

† Servant Leader †

PARISH EVENTS ON THE HORIZON

Today we take part in a crucial, yearly event - the Annual Catholic Appeal. The wonderful people of this parish family have always shown incredible generosity, and I have confidence that we will do our part in this time of great need.

What is the Annual Catholic Appeal?

Fifteen years ago, the Annual Catholic Appeal began in response to the severe need to help people in our own communities. The generosity of our people in response to the Annual Appeal through these years has enabled our social service organizations to help those who struggle to overcome severe poverty of mind, body, or spirit. The Annual Catholic Appeal is also a valuable way for individual parishes to enhance their own ministries to people in need, particularly visible this year and last since 25% of the funds raised in our parish are returned to assist programs in our Parish.

Why is this year so urgent?

There have been severe cuts in public and private funding that many programs supported by the Annual Appeal have relied upon in the past. These cuts have left them in imminent peril. Through our response to the Annual Appeal we can, and we must, ensure the continuation of these essential local ministries.

How is this different from the other Special Collections we are asked to support?

The Special Collections address very important needs outside the Diocese of Sacramento and even outside the United States. The Annual Catholic Appeal is specifically to assist and support those who suffer right here in our own local communities.

We pray for the continued success of the Annual Catholic Appeal in the words of Mother Teresa, "Lord, open our ears to hear the cries of the hungry, the cold, the oppressed."

Parish Mission

As part of our Lenten Journey, Holy Family will be celebrating a Parish Mission Monday, March 13th through Thursday March 16th featuring day and evening sessions. A Parish Mission is essentially a retreat for the whole parish community that runs over several days. During this time we focus on God's love for us and his place in our lives. Through the Word, music, prayer and ritual we are invited as a community to share more deeply in the life of Christ, crucified and risen.

It is a time to clear your calendars and join with our parish family, affirming our common faith and learning to live it every day. We are blessed in this process to have Fr. Richard Parks, our neighbor at Christ the King Retreat Center, to share his gifts with us. Fr. Richard has been giving parish missions for over 20 years throughout the United States and Canada. His love and

reverence for the Word of God shine forth through his inspirational and dynamic style of proclaiming the Word and preaching the life of faith.

Fr. Richard will be celebrating all of the Masses with us the weekend of March 11th and 12th to give us a glimpse of the wonderful opportunity we have before us during the following week. I encourage you to make room in your schedule for our Parish Mission and room in your hearts for the fruits of this celebration of the love of God in our lives.

Disciples on the Journey

For the past few years, Holy Family has offered a Lenten program to assist parishioners to encounter Christ and renew their faith, build Christian community, and in small, intimate groups. These programs give our family the opportunity to encounter Christ through individual and communal prayer, small faith sharing groups of adults and teens and special activities designed to enhance the experience.

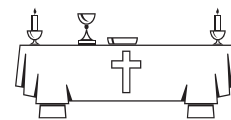
The program we are using again this year is "Disciples on the Journey" a wonderful resource that helps build community and affirm our faith. The program is designed for parishioners of all ages and was given high marks by those who participated in last year's program.

One of the keys to the success of such programs is lay leadership - the program has my endorsement and my support but it is celebrated by lay leaders with small groups in homes and classrooms. Leaders are offered training and formation to grow in their faith and develop new skills to serve the parish through this ministry.

I encourage all parishioners to consider participating in this spirit-filled, uplifting faith journey. Holy Family has much to offer in the upcoming season of Lent. Keep an eye on the bulletin for more details.

MASS INTENTIONS

Monday: Mike Curran +
Wednesday: Dorothy Long +
Saturday: Sandra Sherburn +



READINGS FOR THE WEEK

Mon: 1 Pt 1:3-9; Mk 10:17-27
Tue: 1 Pt 1:10-16; M 10:28-31
Wed: Ash Wednesday:
Jl 2:12-18; 2 Cor 5:20 - 6:2; Mt 6:1-6,16-18
Thu: Dt 30:15-20; Lk 9:22-25
Fri: Is 58:1-9a; Mt 9:14-15
Sat: Is 58:9b-14; Lk 5:27-32
Sun: First Sunday of Lent:
Gn 9:8-15; 1 Pt 3:18-22; Mk 1:12-15



ASH WEDNESDAY: During the Ash Wednesday liturgies, in unity with Catholics around the world, we are signed with ashes as a reminder of our baptism and as a call to Lenten baptismal renewal.



When we are signed with the ashes, we may hear some version of these words: "Remember, man, that you are dust, and unto dust you shall return." Not the most cheerful sounding words, to be sure, but they are a reminder to us all that no matter where we are in our life's journey, it is never too late (or too early) to reform, repent, and renew ourselves spiritually. So, then, these somber sounding words are actually full of joy - the joy of a "second chance", the joy of joining in Christ's glorious resurrection on Easter morning! Ash Wednesday is this week, March 1st, and the Mass schedule is as follows:

Wednesday, Mar. 1st Liturgy of the Word - 7:00 am*
 Masses: 8:30 am, 10:00 am (School Mass)
 6 pm & 7:30 pm (Spanish)

**If you would like to receive ashes before you go to work or school on Ash Wednesday, there will be a celebration of the Liturgy of the Word with the distribution of ashes at 7:00 a.m. The service will last for about 30 minutes.*

HOLY FAMILY LITURGY COUNCIL

PARISH MISSION COMING SOON!

As a key part of our celebration of Lent, Holy Family Parish will offer a Mission presented by Fr. Richard Parks. Fr. Parks has shared his spirit-filled, inspiring messages around the world, and we are blessed to have him as our neighbor at Christ the King Retreat Center.

The theme of our mission is "The Well of Life Giving Water" (Jesus and the Woman at the Well.) The mission will offer parishioners of all ages information on practical, helpful topics while strengthening the bonds of family and community, deepening prayer life and building relationships centered in God.

Fr. Parks will introduce the mission at all Masses on Saturday March 11 and Sunday March 12. Don't miss out!

PRAYER CORNER

Please remember in your prayers:

Barbie Adorno, Peter Alvarez, Marcel Arnal, Mary Avila, Jack Barca, Cody Bartley, Ray Bechler, Teresa Bennett Smith, Charles Black, Jill Boyd, Bernard Burke, Rita Crutcher, Diane Cummings, Maria Dixon, Greg & Roni Etzel, Andrew Flores, Roman Fontana, Frances & Leo Girard, Evelyn Gonsalves, Robert Gonzaga, Max Guerra, Charlene Gutierrez, Rick Gutierrez, Stanley Hayes, Maria Mamauog, Maria Martinez, Earl Mattingly, Jenine Michilena, Mary Nekrassoff, Eleanor Obmann, Bud Phelps, Peter Popjevalo, Sr. Mary Porter, Troy Doyle Powers (Father of Fr. Troy Powers), Pat Reagan, Christine Regan, Zan Rockett, Nikelle Schafer, Charles Schneider, Katherine Schottgen, Theresa Shelly, Phyllis Steele, Jo Ster, Laura & Paul Studer, Clement Sweeney, D. Sweeney, Maureena Sutton, I. Thompson, X. Thompson, Bishop Weigand, Lani Zacherson, Claudette Zompetta

Stewardship

~ a way of life ~

16th ANNUAL CATHOLIC APPEAL

Please give generously, 25% goes back to our parish.

This Sunday is Annual Catholic Appeal Sunday. Thank you for your generous support.

This weekend is dedicated to the thousands of disadvantaged people in our midst who suffer the indignities of poverty. Hopefully, you have read the stories of older people, foster teens, children, working families, immigrants, pregnant women, homeless and the mentally ill who have found relief and a better future through the programs supported by the Appeal. Your contribution to The Annual Catholic Appeal will help these northern California programs operate for another year. As you think about your participation this year, please remember that 25% of the funds generated from our parish are returned to us for our own ministries to people in need. Bishop Weigand asks that all parishes "ensure an ongoing commitment to the advancement of the social mission of the church" (Synod Initiative 7.) The Annual Catholic Appeal is a highly beneficial way to help others. Thank you for your generosity.

STEWARDSHIP - TREASURE

GENERAL COLLECTION

Weekly Goal	\$ 10,500.00
Jan 29	\$ 9,826.00
Feb 5	\$ 11,565.00
Feb 12	\$ 10,217.00
Feb 19	\$ 10,332.00
YEAR-TO-DATE	\$ 350,812.00
Goal-to-Date (34 Weeks)	\$ 357,000.00
% of Goal Collected	98.27 %
Annual Goal	\$ 546,000.00

CAPITAL CAMPAIGN COLLECTION

Weekly Goal	\$ 3,750.00
Jan 29	\$ 698.50
Feb 5	\$ 2,000.00
Feb 12	\$ 1,000.00
Feb 19	\$ 1,000.00
YEAR-TO-DATE	\$ 75,843.84
Goal-to-Date (34 Weeks)	\$ 127,500.00
% of Goal Collected	59.49 %
Annual Goal	\$ 195,000.00

SECOND COLLECTION

None

St. Paul tells the Corinthians that they are living letters, "known and read by all." What does the letter of my life reveal to those who read it? Can they tell by the way I live that I belong to Christ and that all I am and have is His?



HOLY FAMILY SCHOOL students in all grades are preparing special projects for the annual Auction scheduled for Saturday, March 11, 5 p.m. till 1 a.m. With the theme Cruising to Paradise on the S.S. Arlene, the auction this year will feature many projects with a leisure/travel theme in both the silent and live auctions. All class projects are part of the Live Auction, and guests frequently comment that watching the bidding on these is almost as much fun as seeing the show produced by Joann Lewis



Cruises to Paradise

and starring faculty and staff members. A gourmet dinner and dancing complete this luxury evening, which is available for \$50 per person, a bargain even at twice the price! Call the school office (722-7788) to reserve your tickets!



Catholic Faith Formation

TEACHINGS OF OUR CATHOLIC FAITH

Sessions continue on Sundays after the 9:00 am Mass and will continue every Sunday morning until Easter. Sessions are held in the RCIA room of the Community Center from 10:20 – 11:20 am. Please call the Faith Formation Office at 726-7217 if you have any questions.

ADULT CONFIRMATION

If you or someone you know has not completed their sacraments of initiation, we will be starting Adult Confirmation classes beginning March 8th at 7:30 p.m. in the Faith Formation classroom. These classes will continue until May and conclude with the celebration of Confirmation at the Cathedral of the Blessed Sacrament in Sacramento. Please contact the Faith Formation Office at 726-7217 for more information and to register.

YOUTH MINISTRY

HOOPIN' IT UP - HOLY STYLE!

All High School Youth are invited to the Open Gym Night on second and fourth Thursday evenings of each month at 7 pm in the Community Center. The next Open Gym night is Thursday, March 9th. Bring your game and a friend!



MANY THANKS to all who supported the Youth Ministry Rummage Sale earlier this month! We were able to raise a profit of \$950 for youth programs.

ATTENTION HIGH SCHOOL YOUTH:

The Youth Mass & CYM gathering for March will be changed from next Sunday, March 5th to the following Sunday, March 12th. Watch for more information in next week's bulletin.

SUMMER SERVICE EXPERIENCE

Holy Family Youth Ministry is considering a week long Service Experience this summer. All high school youth who may be interested should contact the youth ministry office for more info call 721-8329 or email: holyfamilycym@yahoo.com.

OPEN ENROLLMENT AT HOLY FAMILY SCHOOL – CALL NOW!

OPEN ENROLLMENT is now in effect at HOLY FAMILY SCHOOL. Please contact Mrs. Price at the school office, 722-7788 if you have any questions.

SPACES FILL QUICKLY AND ARE SERVED ON A FIRST COME-FIRST SERVED BASIS.



Health Ministry

THE SEASON OF LENT IS UPON US

The penitential season of Lent brings into focus the forty days Jesus spent in the desert in fasting and prayer. There are many liturgical services of which to avail ourselves. As children, many of us were taught to give up something - dessert, candy, parties, etc. In the past several years, a new idea has emerged: what can we do quietly with joyful hearts and smiling faces to thank God for sacrificing His Son, Jesus, to atone for our sins?

A few ideas come to mind. Consider these: Volunteer some hours for the weekly Wednesday feed the needy program; visit a homebound or nursing home parishioner; be a respite caregiver and allow a 24/7 caregiver a little free time; collect soaps, lotions, etc for Loaves and Fishes. The opportunities are many. The list is endless!

Why would these suggestions come from Health Ministry? Research has shown that reaching out and giving of our time, talent or treasure to others brings inner peace and comfort to our own lives. What is the chief obstacle that keeps me from translating my faith into action? How might I overcome it? Allow the words of Jesus to guide your Lenten journey, "Whatever you do for the least of my brethren, you have done for Me."

As a gentle reminder-Meeting of any and all interested folks to discuss how Health Ministry can best serve the needs of Holy Family Parishioners-- 9:30 am, Wed. March 1, 2006 in the Health Ministry office (in the Community Center 1st door on the left as you come through the main doors). Bring your ideas!

Thought for the Week:

Have you had a kindness shown? Pass it on
 'Twas not given for thee alone. Pass it on.
 Let it travel down the years,
 Let it wipe another's tears,
 Till in Heaven the deed appears. Pass it on.

Henry Burton

THANKS FROM THE FLOWER COMMITTEE

We wish to express our appreciation and gratitude to the parishioners who were responsible for providing flowers for the church and chapel during the months of January and February, especially those who donated flowers from funerals and other various celebrations! Thank you for generosity.

SOUP BOWL AND BREAD LENTEN ACTIVITY THE POOR MAN'S MEAL

This event will take place after Stations of the Cross, starting Friday, March 3rd, from 7:30 to 8:30 pm in the school Fine Arts building. Soup, bread, crackers, margarine, and water will be served. There is no charge. If you wish, you can leave a donation which will be given to the ministry to the poor.

Several parish ministries will be participating in this Lenten activity and will be responsible for providing and serving the following Friday meals:

March 3rd	Holy Family Liturgy Council
March 10th	Bible Study Groups (a.m. & p.m.)
March 17th	Catholic Faith Formation
March 24th	Hispanic Ministry
March 31st	Catholic Ladies Relief Society
April 7th	Hispanic Ministry

Please support these ministries and plan to attend this special Lenten event. A variety of soups and breads will be served, and the meal along with the fellowship experience will be nourishment for the body and the soul. Come taste and see!

DISCIPLES ON A FAITH JOURNEY

Lent is just around the corner. When we receive the ashes of Lent on our foreheads on Ash Wednesday, which is March 1st, we hear the words, "Repent and believe in the Gospel." This lent perhaps these words can mean, "Get a new vision and believe God's Good news for you."

We invite you to participate in the "Disciples on a Faith Journey" program which begins on March 6th. You will be hearing further information at Mass about this event, followed by sign-ups. Consider joining these intimate faith-sharing groups to let God's word have special power your life. This program focuses on energizing our parish and instilling an excitement in that we hope will be communicated to family, friends and others.

A new vision in the Gospel awaits you! Come and See!

THANK YOU FROM THE KAM FAMILY

Thank You to all Holy Family parishioners who provided food for the family after Fred's funeral, sent cards, gave hugs and said prayers! This caring support is greatly appreciated by the Kam Family.

DEUS CARITAS EST

We previously published the introduction to Pope Benedict's Encyclical Letter, Deus Caritas Est, on Christian Love, which Fr. Kiernan brought up in his homilies. The full text can be found on the Vatican website. Use the link shown below:

http://www.vatican.va/holy_father/benedict_xvi/encyclicals/documents/hf_ben-xvi_enc_20051225_deus-caritas-est_en.html

HOLY FAMILY WOMEN'S WEEKEND RETREAT CHRIST THE KING PASSIONIST RETREAT CENTER

March 3 - 5, 2006

In the midst of all our hectic activities, we sometimes feel alone. Jesus invited his friends to "come aside and rest with Him." This very same invitation He extends to you! Come, rest and be with Him on this retreat! Your friends and neighbors will be gathering on the weekend of Mar 3-Mar 5, 2006 at Christ the King Retreat Center in Citrus Heights. For reservations call Barbie Meistas at 725-5973 or Chryl Marquez at 723-1468 or the Retreat Center at (916) 725-4720. View the Center at: www.passionist.org/retreats/christtheking.

MIDWEEK RETREAT AT CHRIST THE KING

March 21-23, 2006

Retreat theme for this retreat is: "Into Your Hands. . ." Risking, Releasing, Receiving. We hope everyone will take advantage of the blessings of this retreat experience. Call Margaret at the Retreat Center at (916) 725-4720 to reserve a space.



**Christ the King
Passionist Retreat Center**

WHAT IS YOUR CATHOLIC IQ???

DO YOU KNOW WHAT A SACRAMENT IS?

DO YOU KNOW WHAT THE 8TH COMMANDMENT IS?

DO YOU KNOW WHAT EMMANUEL MEANS?

HOW MANY BOOKS ARE IN THE CATHOLIC BIBLE?

A course on the Holy Bible will be presented at St. Philomene Church in Sacramento from March 6th through August. The course will be taught by Father Rodolfo Delgado and Father Octavio Ventura, Two sessions are available: 6:30-8:45 pm Monday evenings, and 10 am to 12:15 pm Tuesday mornings. The cost is \$40. A presentation in Spanish will begin on May 3rd. To register, call Darcy McGraw at 481-6757.

BLACK HISTORY MONTH EVENTS

Sunday, February 26:

Day of Prayer, St. Lawrence Parish, North Highlands

Mass: 3:00 pm; Reception: 4:00 pm.

EXPLORE AFRICA!

Explore Africa with the Sacramento Africa Initiative Group. Visit Nigeria and Ghana for 15 days in the summer of 2006 (July 23rd - August 6th). Observe first-hand the opportunities and issues facing Africa today. Cost = \$ 3,300 per person (double occupancy). For more details, contact Charlene Harris at (916) 733-0160; Charlene har@msn.com or Phyllis Johnson at (916) 729-8110; lilpi@surewest.net.

NEWS FROM AROUND THE DIOCESE - AND BEYOND

NEW PRAYER MINISTRY AT DIVINE SAVIOR:

Divine Savor Parish is hosting an interdenominational prayer group for those who have a loved one who is mentally ill. The group will meet on the last Thursday of each month in the St. Cecelia Room at Divine Savior in Orangevale. This prayer group will accept first names and last initials from those who unable to attend to pray for those in need of prayers. If you have any questions or would like more information, please call Joan Griffin at 990-9400.

ST. IGANTIUS CELEBRATES ST. PATRICK

What: St. Ignatius Loyola Parish St. Patrick's Day Party

When: Friday, March 17, 2005

5:30 pm No-Host Bar/Cocktails

7:30 pm Dinner

9:00 pm Entertainment & Dancing

Menu: Green Salad, Corned Beef, Cabbage, Carrots, Potatoes, and Ice Cream

Price: \$15.00 per person

Location: St. Ignatius Loyola Parish Center, 3235 Arden Way in Sacramento, We are located between Professional Drive and Morse Avenue

Early reservations are encouraged. Please stop by our rectory office to purchase your dinners in advance. Monday - Friday 8 am - 5 pm. Walk-ins are welcome - if space is available. Questions, please call 462-9666.

ST. CHARLES ALUMNI DINNER - SATURDAY, MARCH 18, 2006

"Keep the Dream Alive", classes of 1963-1996 are invited to attend the 1st Annual Alumni Dinner benefiting the St. Charles School Annual Fund at the St. Charles Gym, 6 pm to Midnight. The evening includes cocktail hour, wine and beer, tri-tip and chicken buffet dinner, music, dancing and old friends. \$40 per person, (muse be 21+). For reservations or more information, call St. Charles School at 421-6189 before February 28th.

Pendola Center

Annual Golf Tournament

Monday, April 24, 2006

North Ridge Country Club

Play your own ball or Scramble formats

Join us for golf, dinner, prizes, and raffle.

Help support our campership funding program for children to attend summer camp.

Play in the tournament, be a volunteer or donate an auction item.

Call Pendola Center for details:
916-733-0127



SINGLE CATHOLICS - MEET & MINGLE

A 'Meet & Mingle' gathering will be held Sunday, March 5th, 5:00 pm at Coco's Restaurant, 1830 Arden Way, Sacramento. Call the Catholic Alumni Club hotline: (916) 962-6107 or visit our website at www.cacsacramento.org.

The Sacramento Catholic Alumni Club is a member of Catholic Alumni Clubs International (CACI), one of more than 35 chapters across the country. The Sacramento CAC provides social, religious and community service activities for single Catholic adults.

CATHOLIC PROFESSIONAL & BUSINESS BREAKFAST CLUB

Catholic Professional & Business Breakfast Club meets next on Weds, Mar 8th from 7:00 to 8:30 a.m. at the Hilton Sacramento Arden West, 2200 Harvard, Sacramento (Business 80 & Arden Way West). Dr. Alberto Ferreiro will speak on: "The Papacy: Needed More Than Ever." Reservations are required. Please reserve your place by Monday, Mar 6 at 12:00 noon at www.cpbbc.com.

HEALING AFTER ABORTION RETREAT MARCH 24-26, 2005

Struggling after an abortion? Still seeking peace years after the choice? Experience the healing love of Jesus at Rachel's Vineyard Retreat, March 24-26 in Auburn, sponsored by the Diocese of Sacramento. The weekend retreat will combine discussions, spiritual exercises, Sacrament of Reconciliation, memorial service and Mass. The cost is \$150 for meals, private room and all retreat materials. Financial assistance is available. For a registration packet or more information, call Edie @ (917)733-0161 or 1-888-HOPE-790. Inquiries and participation are strictly confidential.

JANITOR NEEDED AT THE CATHEDRAL

The Cathedral parish has an opening for a custodian to work 20 to 25 hours per week. Work on weekends is included. Duties include routine custodial work in the parish facility. Please fax your resume to Elia Maciel at 443-2749 or mail to Cathedral Rectory, 1017 11th Street, Sacramento, CA 95814.

MERCY CENTER AUBURN UPCOMING EVENT

Mar 17-19: Jesus' Revolution

During this silent weekend retreat we shall look toward Holy Week and Easter by reflecting on the central mysteries of the Christian faith from the wisdom perspective in which the New Testament has given them to us. Facilitator: Bruno Barnhart a monk of New Camaldoli Hermitage in Bug Sur, California. Begins Friday with dinner; ends Sunday with lunch. \$150 resident | \$110 commuter

SACRAMENTO CURSILLO MEN'S 3-DAY WEEKEND

Sacramento Cursillo in English will have a men's 3-day weekend March 2 - 5, 2006. Cursillo is a "short course in Christianity." Join us for fellowship and to learn more about God's plan for you. For more information & applications, call Wendy Raemaeker, TEL: 916-972-1794, or visit www.sacramentocursillo.org.

The Season of Lent

Lent is a season focused on the renewal of our baptism. We share the special Gospels of the season and take them to heart to experience the dying and rising and redemption that are the Paschal Mystery.

Lent is a season of penitential reflection during which we are inspired to practice a more Christian life. Lent shows us the example of Christ, and by fasting and penance, it enables us to share in His sufferings - something we must do to be able to share in His Redemption. Fasting is a part of the nature of the season, and like all the penitential practices of Lent, fasting and abstinence are offered to God in union with the sacrifice of the Cross. Purple vestments are worn to remind us of the penance of Lent.

Always remember that we are not alone during this season. We belong to an immense body in which we are united with all of humankind looking forward to redemption by Christ. We are not passive - we reach actively for His saving grace, so it is quite fitting that this Lent is kicked off by the Annual Catholic Appeal where we focus our attention on serving those ravaged by poverty.

Lent is also a season for spiritual development. It is shared with the entire Church preparing to celebrate the Paschal mystery. It is a time for continuing formation of children and adults alike. Holy Family continues the efforts of Catholic Faith Formation for our children, particularly preparing for the celebration of Sacraments, while Bible Classes, RCIA and other special programs offer formation for the adults of the parish.

The spirit of Lent is built on the three traditional Lenten practices of prayer, fasting and abstinence, and almsgiving.

Prayer

Prayer can take many forms, and Lent presents opportunities for several of these forms of prayer beginning with our Parish Mission. Individually, one of the best forms of prayer is the slow and thoughtful reading of Sacred Scripture. In the Sacred Scriptures, God unfolds the history of salvation through the prophets of old and through His Son, Jesus Christ, His gospels revealing the lessons that Jesus offered to lead us to salvation. Focusing on Scripture can give us new insight into the ways in which God is speaking to us today. Study of the Catechism of the Catholic Church is also prayerful. While private prayer is crucial, prayer during lent should also take on a public form. Catholics should make every effort to increase our participation in the Sacrament of Penance and Reconciliation, the Stations of the Cross, Eucharistic Adoration and Benediction of the Blessed Sacrament, and, perhaps most importantly, Daily Mass.

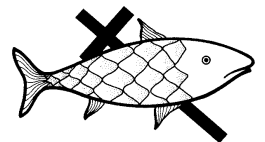


Fast and Abstinence

Here's a quick review of the Lenten practices of fast and abstinence.

Abstinence: As it relates to the season of Lent, to abstain is to not eat meat. The purpose of this abstinence is to be an act of penance - an act of sacrifice. Everyone 14 years of age and over is bound to abstain from meat on Ash Wednesday and all Fridays of Lent.

Fasting: To fast is to do without food. Quite simply, part of its purpose is the very experience of the effects of not eating - if you don't eat, you get hungry; when you get hungry, your body compensates with a heightened sense of awareness. So, by fasting, we clarify our thinking and our feeling, which prepares us to pray more deeply. Like abstinence, fasting also serves as penance or sacrifice. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.



Almsgiving

Almsgiving is helping others by sharing with them that which is ours. There are many ways to practice almsgiving - you can share love and compassion, or you can share your time and resources. The most recognized form of almsgiving is giving money to assist the poor, or to some worthy organization committed to helping the poor, the abandoned or neglected. With Lent just a few days away, today's Annual Catholic Appeal is a perfect opportunity both for almsgiving and stewardship. Sharing our time can also be valuable - visiting and assisting the sick, the elderly and others who are homebound or in nursing homes or in the neighborhood. Keep in mind that all that we have to give belongs to God, and sharing it with others is a wonderful practice both during lent and throughout the year.



“As we pursue our Lenten pilgrimage of faith and climb the holy mountain of Easter, may God direct our steps to himself, and show us how to walk always in his way.” Bishop William Weigand