prodigies to cease; He glorified him in the sight of kings, and gave him commandments in the sight of his people, and showed him his glory; He sanctified him in his faith and meekness, and chose him out of all flesh; for He heard him and his voice, and brought him into a cloud; and He gave him commandments before his face, and a law of life and instruction.

Gradual *Psalm 20: 4-5* O Lord, Thou hast prevented him with blessings of sweetness; Thou hast set on his head a crown of precious stones. He asked life of Thee, and Thou hast given him length of days for ever and ever.

Tract *Psalm 111: 1-3* Blessed is the man that feareth the Lord: he shall delight exceedingly in His commandments. His seed shall be mighty upon earth: the generation of the righteous shall be blessed. Glory and wealth shall be in his house: and his justice remaineth for ever and ever.

Gospel *Matthew 19: 27-29*

At that time, Peter said to Jesus: Behold we have left all things, and have followed Thee: what therefore shall we have? And Jesus said to them: Amen I say to you, that you who have followed Me, in the regeneration, when the Son of man shall sit on the seat of His majesty, you also shall sit on twelve seats judging the twelve tribes of Israel. And every one that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for My name's sake, shall

receive an hundredfold, and shall possess life everlasting.

Offertory *Psalm 20: 3,4* Thou hast given him his heart's desire, O Lord, and hast not withholden from him the will of his lips: Thou hast set on his head a crown of precious stones.

Secret May the holy Abbot Benedict, we beseech Thee, O Lord, obtain by his prayers that the Sacrifice laid on Thy holy altar may profit us unto salvation.

Communion *Luke 12: 42* This is the faithful and wise steward, whom his lord setteth over his family: to give them their measure of wheat in due season.

Postcommunion May the pleading of blessed Benedict the Abbot for us, as well as the reception of Thy Sacrament, protect us, O Lord, that we may both share in the glory of his works, and receive the help of his intercession. Through our Lord.

Last Gospel (of the Feria) - At that time, when the feast was already half over, Jesus went up into the temple and began to teach. And the Jews marvelled, saying, How does this man come by learning, since He has not studied? Jesus answered them and said, My teaching is not My own, but His Who sent Me. If anyone desires to do His will, he will know of the teaching whether it is from God, or whether I speak on My own authority. He who speaks on his own authority seeks his own glory. But he who seeks the glory of the one who sent him is truthful, and there is no injustice in him. Did not Moses give you the Law, and none of you observes the Law? Why do you seek to put Me to death? The crowd answered and said, You have a devil. Who seeks to put You to death? Jesus answered and said to them, One work I did and you all wonder. For this reason Moses gave you the circumcision - not that it is from Moses, but from the fathers - and on a Sabbath you circumcise a man. If a man receives circumcision on a Sabbath, that the Law of Moses may not be broken, are you indignant with me because I made a whole man well on a Sabbath? Judge not by appearances but give just judgment. Some therefore of the people of Jerusalem were saying, Is not this the man they seek to kill? And behold, He speaks openly and they say nothing to Him. Can it be that the rulers have really come to know that this is the Christ? Yet we know where this man is from; but when the Christ comes, no one will know where He is from. Jesus therefore, while teaching in the temple, cried out and said, You both know Me, and know where I am from. Yet I have not come of Myself, but He is true Who has sent Me, whom you do not know. I know Him because I am from Him, and He sent Me. They wanted therefore to seize Him, but no one laid hands on Him because His hour had not yet come. Many of the people, however, believed in Him.



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.*