

# Our Lady of Victories Church

(serving Harrington Park, River Vale and the Pascack/Northern Valley)  
150 Harriot Avenue, Harrington Park, New Jersey

www.olvhp.org

## WELCOME

To the Parish Family of  
**OUR LADY OF VICTORIES**  
(THE LITTLE CHURCH WITH THE BIG HEART)

### COME WORSHIP WITH US

Rev. Wojciech B. Jaskowiak  
*Pastor*

Mr. Thomas Lagatol Mr. Albert McLaughlin  
*Deacons*

#### PARISH OFFICE

Maria Hellrigel - *Parish Secretary*

**201-768-1706**

Religious Education (CCD)  
Susan Evarella Denise Coulter (*LSEC*)

**201-768-1400**

Sr. Elizabeth Holler, SC Sr. Mary Corrigan, SC  
*In Residence-Convent*

Selena Piazza  
Lesia Rossmann  
*Ministers of Music*

Elizabeth Gulfo  
Martin Coyne II  
*Parish Trustees*

Jorden Pedersen Esq.  
*President Parish Council*

Jon Fischer CFA  
*Chairman Finance Committee*

#### Special Masses:

**First Friday:** 6:00pm Confessions followed by Devotions & Mass

**First Saturday:** 8:00am Mass of Immaculate Heart of Mary

**First Saturday:** 12:00pm Mass for Souls in Purgatory

#### Novenas prayed after 8:00 a.m. Mass:

**Our Lady of the Miraculous Medal:** Monday

**St. Jude and St. Anthony:** Wednesday

**Infant of Prague:** 25th of the month

**St. Peregrine:** First Friday of the Month

**Rosary:** Recited M - Sat after 8:00am & after 12:00 Noon Mass

#### OLV Adoration Schedule

\* 2nd and 4th Tuesdays from after the 12 noon Mass until 3PM

\* Every Thursday Holy hour 7-8PM

\* Every Friday Adoration 12:30PM until 3PM

\* First Friday Adoration 12:30PM (after 12 Noon Mass),  
6PM confessions, 6:30PM devotions, concludes with 7PM Mass

**SUNDAY, March 8, 2020 A.D.**  
**2nd SUNDAY OF LENT**



#### THE SACRAMENT OF PENANCE/CONFESSION:

Monday - Friday 7:30am - 7:50am.

First Friday at 6:00pm - 6:50pm

Saturday at 11:00a.m.-Noon; 3:00pm -3:40pm

#### THE SACRAMENT OF BAPTISM:

To register for Baptismal preparation and Baptism,  
call the rectory.

#### THE SACRAMENT OF CONFIRMATION:

Call the Religious Ed Office for requirements/class schedule.

#### THE SACRAMENT OF MATRIMONY:

Please call the rectory for an appointment.

#### THE SACRAMENT OF THE SICK/LAST RITES:

Sick calls at any time in emergency.

#### THE SACRAMENT OF HOLY ORDERS AND VOCATIONS:

Anyone contemplating a vocation to the Priesthood or Religious  
Life should contact the Vocations Office at 973.497.4365.

**Latin Mass every Sunday 8:15AM**  
**Spanish Mass every Sunday 1PM**



Phone: 201-768-1706  
Address: 81 Lynn St.  
Email: olvrectory.hp@gmail.com

OLV Rectory  
201-768-3962

Religious Education  
201-768-1400  
155 Parkway  
olvhpccd@gmail.com

OLV Convent  
201-768-1705  
145 Parkway

## **Fr. Wojciech's Corner**

As coronavirus has everyone thinking about the best possible hygiene, let us not forget to pray. I remember the story of Padre Pio blessing the fields and, while reciting the litany to Blessed Virgin Mary over the fields, incenses them to rid them of pestilence (full story next column). It worked. It worked for so many saints, in so many centuries. Let us not forget to pray, fast and give alms. I encourage all families to have recourse to prayer for the victims and doctors and scientists who work on finding the solution to the problem. What a great opportunity for families to gather and do something for others. As we worry about physical hygiene, is it maybe also a time, a call from the Lord to work on our spiritual hygiene? The Ninevites, when threatened by danger, first fasted and prayed (cared for their souls first). In fact, if we consider well, many sins could spread the virus. Maybe cleaning the soul this Lent would be the best hygiene to fight the virus, the hysteria of what the virus could do to us and even if in danger of death, a clean soul would be best to have.

That's the best way we can USE this Lent to fight against all viruses. Last Sunday, upon greeting the parishioners, one lady who had lately successfully undergone many different surgeries, commented with a smile: Father, I am "Replaced and Repaired". Imagine that we could say that at Easter: "I am Replaced and Repaired by Christ". Researchers say that every 7 to 10 years every cell (*for the record, I do not mean cell phone*) in our body (there are between 50 and 75 trillion cells in the body) has been replaced by a new cell. We become new people. May this Lent help us repair our faults and replace our "old man" as St. Paul says and put on the new man (Ephesians 4:24). May the Transfigured Christ whom disciples contemplate in the Gospel today help us in the dark moments of our humanity to remember about His divinity.

## **STATIONS OF THE CROSS**

### **During Lent**

**Mondays - 4:15PM** led by CCD children in church

**Fridays - 11:30AM & 7:00PM** in church

## **SPECIAL ROSARY**

**meditating on the 7 Sorrows of Mary**

**Wednesdays-3:00PM** before Statue of Mary outside.

"All the greatest pains become sweet for whoever looks at Jesus Christ on the Cross." – **St. Mary Magdalen of Pazzi**

## **CONFESSION/RECONCILIATION**

Our Lord told St. Margaret Mary Alacoque that individuals should go to confession at a minimum once a month. This sacrament is offered EVERY Saturday from 11:00AM to Noon and 3:00-3:30PM. Monday thru Friday at 7:30AM, as well as every First Friday at 6:00PM. A Priest is also available to hear Confessions daily by appointment.

**Prayer to St. Padre Pio for protection and healing from Corona virus**

Padre Pio I turn to you with this prayer to ask for your clemency, protect us from the coronavirus and let those who have already fallen ill all over the world and who regain their health grow in faith and hope for recovery.

Padre Pio illuminate the minds of researchers and scientists, guide their hands so that they can find an effective coronavirus prevention vaccine, extend your blessing on them.

Padre Pio give strength to doctors who work in hospitals to treat coronavirus patients, make their hearts compassionate, give them wisdom, make them recognize Jesus in every patient.

I thank you with all my heart for the coronavirus patients you are healing, I thank you for those who, with your great compassion and mercy, are visiting and giving heavenly comfort to those who have been called to the house by the Father. Amen.

## **Miracles of Padre Pio**

### **Pestilence**

The peasants of San Giovanni Rotondo fondly remember the following event. In spring, the almond trees were blossoming and they were promising a good harvest. But unfortunately, millions of voracious caterpillars arrived and devoured the leaves and flowers. They did not spare even the shell. After two days of trying to stop that infestation, the peasants, for whom the almonds were the only economic resource - decided to speak to Father Pio about the problem. Father Pio looked at the trees from the window of the convent and decided to bless them. He put on the sacred vestments and started to pray. When he finished praying, he took the holy water and made the sign of the Cross in the air, in the direction of the trees. The next day, the caterpillars had disappeared, but the almond trees looked like sticks. It was a disaster; the harvest had been lost. What happened next is incredible! We had the most abundant harvest; a harvest like we had never seen before, but how is it possible that trees without flowers could produce fruits? How was it possible to have fruit from trees that looked like sticks? Scientists have never been able to give any reason for this phenomenon.

### **Healing of an Infant**

A woman said: "My first daughter, who was born in 1953, was rescued by Father Pio when she was eighteen months old. On the morning of January 6, 1955 my husband and I were in church attending the Holy Mass and our daughter was at home with her grandfather. There was an accident: she fell into a tub of boiling hot water. She was burned on her stomach and back. The doctor came in an hour and he said, "take your daughter to a hospital immediately because she could die from her wounds". For this reason, he did not give us any medicine. After the doctor left, I started to pray for Father Pio's help; he was still living (*Padre Pio died in 1968*). It was nearly noon. As I was getting myself ready to go to the Hospital, my daughter who was alone in the bedroom called me: "Mommy, I don't have a wound anymore!" "Who has taken your wound?" I asked her out of curiosity. She answered: "Father Pio has come. He took my wounds by putting his whole hand on my burn". Actually, there was no sign of burns on my daughter's body even though the doctor had told me my daughter was going to die.

## **REMINDER!!**

**Novena to St. Joseph starts March 10th**

<https://www.ewtn.com/catholicism/devotions/full-novena-13879>

## **CCD CORNER**

Our students are working on doing a **little more** this Lent. Many of the catechists are working with their students on activities that help them pray, fast and give. The Monday second grade class made "blessing bags" containing small personal items to be distributed to the homeless.

Confirmation class meets next Sunday, March 15, in the lower church at 9:30AM. The Confirmation candidates from our parish will be holding a collection of diapers (all sizes), wipes, and baby formula for the Mercy House in Newark, NJ. Please drop off any donations to OLV the week-end of March 21-22. We thank you in advance for your generosity!

All CCD families are receiving the link to the Lenten lessons on the Mass in their email throughout Lent. We encourage all parishioners to take advantage of these brief (just a minute!) lessons, from **Relevant Radio**. It is a great way to learn a **little more** about the beauty of the Mass.

Pray for Those in the Military

US Army

Captain Ben Clemente
RRT Specialist James Crumb
Specialist Peter Dippolito
Major Michael Franson
Sergeant First Class Charles Greene
Captain Shawn Linn
Lieutenant Gigi McElroy
Colonel John McLaughlin
Captain John G. Miele
US Air Force
Chief Master Sergeant Shawn Llewellyn

US Marine Corps.

Corporal Shanna Bennett
Corporal Matthew Brady
1st Lieutenant Ryan Colomeo
Lance Corporal Thomas Iafraite
Corporal Joseph Levine
US Navy
Lt. Commander Julia Cheringal
Ensign Jon Clemente
Lieutenant Joseph Jaeger
Lieutenant Andrew Jaeger
OS2 Daniel T. LoVecchio

Prayer for the Safety of Soldiers

Almighty and eternal God, those who take refuge in You will be glad and forever will shout for joy. Protect these soldiers as they discharge their duties. Protect them with the shield of Your strength and keep them safe from all evil and harm. May the power of Your love enable them to return home in safety, that with all who love them, they may ever praise You for Your loving care. We ask this through Christ our Lord.

Pray for Our Sick

PRAY FOR OUR SICK: Please Pray in the name of JESUS, the Healer, that the sick of the Parish may be restored to health and all those who assist and care for the sick will be given the strength to continue God's Will: baby Cordelia, baby Emmet Fischer, baby James Amicucci, baby Jonathan, Richard Bolton, Robert Brawley, Dominic Carini, Carolanne Carini, Sal Cenicola, Helen Choma, Kevin Columbo, Marie D'Ascenzo, Maryann Dean, Lorraine Degerdon, Isabelle DeLeonibus, Vincent DePaola, Marge Devitt, Carl Falasca, Jay Filippone, Marie Filippone, Mary Foley, Leslie Handler, Amy Hartwell, Peter Kellar, Milan Krupa, Mary Lowe, James McGarry, Robert Milli, Gianna Moscatello, John Pal, Joyanna Peros, John Peterson Jr, Marie Piazza, Terry Pommert, Canice Prince, Louise Ricciardi, Vincent Ricciardi, Veronica Romanchuk, Beth Sacco, Mike Tobia, Eric Unger, Brian, Carla, Chris, Christina, Dierdre, Edward, Elba, Fiona, Jennifer, Joann, Lisa, Liz, Lucas, Lynn, Michael, Patrick, Paul, Peter, Robert, Roseann, Sean, Sharon.

HOMEBOUND

If you or anyone you know is homebound - even for a short duration of time - please contact the rectory so I or an Extraordinary Minister of Holy Communion can be scheduled to bring the Eucharist to the sick and homebound. Let us not wait until the death of someone to look for a priest.

SPIRITUAL WARFARE

We are constantly under attack and tempted by the forces of EVIL. Every Tuesday afternoon from 2:00-3:15PM members of OLV parish meet and pray the Marian Novena which focuses on this daily battle. All are welcome. Join us.

Will you GIVE UP your Time to Adore the Lord this Lent?

Thursday Holy Hour at 7PM & Friday 12:30PM-3PM.

When great masterpieces of art are restored, layers and layers of the overlay are removed before the real painting is found. So it is with our sins. We ask God to take off one coat after another of sin and pretense until His real image is visible again. - Mother Mary Francis from A Time of Renewal

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"The only real voyage of discovery consists not in seeking new landscapes but in having new eyes."
-Marcel Proust

Mass Intentions

Monday, March 9 - St. Frances of Rome, Religious

8:00 Mark Joseph Fizulich R/b Michael and Barbara Fizulich
12:00 Carmella Zanetti R/b the Zanetti Family

Tuesday, March 10 - St. Macarius, Bishop of Jerusalem

8:00 Mary Ann Lyddon R/b Stephen and Robin Hartman
12:00 Bartram Lee Reeves R/b Family

Wednesday, Monday, March 11 - St. Eulogius, Martyr

8:00 Mary Falkenstern R/b Mary Warner
12:00 Bob Thomson R/b the Keegan Family

Thursday, March 12 - St. Theophanes of Greece, Abbot

8:00 Marion Gooding R/b Bob and Renee Tringali
12:00 Joseph Amato R/b Bob and Renee Tringali

Friday, March 13 - St. Rodriguez, Priest/Martyr

8:00 Steven Tringali R/b Bob and Renee Tringali
12:00 Michael Giotta R/b Anne Giotta

Saturday, March 14 - St. Mathilda, Queen of Germany

8:00 Ursula Downey - 1st Anniv. R/b Carole Bellini
12:00 Joseph Mure R/b Joe Tobia
4:00 James Kenneth Laughlin R/b the Villavecchia Family
5:00 Gabriella Irene R/b the DelGrande Family

Sunday, March 15 - St. Louise de Marillac - Widow, Nun

7:30 Alvin Ramella R/b Jeanne Marie Walsh
8:15 Laura Villena R/b Irene Kristof
9:30 Chance Rylan Friedrich R/b Connie and Jim Caltabellatta
10:45 Sr. M. Sean William of all Saints R/b Yiannou and Helen Aristides
12:00 Gino Zocco R/b Mike Zocco
1:00 People of the Parish
6:00 Thomas Granatell
7:00 Michael Ryan R/b Ed and Ruth Zajkowski

Sanctuary Memorials

The Sanctuary Lamp burns this week for the repose of the soul of Joan Fryling.

The Bl. Virgin Mary Votive Lamp burns this week for the repose of the soul of Mary Ceccon, r/b the Dunn Family.

The St. Joseph Votive Lamp burns this week for the repose of the soul of Mark Joseph Fizulich.

Sanctuary Offerings

The Bread and Wine, Bl. Virgin Mary and St. Joseph Votive Lamps, and Sanctuary Lamp in Church may be dedicated on a weekly basis. And the Altar Flowers may be memorialized. Call OLV rectory for information 201-768-1706.

New to the area? If you are, why not join our ever-growing Parish family. Stop by the Rectory any weekday and meet Maria and register to become a member of the OLV family.

PLEASE, if you change your address or phone number, let us know!

STEWARDSHIP My Family—My Parish—My Responsibility

Did you ever notice that the price of a movie is now over \$10, milk is almost \$3 a gallon, and there is no longer such a thing as penny candy? The price of everything around us has increased, but has your weekly donation to the Church ever increased? That one dollar donation doesn't buy as much as it once did. As your expenses increase, so do those of the Church, but we rely on your generosity to meet our expenses. Please be generous. Thank you.

Lent isn't about what external temptations we want to give up.
Lent is more an internal journey of discovery and oneness with God.
Lent is to go beyond the earthly.

### Annual Appeal - Shining the Light of Christ

Your gift supports ministries and programs including Family Life Office, international Missions, Catechetical Office, Youth and Young Adult Ministry, Catholic Charities, hospital and Prison Chaplaincy, Ministry with Persons with Disabilities, Respect Life Office, seminarian education, priest health care, continuing education and formation for priests. Our 2020 parish goal is \$58,285.

### OLV - Lent - Bus Trip

to Our Lady of Mount Carmel Shrine-Middletown, NY

### Day of Recollection - Friday, March 27

Depart OLV 8AM - Return approx. 4PM. Day includes Lenten reflection by Carmelite priest, Confession, Mass, Stations of the Cross. Bring a brown bag lunch. Free will offering. To sign-up call OLV Rectory 201-768-1706.

### Arrivederci OLV, Ciao Roma

Interested in our parish pilgrimage to Italy this October? Contact Deacon Al at [deaconalatl@ gmail.com](mailto:deaconalatl@ gmail.com).

### Relevant Radio—1430 AM

Tune in to Relevant Radio, the largest Catholic radio network in the nation. Listen online [www.relevantradio.com](http://www.relevantradio.com) and on the free mobile app.

### Save Used Eyeglasses

The Knights of Columbus collects used and old eyeglasses for the less fortunate. Any donations may be left in the basket in the back of Church.

### Clothing Bins

Please help Catholic Charities to continue our mission by contributing to the donation bins on the church grounds. We need all forms of used clothing, small appliances, shoes, linens, sheets, towels, stuffed animals, novels, and children's books. Thank you!

### QUESTION?

**Why do X's at the end of a letter signify kisses?** In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

### DID YOU KNOW

Over the arches of the triple doorway of the Cathedral of Milan there are three inscriptions. One is a beautifully carved wreath of roses, and beneath it the words, "All that pleases is but for a moment." Another is a sculptured Cross with these words below: "All that troubles is but for a moment." And over the central doorway these words are inscribed ... "That only is important which is eternal."

### A Prayer for the Day

Dear God, so far today, I've done all right. I haven't gossiped, and I haven't lost my temper. I haven't been grumpy, nasty or selfish, and I'm really glad of that! But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot of help. Thank you! Amen.

### KIDZ KORNER ANSWERS

1. Sunday.
2. Almsgiving.
3. One.
4. Ash Wednesday or Good Friday.
5. Abstain from eating meat.

**"Lent is the time for "entering" into oneself.  
It is the period of a particular intimacy with God."**

*Pope Saint John Paul II*

**THANK YOU! NEW HOPE** outreach to first-time single moms thanks all who have supported us through your recent collection of baby items. Special thanks to OLV Social Concerns Committee and Rosary Society who hosted this event, and all parishioners who support those who are in need. Please see our website - [www.newhopepc.org](http://www.newhopepc.org) - to learn about our all-volunteer program and Pregnancy Resource Ctr. Visit our Center in Westwood, NJ. If you have a passion for pro-life, please consider volunteering; you will be amazed at the miracles that our mentors and staff are working - with God's help. Please contact us at [info@newhopepc.org](mailto:info@newhopepc.org) or 201-722-4705. Or if you know anyone in need, we are here to help. We will remember you in prayer and ask for your prayers in return. *Blessings, Marilyn Laquidara New Hope Pregnancy Resource Center*

**2020 Wedding Anniversary Masses:** The Archdiocese of Newark is preparing the annual tradition of honoring those couples who will celebrate five, twenty-five and fifty years of Christian marriage in 2020. Couples deserving of such recognition are urged to participate. These liturgies will be celebrated at 3pm at the Cathedral Basilica of the Sacred Heart in Newark: Sunday, April 19 - 5 & 25 years / Sunday May 3 - 50 years. Call OLV Rectory to register 201-768-1706.

**Family Promise Super 50/50 Cash Raffle.** For info' or to purchase a ticket visit [www.bergenfamilypromise.org](http://www.bergenfamilypromise.org) or call 201-833-8009.

**Breakfast Cereal Collection.** During March there will be a cereal collection to benefit St. Cecilia Food Pantry. Donations may be left in church or rectory garage.

**First Communion Dresses/Suits Needed.** Please help to make a child's First Communion Day one that will be cherished by donating any Communion dresses, suits, head pieces or shoes. Please bring all articles, clean, on hangers, and covered in plastic to St. John the Baptist Church, Hillsdale by April 1st or call Kathy at 201-666-4185. Monetary donations will also be accepted. If you or anyone you know may need an outfit, please contact Kathy.

**40 Days for Life:** Please consider giving one hour per week during Lent to join us in prayer at a modified vigil for the *40 Days for Life* this Lent on Tuesdays, Thursdays and Saturdays, 7AM-2PM at 10 Zabriske St., Hackensack. To sign-up please contact Margaret at 201-805-0937.

**Grace & Healing - For families affected by Opioid Crisis** Wednesday, March 18, at 12:00 Noon at Seton Hall University (Bethany Hall, Room A). Understanding the role of the Church as a resource for those afflicted by *The Opioid Crisis* and their families. Lunch will be provided. RSVP by March 13 to [Melinda.papaccio@shu.edu](mailto:Melinda.papaccio@shu.edu).

**Morning of Recollection for Women-Lent:** a season of grace and interior growth: Thursday March 19, 9:30am-11:30pm at Our Lady - Mother of the Church in Woodcliff Lake to help women of all ages live Lent well and prepare for Easter. Content inspired by the teachings of St Josemaria, founder of Opus Dei . For info' Jeanne [jmhennessey6@gmail.com](mailto:jmhennessey6@gmail.com).

**Mass for Recovery and Healing:** All are welcome to Church of St. Mary, Closter, for the Third Saturday Recovery and Healing Mass with anointing of the sick on Saturday, March 21, at 12noon. Mass is offered for the support, healing and recovery of those directly afflicted with a substance use disorder, as well as those affected by the abuse of alcohol and/or drugs. Open support group after Mass. For info call 201-768-7565.

**Don Bosco Prep. HS Theatre Arts Program** in Ramsey invites you to attend their musical performance of *Newsies!* Based on the real-life Newsboy Strike of 1899, *Newsies* features amazing local talent. Performances on March 27/28 at 7:30pm and Sunday, March 29 at 3pm. Tickets at [www.donboscoprep.org/newsies](http://www.donboscoprep.org/newsies). For more info. email: [theaterarts@donboscoprep.org](mailto:theaterarts@donboscoprep.org)

**Stephanie Cywinski-O'Brien Scholarship:** Applications are now being accepted from parish 7<sup>th</sup> and 8<sup>th</sup> grade students attending a Catholic grammar school, as well as Freshmen, Sophomores and Juniors (secondary consideration) attending a Catholic high school and continuing their education at a Catholic school. Applications and eligibility requirements are available at the parish office and/or on the parish website. Applications are due April 10 with decisions due on or about May 1.

## ON FASTING AND FEASTING

Fasting allows us to feel our hunger. And feeling our physical hunger can, if we allow it, lead us to feel our spiritual hunger, that is, our hunger for God. Think of the woman at the well: she came there physically thirsty and left with the promise of living water flowing from the well of salvation. If feeling our hunger can awaken our spiritual senses, never feeling hunger can dull them. Furthermore, when we always satisfy our hunger, we can become enslaved by the pleasures of this world. Fasting and abstinence "help us acquire mastery over our instincts and freedom of heart." (CCC No. 2043). And this kind of freedom is especially important for people like me who love to eat - Christopher West/SHALOM TIDINGS

### NOT A COTTAGE - A PALACE

C.S. Lewis: "Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on: you knew that those jobs needed doing and so you are not surprised. But presently He starts knocking about the house in a way that hurts abominably and does not seem to make sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of - throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were going to be made into a decent little cottage, but He is building a palace. He intends to come and live in it Himself."

### when is the best time to convert — story

The disciple approached the Abba and asked when is the best time to convert. The Abba nonchalantly remarked, "The best time to convert is just one day before your death!" The disciple went away gleefully thinking that then he had ample time to take life seriously when he suddenly realized that there was a catch in this answer. So he retraced quickly his steps and asked the Abba again : "But, Abba, when am I going to die?" The Abba smiled at him ... and left. The message of Abba was clear : "Convert now!" The door may be closed on us! For ever! —Desert Fathers

### A little humor ...

#### No meat on Fridays?!

John Smith was the only Protestant to move into a large Catholic neighborhood. On the first Friday of Lent, John was outside grilling a big juicy steak on his grill. Meanwhile, all of his neighbors were eating cold tuna fish for supper. This went on each Friday of Lent. On the last Friday of Lent, the neighborhood men got together and decided that something had to be done about John. He was tempting them to eat meat each Friday of Lent, and they couldn't take it anymore. They decided to try and convert John to become a Catholic. They went over and talked to him and were so happy that he decided to join all of his neighbors and become a Catholic. They took him to Church, and the Priest sprinkled some water over him, and said, "You were born a Baptist, you were raised a Baptist, and now you are Catholic." The men were so relieved, now their biggest Lenten temptation was resolved.

The next year's Lenten season rolled around. The first Friday of Lent came, and just at supper time, when the neighborhood was sitting down to their tuna fish dinner, came the wafting smell of steak cooking on a grill. The neighborhood men could not believe their noses! WHAT WAS GOING ON? They called each other up and decided to meet over in John's yard to see if he had forgotten it was the first Friday of Lent. The group arrived just in time to see John standing over his grill with a small pitcher of water. He was sprinkling some water over his steak on the grill, saying, "You were born a cow, you were raised a cow, and now you are a fish."

## 2020 LENTEN REGULATIONS

The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted, and **two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.** Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

The obligation to observe the laws of Fast and abstinence "substantially", or as a whole, is a serious obligation.

The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the **First Sunday of Lent, March 1, 2020 to the Solemnity of the Holy Trinity, June 7, 2020.**

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

### DEPTH of FASTING

Among the penitential practices that the Church suggests to us above all during this Lenten time is fasting. It consists in a special sobriety in the food we eat, while ensuring care for the needs of our body. This is a traditional form of penance, which has lost none of its significance, and which we perhaps need to rediscover, above all in that part of the world and in the milieus where food not only abounds, but where we at times encounter illnesses due to overeating.

Obviously, penitential fasting is very different from therapeutic diets. But as it is, we can see in it a therapy for the soul. For when it is practiced as a sign of conversion, it facilitates the interior effort to make oneself available to listening to God. To fast is to reaffirm for oneself what Jesus replied to Satan, when the latter tempted him at the end of forty days of fasting in the desert: "Not on bread alone is man to live but on every utterance that comes from the mouth of God." (Mt 4:4) Today, especially in our well-to-do societies, it is difficult for us to understand the meaning of this word of the gospel. Instead of pacifying our needs, the consumer society creates ever new ones, even engendering disproportionate activism... Among other meanings, penitential fasting has precisely the aim of helping us to recover interiority.

The effort towards moderation in food also extends to other things that are not necessary, and it greatly aids the life of the spirit. Sobriety, recollection and prayer go together. This principle can be appropriately applied to our use of the mass media. They are unquestionably useful, but they must not become the "masters" over our life. In so many families, the television seems to replace rather than facilitate dialogue among the persons! A certain "fasting" in this area can be salutary, either so as to give more time to reflection and prayer or to cultivate human relations. -Saint John-Paul II-Angelus on March 10, 1996

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### KIDZ KORNER

1. Which day of the week is not counted in the 40 days of Lent?
2. Which word means "to give to those in need"?
3. How many full meals may be eaten on a fast day?
4. Name a day of fast in Lent.
5. What must Catholics over age 14 do on Fridays during Lent?

Answers on page 4.