



Lent a Season of Fasting and Feasting

And the Lord said:

**I will give you a new heart,
and place a new spirit within you,
taking from your bodies your stony hearts,
and giving you hearts of LOVE.
I will put my spirit within you,
and make you live by my ways,
careful to observe my decrees.**

Ezekiel 36: 26-27

This holy season, let us think about our call to:

Fast from judging others,

feast on the Christ dwelling in them

Fast from emphasis on differences, **feast on our oneness**

Fast from the darkness around us,

feast on the light of Christ within us

Fast from thoughts of illness,

feast on the healing power of God

Fast from words that pollute, **feast on words that purify**

Fast from discontent, **feast on gratitude**

Fast from withholding anger, **feast on sharing feelings**

Fast from pessimism, **feast on optimism**

Fast from worry, **feast on trust**

Fast from guilt, **feast on freedom**

Fast from complaining, **feast on appreciation**

Fast from stress, **feast on self-care**

Fast from hostility, **feast on letting go**

Fast from bitterness, **feast on forgiveness**

Fast from selfishness, **feast on compassion for others**

Fast from discouragement, **feast on hope**

Fast from apathy, **feast on enthusiasm**

Fast from suspicion, **feast on seeing the good**

Fast from idle gossip, **feast on spreading good news**

Fast from being so busy, **feast on quiet silence**

Fast from problems that overwhelm,

feast on prayerful trust

Fast from talking, **feast on listening**

Fast from trying to be in control, **feast on letting it be**

Lent is not about enduring some miserable discipline that we quickly forget about at Easter and go on with our lives as before. Lent is about **“Springtime” within us, the new birth of Christ**. We give particular attention to that part of ourselves that we want Christ to change and transform with our help. We pray that we might be created anew and be more like Christ Jesus on Easter day and each day of our lives.

Happy fasting and feasting this lent!

Rev. J. McGrann

ASH WEDNESDAY Mass Schedule - February 13

9am & 5:30pm Mass – St Philip

12pm – Mass – St Teresa

Confessions will be heard on Saturdays of Lent at 4pm, St Teresa of Avila Church – Bodega, or by appointment.

The Collection Ash Wednesday goes to supporting our own Parish Ministries.

Please take a copy of the book “Rediscover Catholicism” for your Lenten reading. The books are a gift from an anonymous donor.

Seasonal Changes for the Liturgies of Lent

Ash Wednesday marks the beginning of Lent. During this season of preparation for Easter, our churches look stark and simple—no flowers at the altar, no festive banners or decorations. And our liturgies feel different, too. The organ is quiet except to accompany the singing of the assembly. The Gloria, our Sunday song of rejoicing, is not heard except on solemnities, and we will not sing the Alleluia, our joyful acclamation of praise, until the Easter Vigil. “Alleluia cannot always / Be our song while here below,” says an eleventh-century hymn. “Alleluia our transgressions / Make us for a while forego; / For the solemn time is coming / When our tears for sins must flow” (*Alleluia dulce carmen*, J. M. Neale, trans.).

Santa Rosa Diocese Lenten Regulations

- Ash Wednesday and Good Friday are days of *fast and abstinence*, that is, limited to a single, full meal and abstinence from meat.
- The other Fridays of Lent are days of abstinence from meat.
- The law of fasting permits only one full meal a day, but it does allow the taking of some food in the morning and a second light meal at noon or in the evening. Persons who have completed their eighteenth (18) year to the beginning of their sixtieth (60) year are obligated to fast.
- The law of abstinence from meat applies to all persons who have completed their 14th year of age. However, it is highly recommended that children from ages 7 to 14 years also follow the law of abstinence