What is Church teaching on fasting and abstaining?

With Lent so early [Ash Wednesday is on February 10], I want to be prepared. Could you clarify the Church’s teaching on fasting and abstaining?

Lent, the most prominent period of penitential practice, is not the only time when penance and/or self-denial are encouraged. For example, every Friday is a day to perform a penance, sacrifice, or mortification in memory of Christ’s death.

The Code of Canon Law (1249–53) cites the meaning of fasting and abstinence. It explains that penance is a human response to divine law. Christians have a responsibility to practice penance. And observing “the days of fasting and abstinence” is a Church precept (Catechism of the Catholic Church 2043).

Abstinence from meat is required on all Fridays of Lent for those who have completed their fourteenth birthday. Abstinence and fasting are required on Ash Wednesday and Good Friday. Fasting is binding on adults from age eighteen until fifty-nine. The exact meaning of fasting is not explained by the code, and this has led to varying degrees of emphasis and attention to detail as well as some unusual and extreme practices. The United States Conference of Catholic Bishops states: “When fasting, a person is permitted to eat one full meal. Two smaller meals may also be taken, but not to equal a full meal.”

I praise you for approaching these traditions as a means of growth and improvement rather than a burden.
**Mass Intentions for the Week of February 7, 2016**

**Sun, Feb 7**

† Beverly McCarty ~ 9am  
† Joseph Hula ~ 11am

**Tues, Feb 9**

Special Intention

**Wed, Feb 10**

Pro-populo

**Thurs, Feb 11**

No Mass

**Fri, Feb 12**

No Mass

**Sat, Feb 13**

† Dorothy Dennis

**Sun, Feb 14**

† Mike Patterson Sr. ~ 9am  
† Christopher Frye ~ 11am

**This Week in the Parish**

**Sunday, February 7**

Coffee and Donuts after Masses  
Altar Server Training after 11am Mass  
CFF MS/HS No Class

**Tuesday, February 9**

St. Anne’s Moms Group 7pm

**Wednesday, February 10**

Ash Wednesday Mass 7am, 12:15pm & 7pm  
CFF No Classes

**Thursday, February 11**

No Mass

**Friday, February 12**

No Mass  
Soup Supper 6pm  
Stations of the Cross 7pm

**Saturday, February 13**

Altar Server Training 6:00pm

**Sunday, February 14**

K of C Pancake Breakfast after 9am Mass  
MS Choir Practice 4pm

**~Please Pray for these loved ones~**


**Mission Statement**

We are called as a family to know, love and serve God.
WHAT’S HAPPENING AT HOLY FAMILY

Lenten Study Groups ~ Sign Up Now!
Pride, envy, anger, sloth, gluttony, avarice, and lust are all patterns of dysfunction within us that lead to unhappiness. Bishop Barron looks at Dante’s writings and explains the nature of these sins and offers a corresponding virtue for each one, giving practical advice on how to instill this virtue in your own life. We are shown how to counteract the seven patterns through a conscious process of opposition.

This Lent, begin the journey from sin to holiness with Bishop Robert Barron’s study:

Seven Deadly Sins & Seven Lively Virtues
Registration forms are available on the Ministry Cart and in the Narthex by the Lighthouse Media CD’s Groups will begin meeting the week of February 14.

Questions? Contact Chris Shafer at 616-891-8867 or cshafer@holyfamilycaledonia.org

Is it just food or Just Food
The Just Food retreat focuses on the relationship between our Catholic faith and the way we think about and use food. High School Students are invited to explore what it means to have a just or “right” relationship with food. Through prayer, art, social media and discussion, young people will discover the effect their own food practices have on the millions of people who go to bed hungry every night. Retreat begins on Fri., Feb. 19 at 6:00pm and ends on Sat., Feb. 20 after the family dinner following the 5pm Mass.

Collection for the Weekend of Jan. 30-31
The collection for the weekend of Jan. 30-31 was $10,881. The budgeted amount is $13,030 and the variance from the budget since July 1, 2015 is $12,505.

4th & 5th grade Hands & Feet Retreat
At this retreat you will learn how you can be the Hands and Feet of Christ to all you encounter, both spiritually and materially. God calls us to not be afraid to accept the command of being His child to serve others, to follow in His footsteps when He reaches out. BE FEARLESS WITH YOUR FRIENDS! Be a part of this special day and learn more about living for Christ and living to help those in need.

The retreat is on Saturday, Mar. 5 beginning at 10:00am and concluding after the 5pm Mass.

Sacrament of Penance
Thursday, February 25 from 5-8pm
During the Year of Mercy one of Pope Francis’ goals is to focus on and widen access to the Sacrament of Penance. Therefore, on Thursday, February 25th from 5-8pm the parish will be open and the Sacrament of Penance will be available during these hours.

“Let us always meet each other with a smile, for the smile is the beginning of love.”
~ Mother Teresa

Dear friends who have helped with the Blessed Mother Teresa Exhibit,
Thank you for helping to share the mercy of God through the life of Mother Teresa. Many were touched by your smiles, your kindness, your compassion and devotion. Holy Family Parish is very blessed to have such amazing parishioners who have committed to growing in faith, living in loving community and sharing the Gospel with all those we meet. Thank you again for all your work this week!

For those wanting the information that Noreen shared in her presentation on Sunday, the Chicago convent of the Sisters of Charity or the Haiti program, please contact me and I will get that to you.

Christine Shafer,
Director of Parish Formation
WHAT’S HAPPENING AT HOLY FAMILY

Jubilee of Mercy - Speaker Series
February: Visit the Sick
Friday, Feb. 19 following Soup & Stations! Come for Soup at 6, Stations at 7, and Mary Evett at about 7:30-8:30pm.
Our February speaker series will feature Mary Evett. Mary has been in a number of ministry positions and volunteer roles where she can speak to us about this important corporal work of mercy of visiting the sick. Mary will share about visiting the hospitalized; the homebound; those in hospice; those in long term care facilities; those struggling with mental health or chronic pain; and those with emotional, cognitive and developmental disabilities. We will hear how the act of mercy of caring for the vulnerable among us lends mercy to our lives. With most people having experienced illness themselves or have a family or friend who has been sick and needed visits, this talk is sure to be a good reflection of the command from Jesus to visit the sick.

Calling All Parish Artists - Deadline is Monday!
Deadline is February 8
We invite all registered parishioners to tap into your artistic talents and submit your ideas for the “Doorway to God’s Mercy” project. Pick up your registration form today from the Ministry Cart or from the parish website and submit your ideas!

In Sympathy
On behalf of Holy Family’s parish family, sympathy is offered to the Sheridan family on the loss of Kelly’s mother Monica Silkowski. Please remember to keep them in your prayers.

Soup Supper and Stations of the Cross
Volunteers are still needed starting this Friday, Feb. 12 for donations of soup and set-up and clean-up for the soup suppers. Please see sign-up sheets in Ministry Hallway and help where you can.

Join us this Friday for Soup Supper at 6pm followed with Stations of the Cross at 7pm.

AROUND THE PARISH AND COMMUNITY

St. Anne's Moms Group at Holy Family!
Tuesday, February 9 at 7pm
Calling all Moms! Let’s plan our 6th successful year together!
Due to our January meeting being snowed out, please grab another mom and bring your ideas so we can plan our 2016 monthly meetings as a group! This is a fun meeting every year as we all brainstorm ideas and then plan our year. Enjoy a relaxing night out and pray about facilitating a meeting or grab another mom to help you. Moms like to share ideas, have fun, build each other up spiritually, form friendships, support and pray for each other plus it’s nice to see another familiar friendly face at church. Usually there are snacks and laughter at our meetings too! Over 95 moms participate in some type of fashion, whether they attend the monthly meetings or just come occasionally, so please join us! Please RSVP or contact me for more information. ~ Melissa Seybert (616) 516-3001 MelissaASeybert@gmail.com

Self Harm Awareness - a free event for students, parents, teachers and leaders.
February 18 7-8:30pm at Caledonia Christian Reformed Church - NOTE DATE CHANGE
This class is especially designed to help you understand and respond to those who self-harm. What you don’t know may be hurting those you are trying to help.

Question and to make reservations call 616-891-1512 or online at www.caledoniacrc.org.

Catholic Schools: Bridging Faith and Future
Developing a plan for school vitality.
March 1, 2016 5:00-6:30pm or 7:00-8:30pm Cathedral Square Center
Help shape our future! Join Superintendent David Faber to discuss Catholic schools in the Diocese of Grand Rapids. You are invited to provide your input for strengthening and sustaining growth and excellence in our schools.
Catholic Men's Conference Register Now!
March 12
Attention Fathers, Sons, Brothers, Grandfathers, Uncle,
Godparents:
Want to make an eternal difference in your life and in the lives of those you care about? Consider a day of dynamic Catholic men's spiritual development and fellowship at the Building a Legacy 2016 Catholic Men’s Conference at West Catholic High School in Grand Rapids. This year’s theme is HEART OF A LION. Featuring prolific author and speaker Jason Evert and priest par excellence Fr. Mike Schmitz of the Diocese of Duluth, Minn., with Mass celebrated by Bishop David Walkowiak. For more information and to register, go to www.buildingalegacy.org or call Robert at 616.258.8530. (Registration is limited… don’t miss out!)

Council of Catholic Women
February 17 at 1pm - next meeting date
The Baby Pantry of Lowell (formerly St. Mary’s Pregnancy Center of Lowell) sent a note saying they are so grateful for all the donations received from the baby shower we gave for them. Many, many thanks to our parishioners who donated to this most worthy cause.

Seeking officers for 2 year positions. If you are asked, please consider this one chance for you to help our group.

The Pilgrimage to the Shrine of Our Lady of Good Help in Green Bay, WI will be May 13-14, 2016. See registration forms on the Ministry Cart for more information.

Retrouvaille of Grand Rapids
A Marriage Saving Weekend -
February 12-14
Do you feel lost, alone or bored in your marriage? Are you frustrated, hurt or angry with your spouse? Are you constantly fighting? Or, do you simply shut down? Have you thought about separation or divorce? Does talking only make it worse?
Rediscover healing & love. Find hope by attending Retrouvaille.
Questions or to register contact 616-752-7004 or register online at www.retrouvaille.org

2016 Women's Conference - A Love of Incredible Proportion
March 5  6:30am-3pm at Cathedral Square.
All women, ages 18 and up, are invited to attend the annual Diocesan Women’s Conference – a day of vibrant prayer, an inspiring speaker, and a welcoming community. Instantaneous translation in Spanish will be available.
Cost is $25
Questions: Contact Jean Kastenholz in the office of faith formation, jkastenholz@dioceseofgrandrapids.org or 616-246-0588.

Prayer for Our Seminarians
Loving God, You call me to act justly, love tenderly, and walk humbly with you. Help me to know how to bring justice and love to a world desperately in need of you and your values. Strengthen us all with the courage to respond to your invitation to serve. Amen.

We especially pray for: Robert C. Mulderink
University of St. Mary of the Lake, Mundelein Seminary, 1000 East Maple Ave., Mundelein, IL 60060

Prayer for Consecrated Persons
World Day for Consecrated Life - February 7
God our Father, we thank you for calling men and women to serve in your Son’s Kingdom as sisters, brothers, religious priests, consecrated virgins, and hermits, as well as members of Secular Institutes. Renew their knowledge and love of you, and send your Holy Spirit to help them respond generously and courageously to your will. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Holy Family Access 6 Food Pantry
Our food pantry is in constant need of your help in collecting items for our food pantry. We are always in need of cereal, canned meat, personal care items and laundry detergent. Please drop off your donations on the table in the Ministry Hallway. A more complete shopping list can be found in the Ministry Hallway. Feel free to take one.
Questions? Contact Molly Fleming at norasmom1@yahoo.com or the parish office at 891-9259

Prayer Chain ~ Email
If you or someone you know are in need of prayer and would like to be placed on the “email” prayer chain, please call or email Marcia Dohm with your prayer request. This is separate from the prayer requests printed in the bulletin weekly.
Questions? Contact Marcia Dohm at 616-877-0007 or momdohm@yahoo.com

Catholic Schools - Admissions Advocates
February 14 after Masses
Representatives from several area Catholic Schools will be at Holy Family with information about their schools. Stop by the information table at the pancake breakfast (in the narthex after 11am Mass) for literature and to ask questions.
February 2016

Dear friends in Christ,

During the holy season of Lent, I encourage families and individuals to participate in Catholic Relief Services’ (CRS) Rice Bowl. Every Lent our prayers, fasting and almsgiving become a lifesaving aid to people around the world who, through CRS Rice Bowl collection are given the tools they need to rise above poverty and provide for themselves and their communities.

CRS Rice Bowl provides resources to bring Lenten spirituality to life for families and individuals, while continuing to connect Catholics in our diocese with our brothers and sisters in need both at home and around the world.

Contributions to this program make a real difference. **Seventy-five percent** of CRS Rice Bowl funds aid the poor and vulnerable in nearly 45 countries around the world. Activities that continue to be funded include microfinance loans for small businesses, health and nutrition programs for women and children, agricultural assistance for farmers, and water and sanitation assistance. **Twenty-five percent** of funds collected through Rice Bowl remain in our diocese. Last year, five local hunger and poverty alleviation programs received Rice Bowl grants, including Kids’ Food Basket in Holland, Bread of Life Food Pantry in Hart and Houses to Homes, a ministry of St. Ann-St. Ignatius Parish in Lake County.

On behalf of the poor, both overseas and here in the United States, who benefit from CRS Rice Bowl, I thank you for your prayers and support, which continue to make this program a success.

To find additional resources, including videos and a new app that delivers prayers and resources directly to your mobile devices, visit crsricebowl.org.

Sincerely yours in Christ,

Most Reverend David J. Walkowiak