

**Sixth Sunday in Ordinary Time**

**February 14<sup>th</sup> to February 21<sup>st</sup>, 2021**

**Saturday, February 13<sup>th</sup> – Weekday**

4:15-4:30 p.m. – All Saints – Confessions  
 5:00 p.m. – All Saints – Intentions of the Blessed Virgin Mary by JAN

**Sunday, Feb. 14<sup>th</sup> – Sixth Sunday in Ordinary Time**

7:30-8:00 a.m. – All Saints – Confessions  
 8:15 a.m. – All Saints – For The People  
 10:00-10:20 a.m. – St. Isidore – Confessions  
 10:30 a.m. – St. Isidore – D'sed Members of the St. Anne Society by Its Members

**Mon., Feb. 15<sup>th</sup> – President's Day**

8:30 a.m. – All Saints – Gail Kinney by Richard & Janice Godin

**Tues, February 16<sup>th</sup> – Weekday**

5:00 p.m. – All Saints – Adoration with Confession  
 6:00 p.m. – All Saints – Hibbard Homer Pudvah by Larry Pudvah

**Wed., February 17<sup>th</sup> – ASH WEDNESDAY**

9:00 a.m. – St. Isidore – Intentions of the Blessed Virgin Mary by JAN  
 6:00 p.m. – All Saints – Clealand Blair

**Thurs., February 18<sup>th</sup> – Thursday after Ash Wednesday**

5:00 p.m. – All Saints – Adoration with Confession  
 6:00 p.m. – All Saints – Sandy Embury by Loren & Sylvia Doe

**Friday, February 19<sup>th</sup> – Friday after Ash Wednesday**

8:30 a.m. – All Saints – Holy Souls in Purgatory by JAN  
 6:30 p.m. – All Saints – Stations of the Cross

**Saturday, February 20<sup>th</sup> – Saturday after Ash Wednesday**

3:00 p.m. – Stations of the Cross for Life  
 4:15-4:30 p.m. – All Saints – Confessions  
 5:00 p.m. – All Saints – Mr. & Mrs. Douglas Domina by Richard & Janice Godin

**Sunday, Feb. 21<sup>st</sup> – First Sunday of Lent**

7:30-8:00 a.m. – All Saints – Confessions  
 8:15 a.m. – All Saints – Karen Balezos  
 10:00-10:20 a.m. – St. Isidore – Confessions  
 10:30 a.m. – St. Isidore – Elisé, Leonie & Gaston Begnoche by Therese Begnoche

**Please Pray For:** Erica Johnson, Joan Hahr, Christine Scanlon, Joe Noonan, Sarai Tirado, Sandy Morriell, Michael Daley, Mary Latimer, John Young, David Lindsey, Joel Rasco, Deborah Cuesta, Cecilia Fatzinger, Kristin Lotane, Dena Cassidy, Caroline Elkins, Ryan Skochin, Danielle Desnoyers, Dora Hurtubise, Russell Hilton, William Harlow, Cheryl McMurphy, David Robert, Christopher Martel, Leslie Garvey, Ann Twohig, Deborah Kneen, Caroline Daberer, Sue Rhodes, Terry Kneen, Joel Rivera, Pat Carroll, Joseph Adams III, Liza Farrar, Mary Parent, Jerry Tatro, Denise Brier, Scott Patterson, Jackey Garrow, Kelly Nuovo, Annie Button, Amber Kneen, Richard Ploof, Jessica Pomerleau-Honlon, Kaida, Father Jordan, a Parishioner, the recently deceased, Betsy Snider, Peter Fournier, Tara Stubbs, Gloria Weld, Steven Tracy, Gerry Seewaldt, Alexander Walter, Geoff Jackson, Sandy Paquette, and all Soldiers.

To add someone to the prayer line please call Suzanne Lavalla @ 848-7462

**Receipts: February 7, 2021**

**All Saints** Amount needed in Sunday Offertory \$1,440.00

Offertory	1,337.00
Food Shelf	152.00
Energy \$20; Easter Flower Donation \$20=	40.00
Donations	210.00

**St. Isidore** Amount needed in Sunday Offertory \$705.00

Offertory	430.00
Food Shelf	101.00
Donation	500.00
Votive Candles	60.00

*Thank you to all who are supporting our parishes with your monetary gifts and offerings. God bless you ever more!*

**Second Collection:**

**Feb. 14:** Support the Church in Central & Eastern Europe

**February 21:** Home Missions

**Calendar of Events:**

~Sun., Feb. 14<sup>th</sup>: **NO** K of C meeting at Dorion Hall  
 ~Friday, Feb. 19<sup>th</sup>: Rosary Cenacle at All Saints at 5:45pm  
 Please come. Our world needs our prayers  
 ~Saturday, Feb. 20<sup>th</sup>: Stations for life at 3pm at All Saints  
 ~Sat., Feb. 20<sup>th</sup>: Chili Take-Out at 4:30-6pm @Dorion Hall  
 ~Sunday Mornings @All Saints: Recitation of the Holy Rosary

**Christ Our Hope Campaign**

**Our Parish Goals and Progress: (updated 02/09/2021)**

**All Saints – \$14,392 raised toward goal of \$77,643 ~ 19%**  
**St. Isidore – \$11,360 raised toward goal of 40,539 ~ 28%**

*Thank you for supporting our bulletin:*

*Premier Signs & Graphics*

*Indoor & Outdoor Signs, Canvas Prints, and more...*

*802-848-3151*

**Ash Wednesday Almsgiving Collection**

There will be a special collection on Ash Wednesday to support Vermont Catholic Charities. This agency provides financial and emotional support to individuals and families throughout Vermont through the programs offered which include Counseling, Emergency Aid, Prison Ministry, and Residential Care Homes. Donations can be made through our website

<https://www.vermontcatholic.org/ministries-programs/catholic-charities/ash-wednesday-appeal/> or by

mailing a check to Vermont Catholic Charities, 55 Joy Drive, South Burlington, VT 05403. Please know that every gift—whatever the size—makes a difference. Thank you for your generosity.

**Weekly Lenten Retreat with Mark**

Using the booklet "Getting to Know Jesus: Mark" by Kevin Perrotta, this is a 6-week session which will begin Wednesday, Feb. 24<sup>th</sup> from 6 to 7:30pm at Dorion Hall or on Facebook live. Reserve your book with Armand at [armandauclair@gmail.com](mailto:armandauclair@gmail.com) or order on-line with ISBN# 0-8294-1447-9.

**CHILI TAKE-OUT (MILD CHILI)**

**All Saints Dorion Hall**

**Saturday, February 20<sup>th</sup> From 4:30pm to 6pm**  
**Including Cornbread and Brownie ~ Cost: by Donation**

**Ash Wednesday Mass Schedule**

St. Anthony – 9:00 AM  
 St. Isidore – 9:00 AM  
 St. John the Baptist – 5:30 PM  
 All Saints – 6:00 PM

**Stations of the Cross – Fridays during Lent:**

St. Anthony – 7:00 pm  
 St. John the Baptist – 7:00 pm  
 All Saints – 6:30 pm

## Spiritual Weapons: Fasting by Sam Guzman

(adapted from: <https://catholicgentleman.net/2014/04/spiritual-weapons-fasting/>)

*“Fasting gives birth to prophets and strengthens the powerful; fasting makes lawgivers wise. Fasting is a good safeguard for the soul, a steadfast companion for the body, a weapon for the valiant, and a gymnasium for athletes. Fasting repels temptations, anoints unto piety; it is the comrade of watchfulness and the artificer of chastity. In war it fights bravely, in peace it teaches stillness.”* – St. Basil the Great

Are you struggling with a sin? I mean a sin that you just can't seem to get rid of; a sin that keeps you in a constant state of guilt and despair. You've prayed, you've frequented the sacraments, but you just can't seem to break its hold. We've all been there at one point or another, and such struggles are part and parcel of the spiritual life. But it doesn't have to be that way. If you want to energize your spiritual life, if you want to slay a sin that has you in bondage, if you want to grow in union with God, take up the holy weapon of fasting. For as Jesus said, there are some demons that *“cannot be driven out by anything but prayer and fasting.”*

From her earliest days, the Church has taught the need for asceticism in the life of every Christian. For our purposes, asceticism can be loosely defined as self-denial with the ultimate goal of self-control. And this self-denial most often takes the form of fasting, or some other bodily penance/sacrifice.

Asceticism is necessary for everyone because of our passions—intense fleshly desires, which are sometimes referred to as concupiscence. Experience teaches us that we often lead about by these desires in a way we can barely control. St. Paul tells us that *“the impulses of nature and the impulses of the spirit are at war with one another.”* This war is so intense that our passions often lead us to do things we don't want to do, and we find ourselves saying, *“My own actions bewilder me; what I do is not what I wish to do, but something which I hate.”*

Keep in mind that the passions of our flesh are not necessarily wrong, but because of our fallen nature, they are out of control and they want to dominate us. Left unchecked, our passions will lead us to soul destroying behavior like gluttony, hatred, disordered sexual acts, or addictions of all kinds. Eventually, their dominion will lead us to hell. *“The sinful passions...yield increase only to death,”* explains St. Paul.

Faced with the reality of the passions, it can be easy to become discouraged and think we can never overcome them. We cry, *“Pitiable creature that I am, who is to set me free from a nature thus doomed to death?”* Fortunately, that's not the end of the story, and we are not left as helpless slaves to concupiscence. *“The spiritual principle of life has set me free, in Christ Jesus, from the principle of sin and death.”* Through the grace of God, and by walking in the new life purchased for us by Jesus Christ, we can overcome and subdue our passions. We can live as children of God, free from the law of sin that leads to death. So how do we find this freedom practically speaking? Again, St. Paul explains:

*“Nature has no longer any claim upon us, that we should live a life of nature. If you live a life of nature, you are marked out for death; if you mortify the ways of nature through the power of the Spirit, you will have life.”* *“Those who belong to Christ have crucified nature, with all its passions, all its impulses.”* In other words, we find freedom from the passions by mortifying them, putting them to death, through the practice of grace-empowered asceticism—specifically, fasting. Fasting helps us tame the wild stallion of our flesh and bring it under the bridle of self-control.

## How to Fast: A Practical Guide

**1. Start with the basics** – The first step in fasting is obeying the law of the Church—fasting on Ash Wednesday and Good Friday, abstaining from meat on Fridays, and observing the Eucharistic fast (do not eat or drink one hour before communion). Regarding abstaining from meat on Fridays *outside of Lent*, it's true that it is technically not required in the U.S., but some sort of food-based penance or sacrifice *is* still required. But instead of trying to invent some new penance, why not just stick with what Catholics have always done? Give up your flesh for Christ on Fridays, because Christ gave up His Flesh for you on a Friday. So, start with the basics and obey the law of the Church without grumbling or complaining.

**2. Add more** – We should never be satisfied with the bare minimum. We should seek to constantly pursue a deeper conversion. St. Francis de Sales gives some good advice in this regard: *“If you are able to fast, you will do well to observe some days beyond what are ordered by the Church, for besides the ordinary effect of fasting in raising the mind, subduing the flesh, confirming goodness, and obtaining a heavenly reward, it is also a great matter to be able to control greediness, and to keep the sensual appetites and the whole body subject to the law of the Spirit; and although we may be able to do but little, the enemy nevertheless stands more in awe of those whom he knows can fast.”* Accordingly, once you've begun to follow the law of the Church, build on that foundation to include fasting in other ways.

Skip one meal extra a week, like breakfast or lunch. In addition to Fridays, Wednesdays are traditional days of fasting, so that might be a good day to start with. Deny yourself dessert on set days. Skip salt on your food. Fast from soda. Skip the alcohol – even if it's just that last sip, or cigarettes – that last puff. Don't eat between meals. It sounds easy, but try it, you may find it's quite hard. Include things besides food. For example, fast from all technology one day a week. Drink only water. Fast from hot water showers, take them cold. You don't have to fast from all of these things all of the time. It is best to choose set days for fasting, like the Wednesdays or Fridays; doing so helps keep our fasting consistent.

**3. Fast from sin** – Of course.

**4. Pray** – Fasting is not simply a matter of will power. Grace is absolutely necessary. While fasting energizes prayer, prayer energizes fasting. Both are weak without the other. As you fast to conquer your passions, pray constantly for the grace of God to flood your soul, beg for the virtues in which you need to mature, and ask for strength.

**5. Beware of Pride** – With any kind of self-discipline, penance, or fasting comes a temptation to pride. We face the danger of believing that we are superior to others because we fast, or thinking that fasting is an end in itself. But fasting itself is never the goal, nor does it make us perfect or more spiritual than others. Rather, fasting is an aid, a training tool in our ascent toward perfection, which is found in a pure, self-giving love of God and neighbor. *“Be on your guard when you begin to mortify your body by abstinence and fasting,”* says St. Jerome, *“lest you imagine yourself to be perfect and a saint; for perfection does not consist in this virtue. It is only a help; a disposition; a means though a fitting one, for the attainment of true perfection.”*

*JESUS also, that He might sanctify the people through His own blood, suffered outside the gate. Hence, let us go out to Him outside the camp, bearing His reproach. For here we do not have a lasting city, but we are seeking the city which is to come.*

~ Hebrews 13: 12-14

### **A Prayer for Pregnant Mothers**

**O** Blessed Mother, you received the good news of the incarnation of Christ, your Son, with faith and trust. Grant your protection to all pregnant mothers facing difficulties. Guide us as we strive to make our parish communities places of welcome and assistance for mothers in need. Help us become instruments of God's love and compassion. Mary, Mother of the Church, graciously help us build a culture of life and a civilization of love, together with all people of good will, to the praise and glory of God, the Creator and lover of life. Amen.