

ABSTINENCE AND FASTING DURING LENT

Abstinence The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Fridays in honor of the Passion of Jesus on Good Friday. Meat is considered to be the flesh and organs of mammals and fowl. Also forbidden are soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal derived products such as margarine and gelatin which do not have any meat taste.

For most people the easiest practice to consistently fulfill will be the traditional one, to abstain from meat on all Fridays of the year. **During Lent** abstinence from meat on Fridays is obligatory in the United States as elsewhere.

Fasting The law of fasting requires a Catholic from the 18th Birthday (Canon 97) to the 59th Birthday (i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday) to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem to be contrary to the spirit of doing penance.

Those who are excused from fast or abstinence

Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

Aside from these minimum penitential requirements Catholics are encouraged to impose some personal penance on themselves at other times. It could be modeled after abstinence and fasting. Some people give up meat entirely for religious motives (as opposed to those who give it up for health or other motives). Such freely chosen fasting could also consist in giving up something one enjoys - candy, soft drinks, smoking, that cocktail before supper, and so on. This is left to the individual.

NEW HOURS FOR ST. VINCENT DE PAUL


Starting Thursday, February 11, 2016 St. Vincent de Paul will only be open on Thursdays from 8:30 AM to 11:00 AM. For emergencies, please call 432-270-5029.

2016 LENT/EASTER SCHEDULE

Tuesday, February 9, 2016 – 10:30 AM – Parkview Mass and Imposition of Ashes

Ash Wednesday Schedule- February 10, 2016

7:00 am –Holy Trinity - Mass and imposition of Ashes

9:30 am – Howard County Jail- Word- Service and imposition of ashes

10:00 am-Big Spring State Hospital - Word Service and imposition of Ashes

10:00 am Lamun Lusk Sanchez – Word-Service and imposition of Ashes

11:00 am- Veteran’s Hospital- Word- Service and imposition of ashes

12:15 pm- Holy Trinity - Word Service and imposition of ashes

5:15 pm- Holy Trinity - Mass and imposition of ashes

7:15 pm –Holy Trinity - Mass and imposition of ashes

Ash Wednesday Fish Fry- Beginning at 5:30 pm-8:30 pm Family Center

Thursday, February 11, 2016

10:30 am - Skilled Care Center- Mass and imposition of Ashes

2:00 pm Canterbury South- Mass and imposition of Ashes

7:00 pm-8:00 pm - Confessions

Sunday, February 14, 2016 – Rite of Sending

Thursday, February 18, 2016 – Confessions

Sunday, February 21, 2016 - Rite of Election

Thursday, February 25, 2016- Confessions

VALENTINE’S DAY BAKE SALE

Youth group is having a bake sale after all Masses next weekend, Saturday, February 13, 2016 and Sunday, February 14, 2016.

Come by and buy some sweets for your sweet!

Pro-life Hotline...1-800-395-HELP



February 7 Since the right to health care is based on the right to live, it is also clear that what attacks life is not health care at all, and not a legitimate goal of health care reform. Richard Doerflinger, associate director of USCCB's Pro-Life Directorate

PRAYER MEETING – Spanish – Todos los miércoles, 7:30 PM después de la Misa, en la capilla.
PRAYER MEETING – English – All are welcome on Wednesdays at 7 PM in East Room to join us for praise, teaching, and prayer for healing.

ADORATION OF THE BLESSED SACRAMENT
Fridays starting after the 7:00 AM Mass till Noon in the side Chapel.
Pro-Life Rosary from 12 to 12:15 PM
Benediction - after the Rosary.

LADIES BIBLE STUDY
Ladies Bible Study is on Tuesdays from 11:45 AM – 1:15 PM in the East Room. The study is The Letter of Paul to the Ephesians. All ladies are welcome to join.

Catholic Inquiry Class

Do you know someone who is always asking you Why Do Catholics Genuflect, Worship Idols, And Mary?? Have a friend or loved one who is thinking about joining the Catholic Church, or are you a baptized Catholic adult in need of Reconciliation (Confession), First Communion, and Confirmation? Come join us on Monday at 6:30-8:00 PM in the East Room.
February 8-Eucharist

DOORS OF MERCY IN THE DIOCESE OF SAN ANGELO

San Angelo: Sacred Heart Cathedral, 19 S. Oakes St
Midland: Our Lady of Guadalupe Shrine, 1401 E. Garden Lane Abilene: Sacred Heart Church, 837 Jeanette
Odessa: St. Mary Church 612 E. 18th.
Holy Door Brochures at the entrance of church.

CATHOLIC CHRISTIAN EDUCATION (CCE)

If you have any questions, please give us a call at 432-714-4930.
Sunday – K thru 5 - 9:45 AM-10:45 AM
Wednesday – 6 thru 12 – 6:30 PM-8:00 PM

SEARCH FOR CHRISTIAN MATURITY

The Search for Christian Maturity, a weekend Catholic program for high school and college-age people of our Diocese. Jesus' answer too many of our problems are presented. It promises to be a worthwhile weekend. If you are interested in attending, contact Merlinda Morón or the church office, 714-4930.

MARRIAGE

Please call the office, 714-4930, at least six months prior to planning wedding.

SICK VISITATION

Please call the office, 714-4930, to give us the names of the people who would like to receive Holy Communion or have a visit from the priest.

QUINCEAÑERA

Two years of religious education is required by the diocese. Please call the office, 714-4930, for more information.

REQUIREMENTS FOR BAPTIZING:

To baptize infants we require Parents to provide the child's court issued Birth Certificate. Parents must be registered in the Church. Godparents must provide a copy of their Baptismal, First Communion, and Confirmation Certificates. Married Godparents will also need to provide their certificate of marriage in the Catholic Church. For more information, please call the Parish Office, 714-4930.
Bautismo de niños/as los papás necesitan presentar el certificado de nacimiento de la corte del niño(a). Los padres deben estar registrados en la iglesia. Los padrinos necesitan presentar sus certificados de Bautismo, Primera Comunión y Confirmación. Los padrinos casados deben de presentar su certificado de matrimonio en la iglesia católica. Para más información por favor llame a la oficina parroquial, 714-4930.

HALL RENTAL

The new policy on the hall rental was approved on January 26, 2015 by the parish council and Msgr. Gully.
The **deposit of \$50 is required** at the time of reservation.
The **insurance fee** has to be sent to San Angelo Diocese **30 days before the event.**
Classroom Rental:
Deposit \$50- Rental \$50- Insurance \$120
School Hall Rental:
Deposit \$50- Rental \$150- Insurance \$120
OLG Family Center Rental:
Deposit \$50- Rental \$300- Insurance \$120

SUNDAY MASS ATTENDANCE
01/31/16

Mass	Attendance	Communion
5:00 PM	260	168
8:30 AM	160	85
11:00 AM	337	159
Total	757	412

St. Vincent de Paul
270-5029

SECOND COLLECTION NEXT WEEKEND
SATURDAY, FEBRUARY 13 AND SUNDAY,
FEBRUARY 14

BLACK AND INDIAN MISSION/CATHOLIC EXTENSION SOCIETY COLLECTION
The Black and Indian Mission Collection exists to help local African American and Native American Diocesan Communities throughout the United States. Catholic Extension Society made 1,221 grant payments and provided funding of \$32 million to 94 under-resourced mission dioceses across the country.

ASH WEDNESDAY COLLECTION

The Church in Latin America, The Church in Africa, And The Church in Central and Eastern Europe

On Ash Wednesday, February 10, 2016, all the parishes of our diocese will take up a collection for three important causes: the Church in Latin America, the Church in Africa, and the Church in Central and Eastern Europe. Our gifts will be joined with contributions from Catholics throughout the United States to provide grants that fund projects to build new churches, form priests and religious, and train lay evangelization leaders for local parish communities. Your support will truly make a difference. Thank you for this expression of solidarity with our Catholic brothers and sisters around the world.



Sunday Collection
01/31/2016

Envelope	\$5,124.05
Loose	\$1,889.00
Total	\$7,013.05
Catholic Schools	\$1,398.70

Average Collections per week needed: \$9,335.00

THANK YOU FOR YOUR GENEROSITY!

TO BE A CHRISTIAN STEWARD
What identifies a steward? Safeguarding material and human resources and using them responsibly are one answer; so is generous giving of time, talent, and treasure. But being a Christian steward means more. As Christian stewards, we receive God's gifts gratefully, cultivate them responsibly, share them lovingly in justice with others, and return them with increase to the Lord.



CURSILLO CORNER

Spanish Cursillo
Men's – Thursday, April 28-Sunday, May 1 – St. Mary's, Odessa
Women's – Thursday, July 28-Sunday, July 31 – To Be Announced

English Cursillo
Men's – Thursday, July 21-Sunday, July 24 – St. Mary's, Odessa
Women's – Thursday, June 23-Sunday June 26 – St. Mary's, Odessa
For more information or questions please call the office, 432-714-4930.

SPANISH ULTREYA - Todos los lunes, 7:00 PM en el salón de Holy Trinity Parish Hall.
Todos están invitados a venir y disfrutar de la beca.

SCHEDULE OF ENGLISH ULTREYAS

Sunday, February 17, 2016 7:00 PM in East Room.
Tuesday, March 1, 2016 7:00 PM in East Room
All are invited to come and enjoy the fellowship.



This Lent, as they have for four decades, millions of Catholics around the United States will place a colorful cardboard box and calendar in their homes to begin a spiritual journey that changes lives around the world.

They will be participating in the 41st year of CRS Rice Bowl, a program with an effect that goes far beyond the funds it raises for those who need support and services in communities throughout the United States and overseas.

PRAY FOR THE RECENTLY DECEASED AND THE FAMILIES OF THE DECEASED:

We extend our sincere sympathy to the family of the late **Aniceto 'Ernest' Aguinaga** who died this past week. We commend their souls and the intentions of the family to our continuing prayers.

PRAYER FOR THE SICK

Mary Jo Guerra, Debbie Felts, Domingo Cerrato, Isabel Garza, Kaleb Zengar, Flora Willberg, Alberto Morales, Jeannie Adams, Angie Hernandez, Beatrice Franco, Josh & Yvette Preston, Domingo Rocha. Call the office at 714-4930 to add the names in the bulletin. **Only the person needing or immediate family member may request to be added to the prayer list.**



"Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets?"

Luke 5:5

**Readings for the Week of
February 7, 2016**

Sunday Fifth Sunday in Ordinary Time Is 6:1-2a, 3-8; Ps 138:1-2, 2-3, 4-5, 7-8; 1 Cor 15:1-11 or 15:3-8, 11; Lk 5:1-11

Monday Saint Jerome Emiliani; Saint Josephine Bakhita, Virgin 1 Kgs 8:1-7, 9-13; Ps 132:6-7, 8-10; Mk 6:53-56

Tuesday 1 Kgs 8:22-23, 27-30; Ps 84:3, 4, 5, and 10, 11; Mk 7:1-13

Wednesday Ash Wednesday Jl 2:12-18; Ps 51:3-4, 5-6ab, 12-13, 14, and 17; 2 Cor 5:20—6:2; Mt 6:1-6, 16-18

Thursday Our Lady of Lourdes Dt 30:15-20; Ps 1:1-2, 3, 4, 6; Lk 9:22-25

Friday Is 58:1-9a; Ps 51:3-4, 5-6ab, 18-19; Mt 9:14-15

Saturday Is 58:9b-14; Ps 86:1-2, 3-4, 5-6; Lk 5:27-32

Sunday First Sunday of Lent Dt 26:4-10; Ps 91:1-2, 10-11, 12-13, 14-15; Rom 10:8-13; Lk 4:1-13

SANCTUARY CANDLE

[HT] February 7 – Mark, Dylan, Coytt Corrales



SATURDAY, February 6, 2016

- 5:00 PM – [HT] +Howard Stevens by *Karen Stevens*; **St. Jude** by *Mary Lou Saldana*; +Donna J. Arroyo Child of the Light by *Arroyo Family*; **St. Joseph S.I.** by *Jean Govea*; **St. Anthony S.I.** by *Jean Govea*; +Joey, +Ismael, +Rosendo Robles by *Marta Espinoza*; +Alex Escañuelas Sr. by *Yolanda Escañuelas*; Thanksgiving to **St. Michael & 7 Choirs of Angels** by *Lopez Family*; +Eddie Sr. & +Lori DeLeon by *Concha DeLeon*

SUNDAY, February 7, 2016

- 8:30 AM [HT] +Abraham Espinoza by *Marta Espinoza*
- 11:00 AM [HT] For the People; +Ruben, +Rosalia Billalba, +Santos, +Erlinda Lujan by *Family*; +Frances McKiski by *Family*; +Valentin Torres Jr. & +Amelia by *Gus Ochotorena Jr.*; +Margarita Ross by *Petra Rios-Rios*; +Alicia Paredez by *Margarita Corrales*; +Valentin Corrales by *Margarita Corrales*; +Raul Robles by *Anita Robles & Family*; +Bernabe & +Pascuala Ruiz by *Jr. & Dora Escañuelas*; +Mary Lou Rangel by *Willie Rangel*

MONDAY, February 8, 2016

- 7:00 AM [Chapel] Lisa P. Cruz by *Diane Ewing*

TUESDAY, February 9, 2016

- 7:00 AM [Chapel] Santo Nino de Atocha by *Consuelo Morales*
- 10:30 AM [Parkview] OPEN

WEDNESDAY, February 10, 2016

- 7:00 PM-[HT] +Pedro & +Manuela Baltazar by *M/M Steve Escañuelas*
- 10:00 AM [State] OPEN
- 5:15 PM [HT] Alicia Martinez B'day by *Salazar Family*
- 7:15 PM [HT] +Marie Lopez by *Lucy Flores-Chavarria*

THURSDAY, February 11, 2016

- 7:00 AM [BSSCC] OPEN
- 10:00 AM [Canterbury South] OPEN

FRIDAY, February 12, 2016

- 7:00 AM – [Chapel] +Elgen Suazo Death Anniv. by *Adrienne Bides*
- 6:00 PM [FCI] OPEN
- 7:00 PM [FCI] OPEN

SATURDAY, February 13, 2016

- 5:00 PM – [HT] For the People; **St. Anthony Thanksgiving** by *GML*; +Edward & +Estella Martinez by *Paula G. Martinez*; **Santo Nino de Praga** by *Librada Lopez*; +Conception Anderson by *Wanda Anderson*; +Tony & +Irene Guzman by *Margarita Corrales*; **Deceased Members of the Leo Starzyk Family** by *Joan LaFond*; **Mario Mier** by *Elsa Hilario*; +Irma Rios by *Yanez Family*; **Health of Augustin & Mina Garcia**

SUNDAY, February 14, 2016

- 8:30 AM – [HT] +Pablo Abundez by *Paul & Bonnie Abundez & children*
- 11:00 AM – [HT] +Gloria S. Ochotorena by *Gus Ochotorena Jr.*; +Elgen Suazo Death Anniv. by *Adrienne Bides*; **Health of Lausara Perez** by *Petra Rios-Rios*; +Ruben, +Rosalia Billalba, +Santos, +Erlinda Lujan, +Frances McKiski by *Family*; +Valentin Corrales by *Margarita Corrales*; +Mary Lou Rangel by *Willie Rangel*; +Raul Robles by *Anita Robles & Family*; **George & Belen Alvarez 50th Anniv.** by *Belen Alvarez*



Sunday's Reflections
1 Corinthians 15:1-11

THE GOSPEL IN A NUTSHELL

Each Sunday we recite the Creed. This statement contains our most profound beliefs. If someone asks what we believe, we might otherwise stammer and sputter. But we can always say what we have received, the Creed.

Other examples of early creeds can be found in the New Testament. One is in Paul's First Letter to the Corinthians. He says it is a statement he received from someone else, so it was already part of the Church's tradition in the first generation after Jesus. He writes, "that Christ died for our sins in accordance with the Scriptures; that he was buried; that he was raised on the third day in accordance with the Scriptures; that he appeared to Cephas [Peter], then to the Twelve."

So here it is: Jesus died and was buried, but he rose again and appeared to his closest followers. It all happened in fulfillment of prophecy, showing the plan of God's mercy reaching across the bands of time. That is the gospel in a nutshell.

Paul adds to it that Jesus made several other appearances, including one to a group of five hundred, and another to Paul himself. This is why Paul's faith was so strong. He personally experienced the risen Christ, and he believed in the significance of his dying and rising.

As do we. We proclaim it each week at church, and we live it each day at home, at work, and at play.

Written by Paul Turner. Copyright © 2009