

Saint Luke's at IMMACULATE CONCEPTION

AT 8TH AND N STREETS NW
WASHINGTON DC

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The Very Rev. Fr. Mark W. Lewis
Pastor
pastorstlukesdcordinariate@gmail.com

Welcome to St. Luke's
at Immaculate Conception.
We are delighted to have you with us.
We are a parish of the
Personal Ordinariate of
the Chair of Saint Peter,
which was established on January 1, 2012
by Pope Benedict XVI in response to
repeated requests by Anglicans
seeking to become Catholic.
Ordinariate parishes are fully Catholic
while retaining elements of
their Anglican heritage and traditions,
including liturgical traditions.

If you are visiting,
please make yourself known to
Fr. Mark Lewis and join us for refreshments
after the Mass
in the school auditorium.

Masses are Sunday through Friday,
8:30 am

THE PERSONAL ORDINARIATE OF
THE CHAIR OF SAINT PETER
That we all may be one



THE FIRST SUNDAY IN LENT MARCH 5, 2017

DAYLIGHT SAVING TIME BEGINS NEXT WEEKEND.

Don't forget to reset your clocks next Saturday evening.
"Spring forward, fall back."

FRIDAY ABSTINENCE IN LENT

All the Fridays of Lent are days of abstinence from meat.

Abstinence laws require that Catholics not consume meat from land animals and birds—such as chickens, cows, sheep, or pigs. [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).] Salt and freshwater species of fish, amphibians, reptiles (cold-blooded animals), and shellfish are permitted.

MARCH CORPORAL WORK OF MERCY: LENTEN FOOD DRIVE

St. Luke's corporal act of mercy for March will be participation, with the assistance of the Knights of Columbus, in Catholic Charities' Lenten Food Drive, which serves food-insecure families and individuals. We will distribute grocery bags for parishioners to take home and fill after Sunday Mass on March 19th; the collection of the bags will take place the following Sunday March 26th.

THE BISHOP'S APPEAL

This yearly campaign provides much-needed pastoral and administrative support to all the parishes and parochial communities of the Personal Ordinariate of the Chair of St. Peter. Our parish has a goal of \$10,502 for this year's appeal. Can you help the Ordinariate meet the challenges we now face? Please complete a pledge card today. You may also visit ordinariate.net/bishops-appeal to make your donation. Your generosity will allow our Ordinariate to grow and thrive! Thank you for your support.

KEEP IN TOUCH WITH ST. LUKE'S!

Friend us on Facebook at facebook.com/StLukesOrdinariate

Follow us on Twitter at [@StLukesDC](https://twitter.com/StLukesDC)

Or join our mailing list for the Friends of St. Luke's by emailing StLukesDCordinariate@gmail.com, or filling out a form at StLukesOrdinariate.com

THIS WEEK

TUESDAY, MARCH 7TH

Perpetua and Felicity, Martyrs

WEDNESDAY, MARCH 8TH

John of God, Religious

Ember Wednesday in Lent

THURSDAY, MARCH 9TH

Frances of Rome, Religious

FRIDAY, MARCH 10TH

Ember Friday in Lent

SATURDAY, MARCH 11TH

Ember Saturday in Lent



KNOW YOUR FAITH

SAINTS PERPETUA AND FELICITY (believed to have died in 203 AD) are Christian martyrs of the 3rd century. Vibia Perpetua was a married noblewoman, said to have been 22 years old at the time of her death, and mother of an infant she was nursing. Felicity, a slave imprisoned with her and pregnant at the time, was martyred with her. They were put to death along with others at Carthage in the Roman province of Africa.

The Passion of St. Perpetua, St. Felicitas, and their Companions is one of the oldest and most notable early Christian texts. It survives in both Latin and Greek forms, and purports to contain the actual prison diary of the young mother and martyr Perpetua. Scholars generally believe that it is authentic although in the form we have it may have been edited by others.



Purple insert

PROCESSIONAL Lenten Prose

schola
stand

INTROIT *Invocabit me* [Psalm 91: 15, 16, 1]

He shall call upon me, and I will hearken unto him; I will deliver him, and bring him to honour: with length of days will I satisfy him. Ps. Whoso dwelleth under the defense of the Most High: shall abide under the shadow of the Almighty. Glory be...He shall call...

Missal p.1

INTRODUCTORY RITES Collect for Purity & Summary of the Law

Hymnal #710

KYRIE [Healey Willan]

Missal p.2

COLLECT

O Lord who for our sake didst fast forty days and forty nights: give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory; who livest and reignest with the Father, in the unity of the Holy Spirit, ever one God, world without end **Amen**.

sit

FIRST READING *Genesis 2: 7-9; 3: 1-7*

The LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living soul. And the LORD God planted a garden in Eden, in the east; and there he put the man whom he had formed. And out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. Now the serpent was more subtle than any other wild creature that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat of any tree of the garden?'" And the woman said to the serpent, "We may eat of the fruit of the trees of the garden; but God said, 'You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons.

GRADUAL *Angelis suis* [Psalm 91: 11, 12]

He shall give his angels charge over thee: to keep thee in all thy ways. *V.* They shall bear thee in their hands: that thou hurt not thy foot against a stone.

SECOND READING *Romans 5: 12-19*

Brethren: As sin came into the world through one man and death through sin, and so death spread to all men because all men sinned--sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sins were not like the transgression of Adam, who was a type of the one who was to come. But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift in the grace of that one man Jesus Christ abounded for many. And the free gift is not like the effect of that one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Then as one man's trespass led to condemnation for all men, so one man's act of righteousness leads to acquittal and life for all men. For as by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

schola

TRACT *Qui habitat* [Psalm 91: 1-7, 11-16]

Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty. *V.* I will say unto the Lord, Thou art my hope and my stronghold: my God, in him will I trust. *V.* For he shall deliver thee from the snare of the hunter: and from the noisome pestilence. *V.* He shall defend thee under his wings: and thou shalt be safe under his feathers. *V.* His faithfulness

and truth shall be thy shield and buckler: thou shalt not be afraid for any terror by night. ☩ Nor for the arrow that flieth by day; for the pestilence that walketh in darkness: nor for the sickness that destroyeth in the noon-day. ☩ A thousand shall fall beside thee, and ten thousand at thy right hand: but it shall not come nigh thee. ☩ For he shall give his Angels charge over thee: to keep thee in all thy ways. ☩ They shall bear thee in their hands: that thou hurt not thy foot against a stone. ☩ Thou shalt go upon the lion and adder: the young lion and the dragon shalt thou tread under thy feet. ☩ Because he hath set his love upon me, therefore will I deliver him: I will set him up, because he hath known my Name. ☩ He shall call upon me, and I will hear him: yea, I am with him in trouble. ☩ I will deliver him, and bring him to honour: with long life will I satisfy him, and show him my salvation.

stand **GOSPEL** Matthew 4: 1-11

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" Then the devil took him to the holy city, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down; for it is written, 'He will give his angels charge of you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'" Jesus said to him, "Again it is written, 'You shall not tempt the Lord your God.'" Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; and he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Begone, Satan! for it is written, 'You shall worship the Lord your God and him only shall you serve.'" Then the devil left him, and behold, angels came and ministered to him.

sit **HOMILY**

Cream insert **THE NICENE CREED** [Merbecke]

Missal p.25 **THE PRAYERS OF THE FAITHFUL**

Missal p.5 **THE PENITENTIAL RITE**

Missal p.6 **THE COMFORTABLE WORDS**

schola **OFFERTORY CHANT** *Scapulis suis* [Psalm 91: 4, 5]

sit He shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

Hymnal #567 **OFFERTORY HYMN** *Lead Us, Heavenly Father, Lead Us*

stand

Missal p.7 **THE OFFERTORY**

Missal p.12 **THE EUCHARISTIC PRAYER [ROMAN CANON]**

Hymnal #797 **SANCTUS** [Healey Willan]

Missal p.19 **THE LORD'S PRAYER**

stand

Hymnal #712 **AGNUS DEI** [Healey Willan]

Missal p.20 **THE PRAYER OF HUMBLE ACCESS**

schola **COMMUNION** *Scapulis suis* [Psalm 91: 4, 5]

The Lord shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

choir **COMMUNION MOTET** *O Vos Omnes* [de Mantua]

Missal p.22 **POST COMMUNION PRAYER AND CONCLUDING RITE**

Missal p.35 **THE LAST GOSPEL**

Hymnal #55 **RECESSIONAL** *Forty Days and Forty Nights*

DC METRO CATHOLIC NEWS

GOD'S SERVANT FIRST

THE LIFE AND LEGACY OF THOMAS MORE
Over 60 relics and artifacts bring to life the courageous witness of a great man in a special exhibit, *God's Servant First: The Life and Legacy of Thomas More*. This exhibition features treasures from the Stonyhurst College Collections in England and is available to view only at the Saint John Paul II National Shrine. The exhibit will be open daily until March 31, 2017, at the Saint John Paul II National Shrine [3900 Harewood Road NE, Washington DC]. **This is the last month for this special exhibition; you don't want to miss it.**

THEOLOGY ON TAP

WHOLE 40 LENTEN DETOX: PRAYER

March 14 @ 6:00 pm - 8:00 pm

Featuring Fr. Chris Seith, Parochial Vicar, Our Lady of Mercy, Bethesda, MD

Join young adults Tuesday evenings at Buffalo Billiards in Dupont Circle for our 4 week TOT series. All young adults (21-late 30s) are invited for Happy Hour specials from 6-7pm with a talk and Q/A to follow from 7-8pm.

Must have valid 21+ ID to enter.

Learn more at www.facebook.com/DCCatholic | www.adw.org/tot or email Jonathan Lewis at DCCatholic@adw.org.

NATURAL FAMILY PLANNING

BILLINGS OVULATION METHOD: BETHESDA
Introductory class on the Billings Ovulation Method of Natural Family Planning will be offered Tuesday, March 7, 2017 at 8 PM in the Library of Our Lady of Lourdes School, 7500 Pearl Street, Bethesda, MD 20814. Parking is available in the church lot across from the school. There is no fee for this class but a one time donation of \$ 25.00 is welcome. Follow-up appointments are arranged individually and are available as long as needed to understand and follow the Billings Method.

Call 301-897-9323 or email hannaklaus@gmail.com to reserve a



ONLINE GIVING

St. Luke's now provides Online Giving, a safe and convenient way to support St. Luke's.

Getting started is easy—just visit our website and follow the simple instructions.

StLukesOrdinariate.com/online-giving/

Questions or concerns? Contact Susan White at StLukesDCOrdinariate@gmail.com for information or assistance.

PRAYERS FOR THE SICK

Those who have asked for our prayers: Lelia Moran, Anne White, JoAnn Lewis, Doris Johnson, J.D. Ruff, Charles Sommerkamp; and all who are sick and all caregivers who minister to the sick. Please call or email the office to add a name to the prayer list. **Before calling, please be sure you have spoken to the person [or a member of his family] about adding the name—we do not want to inadvertently disregard someone's desire for privacy.**

Names of those who are sick or injured will be kept on the list for 3 weeks unless you specifically request a shorter period of time or call to ask that the name be removed. Names added this week will appear in **boldface type**.

REQUEST A MASS INTENTION

You are invited to make an offering in honor of a deceased or living loved one, a person's birthday, anniversary, or any another special occasion. These mass intentions will be offered by Fr. Lewis at our 8:30 am masses. Forms for mass intentions [as well as mass cards to share your intention] are available on the information table at coffee hour; requests also may be emailed to MassIntentionsStLukes@gmail.com. The usual mass stipend is \$10. An offered mass will give both spiritual support for your loved ones and material support to our fledgling parish.

WE NEED NEW VESTMENTS

Next year, our deacon candidate will be ordained. When that happens we will need to vest him, as well as vesting one of our Instituted Acolytes to serve as subdeacon. Therefore, St. Luke's needs green and purple dalmatics (\$748 each), to match our chasubles, as well as tunicles (\$738 each) and maniples (\$75 each). We would also like to purchase both a white and a purple cope (\$800 each). Contact the parish office if you would be interested in making a gift of vestments.

BULLETIN DEADLINE

All bulletin announcements and inserts must be submitted no later than the Monday before the publication date. Submissions should be made by email to StLukesDCOrdinariate@gmail.com.

SERVING NEXT SUNDAY, MARCH 12TH

USHERS Mary Augustus, Ada Okafor

LECTOR Gloria Deigh

COFFEE HOUR HOST Charlotte Hays

ALTAR SERVERS Patrick Delaney, Mark Arbeen, Sherman Worrell, Paul Henderson, David Lewis, Mark Lasslett, Mike Henderson, Gary Schenk



EMBER DAYS are four separate sets of three days within the same week – specifically, the Wednesday, Friday, and Saturday – roughly equidistant in the circuit of the year, that are set aside for fasting and prayer and contemplation of the glory of God through his creation. We are encouraged to think about the many gifts that God has given us, and to

pray for the temperance to use those gifts in moderation and in the spirit they were granted.

Thus, the four instances take place near the turning of the seasons; this week's is near the transition from Winter to Spring, while the others are 1) between the First and Second Sundays of Advent 2) between Pentecost and Trinity Sunday and 3) the liturgical third week of September, of the week of September 14th.

The Ember Days are known in Latin as the *quattuor anni tempora* (the “four seasons of the year”), or formerly as the *jejunia quattuor temporum* (“fasts of the four seasons”). The four quarterly periods during which the ember days fall are called the embertides. These fasts are rooted in Old Testament practices of fasting four times a year:

Thus saith the Lord of hosts: The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth shall be to the house of Juda, joy, and gladness, and great solemnities: only love ye truth and peace. [Zacharias 8:19]

Our Israelite ancestors once fasted weekly on Tuesdays and Thursdays, but Christians changed the fast days to Wednesdays (the day on which Christ was betrayed) and Fridays (the day on which He was crucified). The weekly two day fasts were later amended in the Roman Church to keeping only Fridays as penitential days, but during Embertides, the older two-day fasts are restored. Saturdays (the day He was entombed) were added to these Ember times of fasting and are seen as a sort of culmination of the Ember Days.

PARISH MINISTRIES

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