

THE RECTOR'S DESK

Dear Friends of St. Francis Church,

I pray that you and your families all are well! As a help in understanding the Church's discipline of fast and abstinence, the following summary of the requirements, both current and those which were in force in 1962, has been excerpted from the 2015 Liturgical Ordo, published by the Priestly Fraternity of St. Peter.

Laws of Days of Abstinence: Current Law

- ◆ Begins on one's 14th birthday
- ◆ Ash Wednesday and the Fridays of Lent
- ◆ Obliges abstention from flesh meat

Laws of Days of Penance: Current Law

- ◆ Applies to all the Faithful
- ◆ Lent and Fridays outside of Lent

Laws of Days of Fast: Current Law

- ◆ Applies to everyone aged 18—59, inclusive
- ◆ One full meal permitted and two other meals may be taken which, when combined, are less than a full meal
- ◆ Ash Wednesday and Good Friday

Laws of Days of Abstinence: Discipline of 1962

- ◆ Applies on one's 7th birthday
- ◆ Complete Abstinence: All Fridays of the year, Ash Wednesday, the Vigil of Christmas, Holy Saturday
- ◆ Partial Abstinence (meat and soup or gravy made from meat permitted once a day at the principle meal): all the days of Lent, the Ember Days of Wednesday and Saturday, and Vigils of Pentecost and the Assumption
- ◆ Abstinence from meat is dispensed on Holydays of Obligation.

Laws of Fast: Discipline of 1962

- ◆ Applies for those aged 21—59, inclusive
- ◆ Days of Lent from Ash Wednesday inclusive, Ember Days, and Vigils of Christmas, Pentecost, and the Assumption.
- ◆ One full meal permitted and two other meals may be taken which, when combined, are less than a full meal.

Concerning the current discipline, Bishop Conley has published these Lenten Regulations for the Diocese of Lincoln in 2015: Ash Wednesday and Good Friday are days of fast and abstinence. All Fridays in Lent are days of abstinence. Fasting means eating only one full meal, with [as many as] two smaller meals, which together do not equal the full meal. No snacking or eating between meals is allowed. Fasting obliges all Catholics between the ages of 18 and 59. Abstinence means eating no meat, and no soup or gravy made from meat. Abstinence obliges all Catholics over the age of 14 [past the 14th birthday]. Sickness, hard manual labor, pregnancy, etc., automatically excuse a person from these obligations. Nevertheless, it should be pointed out that these are **serious** obligations. In cases of doubt or question, the priest who hears a person's confession should be consulted.

May knowledge of these things help you to make a good, grace-filled Lent, and may the good God bless you and your families!

In the Love of the Holy Family, Jesus, Mary, and Joseph,

Fr. McCambridge, F.S.S.P

FRATERNITAS SACERDOTALIS SANCTI PETRI

"Qui seminant in lacrimis, in exsultatione metent" (Ps 125, 5)



St. Francis of Assisi Church

QUINQUAGESIMA SUNDAY

FEBRUARY 15—FEBRUARY 21, 2015

Rev. Fr. Jared McCambridge, FSSP Rector

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LITURGICAL CALENDAR

SUNDAY, February 15 Quinquagesima Sunday

8:30 am Madeline Rinkevich+
10:00 am *Pro Populo*

MONDAY, February 16, Feria

7 am Donald Insko+

TUESDAY, February 17, Feria

7 am Roger Heinrich+

WEDNESDAY, February 18, Ash Wednesday

7 am Fr. McCambridge, FSSP
7 pm Celebrant's Intention

THURSDAY, February 19, Thursday after Ash Wednesday

7 am Rev. Mr. Malain, FSSP

FRIDAY, February 20, Friday after Ash Wednesday

7 am Thanksgiving for, and in honor of, Our Lady

SATURDAY, February 21, Saturday after Ash Wednesday

8 am Thanksgiving for, and in honor of, St. Joseph

SUNDAY, February 22, First Sunday of Lent

8:30 am Thanksgiving for the Holy Sacrifice of the Mass
10:00 am *Pro Populo*

Lenten Schedule of Masses, Confessions, and Devotions

(For exceptions, see above, and the "Announcements" section.)

Regular Mass Schedule

Monday through Friday	7 am
Saturday	8 am
Sunday	<i>Low Mass</i> 8:30 am
	<i>High Mass</i> 10:00 am

Stations of the Cross

Friday 7 pm

Confessions in Lent are heard one half hour before each mass, and on Fridays, 7:30—8:30 pm. Confessions will be heard at other times by a reasonable request.

The Rosary is prayed one half-hour before each Sunday Mass.

Lenten Exposition of the Blessed Sacrament:

First Friday: (March 6) 8 am - 6:00 pm, Benediction at 5:50 pm.

Other Fridays: 5-6 pm Holy Hour, Benediction at 5:50 pm.

First Saturday: (March 7) Simple exposition for fifteen minutes following Mass.

Legio Mariae (Legion of Mary)

Not currently meeting

Altar Guild

As announced

Coffee Social: After the 10:00 mass on Sunday

Catechism for Children (September-May)

Wednesday 7 - 8 pm

Confraternity of Christian Mothers (September-May)

After Mass on the second Saturday of the month

St. John Bosco Youth Group

Second and Fourth Tuesday of the month 7 pm

Altar Boys' Meeting

Second Saturday of the month 9 am

Choir

Wednesday 6 - 7:30 pm

ANNOUNCEMENTS AND UPCOMING EVENTS

Welcome to Newcomers and Visitors to St. Francis Church! Please join us after the 10:00 mass for our Coffee Social.

Stations of the Cross: The Stations of the Cross will be made on the Fridays of Lent at 7 pm.

The Sorrowful Mother Novena (Dolorosary) will be suspended during Lent, giving place to the Stations of the Cross.

Lenten Exposition of the Most Blessed Sacrament: Please note changes to exposition times for the Fridays of Lent. There will be no exposition on Good Friday.

Lenten Confession Times added: Confession times will include the Fridays of Lent, 7:30-8:30 pm, following Stations.

Soup Suppers: Please come and join the faithful of St. Francis Church for simple, meatless suppers of soup and bread, to be served on three of the Fridays of Lent: February 27, March 13, and March 27. The suppers will begin at 6:15pm, preceding the Stations of the Cross.

The 40 Days for Life Prayer Vigil begins on Ash Wednesday: in front of the Planned Parenthood abortion mill, 5631 S. 48th Street (near the Northwest corner of 48th St. and Old Cheney.) The vigil runs every day through April 4, 6am—6pm. The faithful of St. Francis have been asked to keep the vigil on Fridays from 12-5pm. (We are encouraged to join the vigil at any other time as well.) There is a sign-up sheet in the vestibule; please plan on assisting in this prayerful vigil in defense of the unborn. May God bless you!

Ember Saturday Cleaning is coming soon— Saturday, February 28th; all are encouraged to come lend a hand!

First Friday Eucharistic Adoration: will next be held Friday, March 6, 2015. The sign-up sheet is posted in the vestibule; please be generous in devoting your time in adoration of Our Lord, and in reparation to His Sacred Heart!

Lenten Day of Recollection: On Saturday, March 7, there will be day of recollection offered, to help derive greater benefit from the season of Lent. The day will include Mass, two conferences, opportunities for confession, and Benediction. (There will be a small fee to cover the meals.) All adults and teens of St. Francis are encouraged to come!

St. Francis Church Work Day: From noon until about 4 pm of Saturday, March 14, there will be a work day to take care of yard work, and perhaps some other chores not normally a part of cleaning the church. Please come and help!

Please Pray for the Sick: Fr. Denis Coiffet, FSSP, Shirley Bauer, Michael Ostry, Barbara McMeekin (mother of Mrs. Jennifer Butcher), James Bennier (father of Mark), Marvin Phelan, Sr. Angela, O.C.D., Philip Gerard Johnson, Br. Bernard Marie, O.S.B.

FINANCES

Collection for Sunday February 8 :	\$5027.54
Collection for Catholic Press:	\$259.00
Collection counters February 15:	Dan Fix and John Quinto
Collection counters February 22:	Frank Feuerborn & John Pepino

ST. FRANCIS OF ASSISI DRESS CODE

To dress becomingly for God and neighbor, and in keeping with the reverence due to the Blessed Sacrament, kindly refrain from wearing shorts, tee-shirts, tank-tops, revealing blouses, sleeveless or backless dresses, or form-fitting clothing of any sort. Please do let dresses and skirts fall below the knee. With due regard to time and circumstance, all are encouraged to wear decorous attire befitting sacred and divine worship.