

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 2016 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 (except Sundays) 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.*

Thus, according to the current discipline, the minimum requirements for Lenten fast and abstinence, are as follows: 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 having reached 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 one'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, FSSP

FRATERNITAS SACERDOTALIS SANCTI PETRI

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



St. Francis of Assisi Church

QUINQUAGESIMA SUNDAY

FEBRUARY 7—13, 2016

Rev. Fr. Jared McCambridge, FSSP Rector

Rev. Fr. Evaristus Eshiwu, FSSP Assistant Rector

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LITURGICAL CALENDAR

SUNDAY, February 7, Quinquagesima Sunday

8:30 am Laurence Jennings
10:00 am *Pro Populo*

MONDAY, February 8, St. John of Matha, Confessor

7 am Laurence Jennings
8 am Celebrant's Intention

TUESDAY, February 9, St. Cyril of Alexandria, Bishop, Confessor & Doctor

7 am John-Henry Feuerborn
12:10 pm Celebrant's Intention

WEDNESDAY, February 10, Ash Wednesday

7 am James Bennier+
6 pm Celebrant's Intention

THURSDAY, February 11, Thursday after Ash Wednesday

7 am Tara Azaroff
12:10 pm Celebrant's Intention

FRIDAY, February 12, Friday after Ash Wednesday

7 am Evelyn Bennier
5:15 pm Celebrant's Intention

SATURDAY, February 13, Saturday after Ash Wednesday

8 am Confraternity of Christian Mothers

SUNDAY February 14, First Sunday of Lent

8:30 am Members of St. Michael's Defense Guild
10:00 am *Pro Populo*

Lenten Schedule of Masses, Confessions, and Devotions

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

Monday and Wednesday	7 am, 8 am
Tuesday and Thursday	7 am, 12:10 pm
Friday	7 am, 5:15 pm
Saturday	8 am
Sunday	<i>Low Mass</i> 8:30 am <i>High Mass</i> 10:00 am

Stations of the Cross

Friday 7pm

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 4) 8 am - 5:00 pm, Benediction at 4:50 pm.

Other Fridays: 4-5 pm Holy Hour, Benediction at 4:50 pm.

First Saturday: (March 5) Simple exposition for fifteen minutes following Mass.

Altar Guild

As announced

Coffee Social: After the 10:00 mass on Sunday

Catechism for Children (October-May)

Monday 7 - 8 pm

Confraternity of Christian Mothers (September-May)

After Mass on the second Saturday of the month

St. John Bosco Youth Group

Not organized for this year.

Altar Boys' Meeting (September-May)

Second Saturday of the month 9 am

Choir

Wednesday 6 - 7:30 pm

ANNOUNCEMENTS AND UPCOMING EVENTS

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

Change in Mass Time for Ash Wednesday: The 8:00 am mass is cancelled, and a 6:00 pm mass added for Ash Wednesday.

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.

Easter Duty: All are reminded of the obligation for Catholics, once having made First Holy Communion, to receive Holy Communion during the Easter season, which is understood in the United States as being between the First Sunday of Lent and Trinity Sunday (the Sunday after Pentecost).

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, every Friday during Lent, beginning this Friday. The suppers will begin at 6:15pm, preceding the Stations of the Cross.

The 40 Days for Life Prayer Vigil will begin on Ash Wednesday, February 10, and run through March 20. St. Francis associates have been asked to keep the vigil on Wednesdays from 10 am-2 pm, on the public sidewalk in front of the Planned Parenthood facility, at the Northwest corner of 48th St. and Old Cheney. Please use the sign-up sheet posted in the vestibule, and offer your time and prayer to end this great sorrow of abortion. God bless you!

Lenten Day of Recollection: This Saturday, February 13, there will be day of recollection offered, to help derive greater spiritual fruit from the season of Lent. The day will include Mass, spiritual conferences, opportunities for confession, and Benediction. (There will be a small fee to cover the meals.) There is a sign-up sheet posted in the vestibule, along with envelopes to cover the fee. All adults and teens of St. Francis are encouraged to come!

New Choir Members Welcome: New members for the St. Francis Choir are sought. Those 14 and older, interested in singing, are invited to contact the Choir Director, Mr. Nicholas Lemme, <nlemme@olgseminary.org>, (402) 797-7700. This is an opportune time to join, as Mr. Lemme will soon begin instructing the choir in the fundamentals of Gregorian chant. He who sings well prays twice!

First Friday Eucharistic Adoration will next be held Friday, March 4, 2016. 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!

Please Pray for the Sick: George Pickard, Shirley Bauer, Michael Ostry, Barbara McMeekin (mother of Mrs. Jennifer Butcher), Rev. Mr. Philip Gerard Johnson, and for all the sick of our congregation.

FINANCES

Collection for Sunday January 31 :

\$4799.25

Collection counters February 7:

Dan Fix and Sr. Stephen Larson, OSB

Collection counters February 14:

Frank Feuerborn and 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.