***Pastor’s Corner:*  Lent**

**Lent** ([Latin](https://en.wikipedia.org/wiki/Latin_language): *Quadragesima*,[[1]](https://en.wikipedia.org/wiki/Lent#cite_note-:0-1) 'Fortieth') is the solemn [Christian](https://en.wikipedia.org/wiki/Christianity) religious [observance](https://en.wikipedia.org/wiki/Moveable_feast#Lent) in the [liturgical year](https://en.wikipedia.org/wiki/Liturgical_year) commemorating the 40 days [Jesus Christ](https://en.wikipedia.org/wiki/Jesus_Christ) spent fasting in the desert and enduring [temptation by Satan](https://en.wikipedia.org/wiki/Temptation_of_Jesus), according to the Gospels of [Matthew](https://en.wikipedia.org/wiki/Gospel_of_Matthew), [Mark](https://en.wikipedia.org/wiki/Gospel_of_Mark) and [Luke](https://en.wikipedia.org/wiki/Gospel_of_Luke), before beginning his [public ministry](https://en.wikipedia.org/wiki/Ministry_of_Jesus).Which days are enumerated as being part of Lent differs between denominations, although in all of them Lent is described as lasting for a total duration of 40 days, the number of days Jesus, as well as [Moses](https://en.wikipedia.org/wiki/Moses) and [Elijah](https://en.wikipedia.org/wiki/Elijah), went without food in their respective fasts. In Lent-observing Western Churches, Lent begins on [Ash Wednesday](https://en.wikipedia.org/wiki/Ash_Wednesday) and ends approximately six weeks later; depending on the [Christian denomination](https://en.wikipedia.org/wiki/Christian_denomination) and local custom, Lent concludes either on the evening of [Maundy Thursday](https://en.wikipedia.org/wiki/Maundy_Thursday), or at sundown on [Holy Saturday](https://en.wikipedia.org/wiki/Holy_Saturday), when the [Easter Vigil](https://en.wikipedia.org/wiki/Easter_Vigil) is celebrated, though in either case, Lenten fasting observances are maintained until the evening of Holy Saturday. Sundays may or may not be excluded, depending on the denomination. Prior to 1966, the Roman Catholic Church allowed Catholics of fasting age to eat only one full meal a day throughout all forty days of Lent, except on the Lord's Day. Catholics were allowed to take a smaller meal, called a [collation](https://en.wikipedia.org/wiki/Collation_(meal)), which was introduced after the 14th century A.D., and a cup of some beverage, accompanied by a little bread, in the morning. The [1917 Code of Canon Law](https://en.wikipedia.org/wiki/1917_Code_of_Canon_Law) allowed the full meal on a fasting day to be taken at any hour and to be supplemented by two collations, with the quantity and the quality of the food to be determined by local custom. Abstinence from meat was to be observed on Ash Wednesday and on Fridays and Saturdays in Lent. The Lenten fast ended on [Holy Saturday](https://en.wikipedia.org/wiki/Holy_Saturday) at noon. Only those aged 21 to 59 were obliged to fast. As with all ecclesiastical laws, particular difficulties, such as strenuous work or illness, excused one from observance, and a dispensation from the law could be granted by a bishop or parish priest. A rule of thumb is that the two collations should not add up to the equivalent of another full meal. Rather portions were to be: "sufficient to sustain strength, but not sufficient to satisfy hunger." In 1966, [Pope Paul VI](https://en.wikipedia.org/wiki/Pope_Paul_VI) reduced the obligatory fasting days from all forty days of Lent to Ash Wednesday and Good Friday, abstinence days to Fridays and Ash Wednesday, and allowed [episcopal conferences](https://en.wikipedia.org/wiki/Episcopal_conference) to replace abstinence and fasting with other forms of penitence such as charity and piety, as declared and established in his [apostolic constitution](https://en.wikipedia.org/wiki/Apostolic_constitution) *[Paenitemini](https://en.wikipedia.org/wiki/Paenitemini" \o "Paenitemini)*; fasting on all forty days of Lent is still "strongly recommended", though not under pain of mortal sin. This was done so that those in countries where the standard of living is lower can replace fasting with prayer, but "…where economic well-being is greater, so much more will the witness of asceticism have to be given…"

This was made part of the [1983 Code of Canon Law](https://en.wikipedia.org/wiki/1983_Code_of_Canon_Law), which made obligatory fasting for those aged between 18 and 59, and abstinence for those aged 14 and upward.  The [United States Conference of Catholic Bishops](https://en.wikipedia.org/wiki/United_States_Conference_of_Catholic_Bishops) has maintained the rule of abstention from meat on Friday only during Lent and considers poultry to be a type of meat but not fish or shellfish. Even during Lent, the rule about solemnities holds, so that the obligation of Friday abstinence does not apply on 19 and 25 March when, as usually happens, the solemnities of [Saint Joseph](https://en.wikipedia.org/wiki/Saint_Joseph%27s_Day#Catholic_traditions) and the [Annunciation](https://en.wikipedia.org/wiki/Annunciation) are celebrated on those dates. The same applies to [Saint Patrick's Day](https://en.wikipedia.org/wiki/Saint_Patrick%27s_Day), which is a solemnity in the whole of Ireland as well as in dioceses that have [Saint Patrick](https://en.wikipedia.org/wiki/Saint_Patrick) as their principal [patron saint](https://en.wikipedia.org/wiki/Patron_saint). In some other places, too, where there are strong Irish traditions within the Catholic community, a dispensation is granted for that day.

Three traditional practices to be taken up with renewed vigor during Lent; these are known as the three pillars of Lent: [prayer](https://en.wikipedia.org/wiki/Prayer) ([justice](https://en.wikipedia.org/wiki/Justice) toward God), [fasting](https://en.wikipedia.org/wiki/Fasting) (justice toward self) [almsgiving](https://en.wikipedia.org/wiki/Almsgiving) (justice toward neighbors)

Self-reflection, simplicity, and sincerity (honesty) are emphasized during the Lenten season.

Fr. Jim

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**Family ANCC). This can be utilized to donate to the church if**

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**Valentine’s Potluck Dinner:**

**Our potluck dinner celebration for Valentine’s Day is this Saturday, February 17 after the 4:30 Mass in the parish hall. Share your favorite dish alone with green chili chicken enchiladas. All are welcome.**

**Religious Education Classes:**

**Religious Ed. Classes for Baptism and Confirmation will resume this Sunday, February 18, 2024. Please contact the parish office for additional information or to register.**

***Remember in Your Prayers\****

***\*Prayers or Eucharist home visits can be requested in the white notebook located next to the hymnal bookcase.***

**Maria E. (Fr. Jim) 1/3 Hospice Care**

**Rudy A. (Br. Charlie) 1/6 Health Concerns**

**Ken R. (Fr. Jim) 1/11/2024 Health Concerns**

**Alicia T. (Elizabeth H.) 1/14 Health Concerns**

**Ben & Serena W. (Elizabeth H.) 1/14 Health Concerns**

**Theresa S. (Elizabeth H.) 1/14 Health Concerns**

**Lionel S.(Loretta Y.) 1/17 God’s Blessings and Prayers**

**Eunice and Steve (Martha M.) 1/22 Health Concerns**

**Molly (Martha M.) 2/4 May She Rest in Peace**

**Michele S. (Br. Charlie) 2/4 Health Concerns**

**Ray R. (Martha M.) 2/4 Health Concerns**

**Mary (Martha M.) 2/4 May She Rest in Peace**

**Orlando C. (Gloria S.) 2/11 Health Concerns**

**James H. (Br. Charlie) 2/11 Health Concerns**

***Ash Wednesday***

**Celebrant: Fr. Alex Urena**

**Reading: Lindsay**

**Order of the Mass: Page #134 in the Hymnal.**

**Entrance: Lord, Who throughout These Forty Days #416**

**Penitential Rite/Kyrie #136**

**Readings:**

1. **Joel 2:12-18.**

**Psalm: 51#41. *Be Merciful, O Lord*. Be merciful, O Lord, for we have sinned; be merciful, O Lord, for we have sinned.**

1. **2 Corinthians 5:20; 6:2.**
2. **Matthew 6:1-6, 16-18.**

**Homily**

**Distribution of Ashes: Ashes #852**

**Profession of Faith #142 or Apostles’ Creed #143**

**Preparation of the Altar: Hosea #405**

**Service Music:**

**Santus #161**

**Memorial Acclamation #162**

**Amen #163**

**Our Father (spoken)**

**Agnus Dei #165**

**Communion Music: Jesus Walked This Lonesome Valley #406**

**Concluding Rite: #154**

**Parish Announcements**

**Final Blessing**

**Recessional: Jerusalem, My Destiny #399**

**Readings for February 17 & 18: First Sunday of Lent.**

**Reader: Martha.**

1. **Genesis 9:8-15.**
2. **1Peter 3:18-22.**
3. **Mark 1:12-15.**

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**Holy Family American National**

**Catholic Church**

***A Catholic Church Where All Are Welcome***

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**Music Director---Eike Gunnarson**

**Email: eikegun@aol.com**

**Church Office Hours:**

**Tuesday – Friday: 1:00p.m. – 5:00p.m.**

**Saturday Eucharistic Liturgy: 4:30 p.m.**

**Sunday Eucharistic Liturgy: 10:30 am**

**St. Ignatius of Antioch (circa 107 AD) was the first to use the word Catholic (Greek word is c*atha holos)* meaning the “gathering of the whole” of the people. The ancient undivided Church adhered to the early Ecumenical Councils. There are several Catholic Churches in this tradition. The Assyrian Church of the East, and Oriental Orthodox left in the 5th Century and the Roman Catholic and Eastern Orthodox separated in 1054. Others left later: Anglican (16th Century) and Old Catholic Churches (19th Century) but all are part of this Catholic tradition and believe there is a need for apostolic succession of bishops. We also share a common liturgical, sacramental, and theological tradition.**