

Our Lady of Victories Church

(serving Harrington Park, River Vale and the Pascack/Northern Valley)

150 Harriot Avenue, Harrington Park, New Jersey

www.olvh.org

WELCOME

Sunday, February 19, 2023 A.D.

To the Parish Family of
OUR LADY OF VICTORIES
(THE LITTLE CHURCH WITH THE BIG HEART)
COME WORSHIP WITH US

Rev. Wojciech Jaskowiak
Pastor

Rev. Edmond P. Ilg
Parochial Vicar



ASH WEDNESDAY February 22, 2023

Mass Schedule in Church

6:00am, 8:00am, 12:00noon, 3:30pm,
5:00pm Live-Stream, 6:15pm Latin

6:30pm **DRIVE THRU** distribution of ashes
(in front of the glass doors of the Church)

Ash Wednesday is a day of both Fast and Abstinence. On this particular day only one (1) full meal is permitted, and no meat is permitted. Those between the ages of 18 and 59 are obliged to fast.

Lenten Devotions

7 SORROWS OF MARY ROSARY

WEDNESDAYS: 3:00PM before Statue of Blessed Mother outside

7 LAST WORDS DEVOTION in Church

THURSDAYS: 11:30AM

STATIONS OF THE CROSS in Church

FRIDAYS: 11:30AM & 7:00PM



2023 LENTEN REGULATIONS

The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted, and **two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.** Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

The obligation to observe the laws of Fast and abstinence "substantially", or as a whole, is a serious obligation.

The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

The time for fulfilling the Paschal Precept (Easter Duty*) extends from the **First Sunday of Lent, February 26, 2023 to the Solemnity of the Holy Trinity, June 4, 2023.**

*Canon 920, §1. All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.



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olvhpccd@gmail.com

OLV Convent
201-768-1705
145 Parkway

Fr. Wojciech's Corner ...

We had such a wonderful turn out and celebration with **grandparents** last Sunday.

Today, Sunday February 19, after 9:30AM Mass join us for **Coffee and Social** it is a great way to be with each other in our individualistic world and to be especially with those parishioners who are alone.

This Wednesday (Ash Wednesday) we begin **Lent**. The Church will equip us with ashes and will call us through the words of the prophet Joel to a time of conversion and return to the Lord with our whole heart. Prayer, fasting and almsgiving are the three spiritual arms that the Church will challenge us to use during this season so that dying with Christ we may rise with Him and come to Easter victorious over death. Let us not forget that Christ went through the 40 days of spiritual battle Himself in the desert to encourage us in all our battles and for us to know that with Him we can win any battles because He won the war. And that victory we will celebrate at Easter. I invite you all to take active part at different devotions that are great tools to live Lent deeper. You can see the schedule of these devotions on the first page of our bulletin. Let us enter into the Lenten battle As St. Padre Pio used to say: *The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain.* **Let us charge!**

CONFESSION/RECONCILIATION

This sacrament is offered every weekday at 7:30AM-7:50AM, Saturdays from 11AM-11:50AM and 3PM-3:40PM, First Friday at 6PM. A Priest is also available to hear Confessions daily by appointment.

**In failing to confess, Lord, I would only hide
You from myself, not myself from You.-**

-Saint Augustine

TODAY! OLV High School Youth Group invites all High Schoolers to attend a **night at the Escape Room** at 5 Wits today-Sunday, Feb. 19, at 7PM. If interested, contact Fr. Ed for a permission slip at 201-768-1706 x12 or olvrectory.hp@gmail.com Come and have fun, meet others and build team experiences!

Mother/Child Collection February 25/26

Next weekend's collection will benefit the New Hope Pregnancy Center in Westwood. Donations of NEW clothes only.

Most needed for Girls: Newborn and 24 months.

Most needed for Boys: 3 Toddler and 4 Toddler.

Diapers and Pull-Ups size 2-3 t, 3-4 t, and 6.

\$25 ShopRite gift cards are appreciated. Please bring donations to the lower church next weekend Feb 25/26. Thank you for your generosity.

2023 Catechism Lectures with Fr. John A. Perricone Mar 8 & 22, Apr 12 & 26, May 10, Jun 7 & 21 7PM-9PM

2023 Annual Appeal Please prayerfully consider donating to the 2023 Annual Appeal. Our parish goal is \$55,441-with a stretch goal of \$65,143 (if we make stretch goal OLV receives rebate). Appeal envelopes are available in the church. Please submit your Appeal donations to the OLV rectory, to ensure that our parish receives credit for the donations. Visit olvhp.org and click on 2023 Annual Appeal.

**You cannot be half a saint;
you must be a whole saint or no saint at all.**

St. Therese of Lisieux

ASH WEDNESDAY

Ashes will be distributed during the Masses. The Mass Schedule for the day is: 6:00am, 8:00am, 12:00Noon, 3:30pm, 5:00pm Live Stream, 6:15pm Latin. At 6:30pm there will be a Drive-Thru distribution of ashes in front of the glass doors of the Church.

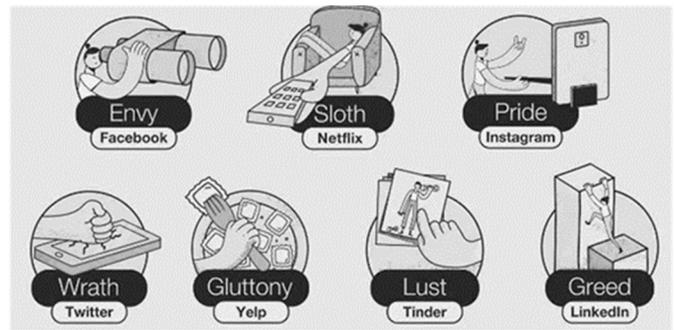
As a reminder, Ash Wednesday is a day of both Fast and Abstinence. On this particular day only one (1) full meal is permitted, and no meat is permitted. Those between the ages of 18 and 99 are obliged to fast.

Lenten Disciplines

The Lenten discipline consists of three separate parts:

1. **Corporal or External Fast**, including the abstinence from certain foods, drinks and amusements, i.e. music, and parties during Lent. These points of fast should be stressed today especially with the mania of entertainment besetting our society;
2. **Spiritual or Internal Fast**, which consists of abstinence from "all evil" – sin. St. John Chrysostom taught that the "value of fasting consists not so much in abstinence from food but rather in withdrawal from sinful practices." And St. Basil the Great explains: "Turning away from all wickedness means keeping our tongue in check, restraining our anger, suppressing evil desires, and avoiding all gossip, lying and swearing. To abstain from these things – herein lies the true value of fast!"
3. **Spiritual Change** achieved by the practice of virtues and good works must be the main objective of our fasting. The Fathers of the Church insisted that during Lent the faithful attend the Lenten church services and daily Mass.

HE gave UP HIS SON He asks us Give UP SINS this LENT



THE SIGN OF THE CROSS

An Acceptance of Suffering: Jesus promised us that suffering would be a normal part of a disciple's life (see Lk. 9:23-24). So, when we mark our bodies with the Sign, we are embracing whatever pain comes as a consequence of our faith in Christ. Making the Sign is our taking up the cross and following Him (Lk.9:25). At the same time, however, it comforts us with the realization that Jesus, who endured the Crucifixion for us, now joins us in our suffering and supports us. Signing ourselves also announces another significant truth: With St. Paul, we are celebrating that our afflictions as members of the Body of Christ contribute to the Lord's saving work of perfecting the Church in holiness.

Apart from the cross, there is no other ladder by which we may go to heaven. -St. Rose of Lima

Pray for Those in the Military

US Army

Captain Ben Clemente
RRT Specialist James Crumb
Specialist Peter Dippolito
Major Michael Franson
Sergeant First Class Charles Greene
Private First Class Sean Keohane
Captain Shawn Linn
Colonel John McLaughlin
Captain John G. Miele
1st Lieutenant Joseph W. Niece
2nd Lieutenant Jack Ottomanelli

US Marine Corps.

Corporal Shanna Bennett
Sergeant Matthew Brady
1st Lieutenant Ryan Colomeo
Lance Corporal Mark Fredrick
Lance Corporal Thomas Iafrate
Captain Stephen Ikalowych
1st Lieutenant J.P. Maher
Lance Corporal Cody McGrath

US Navy

Lt. Commander Julia Cheringal
Lieutenant Jonathan Clemente
Lieutenant Joseph Jaeger
Lieutenant Andrew Jaeger
Airman Cody Massa

Prayer for the Safety of Soldiers

Almighty and eternal God, those who take refuge in You will be glad and forever will shout for joy. Protect these soldiers as they discharge their duties. Protect them with the shield of Your strength and keep them safe from all evil and harm. May the power of Your love enable them to return home in safety, that with all who love them, they may ever praise You for Your loving care. We ask this through Christ our Lord.

Pray for Our Sick

Please Pray in the name of JESUS, the Healer, that the sick of the Parish may be restored to health and all those who assist and care for the sick will be given the strength to continue God's Will: infants Cordelia, Emmet Fischer, Jonathan & Joseph; little boys Gabriel Aungst, Antonio and Shane, Michael Baruch, Julie Berbert, Richard Bolton, Robert Brawley, Paul Brennan, Dominic Carini, Kevin Columbo, Eddie Cooper, Marie D'Ascenzo, Maryann Dean, Vincent DePaola, Marge Devitt, Guy DeSantis, Steven DiGirolamo, Lynne Diorio, Carl Falasca, Michael Fallon, Kathleen Falotico, Dan Filippone, Jeremy Fillis, Mary Foley, Walter Flaherty, Phil Gangusa & Vicky Ferrara, Leo Gendron, Ken Grier, Amy Hartwell, Martin & Mavis Ince, Rob & Dianne Kaiser, Dee Kaiser, Josephine Kasper, Pat Kissane, Christina Kenny, Joseph Koch, Mary Lowe, Robert Mayer, James McGary, Michael McMahon, Kim McWilliams, Gianna Moscatello, Rose Marie Myers, Natalie Niebergall, John Pal, Tom Paskewich, Joan Phalon, Carice Prince, William Ragu, Dan & Phyllis Ragusa, Bill Raymond, Ryan Reid, Debra Rendon, Louise & Vincent Ricciardi, Veronica Romanchuk, Beth Sacco, Samantha Sconzo, Patricia Ann Shalhoub Peggy Shelden, Carole Stonitsch, Charles Touw, Dan Touw, Mary Ubriaco, Aileen Vassar, Megan Weingarten, Hope White, Maria Williams, Daniel Wu, Mary Young, Brian, Carla, Chris, Christina, Edward, Elba, Jennifer, Joann, John, Karen, Lauren, Lisa, Lou, Lucas, Lynn, Mary, Margaret, Michelle, Patrick, Peter, Robert, Remy and Silvie, Samantha, Sean, Sharon, Steven, Tina W., Tom, Tara M.

Parish Registration All Roman Catholics over 18 years, even those not living on their own, are expected to officially register in their parish. If you do NOT receive the Easter or Christmas mailing, you are probably NOT registered! For more information, or to obtain a registration form, see a priest or deacon or call or email Maria at the parish office. Why register? We strongly encourage you to register, even if you do not wish to receive weekly contribution envelopes, so we can include you on our mailing list. Only registered members of the parish can enroll a child in Religious Formation, obtain a Sponsor Certificate or Godparent Eligibility Form, or any other recommendations or documentation. Parents of Catholic School children requesting a parish subsidy are required to be active parishioners both in Mass attendance and financial assistance to this parish. Furthermore, to obtain a Sponsor (Godparent) Certificate, letter of recommendation, or other documentation, you must fulfill any canonical (Church Law) requirements for such documentation.

ARE YOU NEW TO THE AREA?

If you are, why not join our ever growing Parish family. Register to become a member of the OLV Family. Census forms may be found on OLV's website olvhp.org and in the Church vestibule

Mass Intentions

Monday, February 20--St. Eucherius of Orleans, France-Bishop
8:00 Mary Marino R/b Tony and Laura Scott
12:00 Martino and Antonia Busanic R/b the Busanic Family

Tuesday, February 21-- St. Peter Damian of Italy-Bishop
8:00 Lilly and Maria Piana R/b Carole Bellini
12:00 Ivan Busanic R/b the Busanic Family

ASH WEDNESDAY, February 22 -- Chair of St. Peter the Apostle
6:00 Souls in Purgatory
8:00 Vincent Gulfo R/b Liz Gulfo
12:00 Hazel Obutelewicz R/b Regina Bond

3:30 Intentions of Mary Ubriaco
5:00 People of the Parish
6:15 Latin Howard J. Walsh, Jr.

Thursday, Feb. 23 - St. Polycarp-Disciple of St. John-Bishop, Martyr
8:00 Carol Curcio Mertz R/b Liz Gulfo
12:00 Filomena Zaccaro R/b the Zaccaro Family

Friday, February 24 -- St. Ethelbert-King of Kent, England
8:00 Rose Berlinghieri R/b the Berlinghieri Family
12:00 Charles DeVaux R/b Paul and Lisa Meyer

Saturday, February 25 - St. Tarasius - Patriarch of Constantinople
8:00 Anna Lucia Arias R/b Maria Arias
12:00 Mark Maxon R/b John and Linda Russo
4:00 Peter T. Stonitsch R/b Peter and Carole Stonitsch
5:00 Joseph Cilento R/b Diana Lynch

Sunday, February 26 -- St. Victor - Hermit
7:00 Bruce Michael Ricciardi
8:00 Intentions of Donna, Billy, Shannon & baby R/b Ed & Alysia Kelly
9:30 Nicholas Suriani R/b Mike and Maria Hellrigel
10:00 Christopher Zapf R/b Karen Accavallo
10:45 Mary Turnbull R/b Rita McNamara
12:00 Marian Zanetti R/b Rachel Libby
1:00 People of the Parish
6:00 Marian Zanetti R/b Rose and Jim Youngmans

Sanctuary Memorials (this week)

The Sanctuary Lamp will burn for souls in Purgatory.
The Blessed Virgin Mary Votive Lamp will burn for the repose of the soul of Carol Curcio Mertz, r/b Liz Gulfo.
The St. Joseph Votive Lamp will burn for the repose of the soul of Vincent Gulfo, r/b Liz Gulfo.

My Parish--My Responsibility

Thank you to those who so generously continue to support our parish by mailing in your donations. At the same time, we understand that some have been laid off from their work or are experiencing decreased income and are unable to continue their donations at this time. Donations/offering envelopes may be mailed to OLV Rectory, 81 Lynn Street, Harrington Park, NJ 07640. Thank you for your generosity

Relevant Radio 1430am

"right way" for couples to fight and dopamine
Tune in to Trending with Timmerie - in the Feb 13 podcast guest Jim O'Dea, Exec. Director Integrity Restored (an organization that helps restore integrity of individuals, spouses, families with different addictions), speak about subjects including the "right way" for couples to fight and dopamine addiction stemming from food to technology

2022 Contribution Statements Please phone Maria at the rectory 201-768-1706 or email olvrectory.hp@gmail.com to request your statement.

REQUIREMENTS for GODPARENTS

Godparents play a very important role in your child's spiritual life as role models of the faith. They should support not only the child, but the parents as well. Additionally, in their role as godparent, they represent the larger Church community and this is a tremendous responsibility. The Church has provided guidelines to help parents choose the best possible godparents for their children in recognizing the importance of the godparent and their duties:

Godparent/Sponsor must be at least 16 years old.

Godparent/Sponsor must be in good standing with the Catholic Church. Must be a practicing Catholic (*Attend Sunday Mass weekly*).

Must have received the Sacraments of Baptism, Communion, and Confirmation. If married, must be married in the Catholic Church.

If single, not living with significant other, nor married civilly only.

Godparent/Sponsor cannot be the candidate's parent. Each child only requires one Godparent. If you wish to have two Godparents, there must be one female and one male. (Canon Law 872-874)

Respect Life

Any woman who is **pregnant** and in need of

assistance? should **never** feel that abortion is her

only option. For personal and confidential assistance call the following :

Archdiocesan Respect Life Office: 973-497-4350

Gateway Pregnancy Center: Phone: 908-353-0604

Catholic Community Services: 201-246-7379

Birthright: 800-550-4900 Lifecall: 800-662-2678

Cancer Support Group: Prayer-based group meets first and third Fridays, 4pm-5pm at Our Lady of Sacred Heart School, Tappan, NY. For info' call Maureen Barbey 914-646-6014.

Someone You Know Addicted? Nar-Anon Family Groups in North Jersey. www.naranonofnj.org.

Are you an **ADULT** without

Confirmation, Communion or Baptism?

If you want to become a Roman Catholic or complete your Initiation into the Church, the RCIA is for you! For information, phone the rectory. *Adult Catholics* who have not yet celebrated *Confirmation* or Holy Communion should contact the rectory for preparation class/information.

Start your marriage at the altar with God

"wedding" at the venue is not a valid Sacrament

Start your married life with God and receive grace for your married life through Sacramental Marriage in Church. In this Sacrament, God's own divine life can be experienced and lived. **Were you married only civilly** by a mayor or justice of the peace and would now like to be married in the Catholic Church? Contact Fr. Wojciech for details.

CCD Office Hours

Monday - Wednesday - Friday 10AM-2PM

every Sunday **Family Mass** every Sunday

10AM in OLV GYM

OLV Needlers If you'd like to learn to knit or crochet, everyone is welcome. We meet Wednesdays in the lower church at 6:00PM.

Catholic Daughters of the Americas For info' contact Marie 201-741-0499.

DEAR PARENTS

It is a genuine cause for alarm that so many children who attend Catholic Grammar Schools and High Schools or our Parish Religious Education Classes (CCD) **DO NOT** go to Mass on the weekends. **ALL the MONEY, TIME and COMMITMENT** to our Catholic Religious Education is **WASTED** if **PARENTS** fail to impress upon their children the importance of worshipping on Sunday. **Also, Confirmation is NOT GRADUATION from attending Mass. There is no substitute for fulfilling your Sunday Mass obligation.**

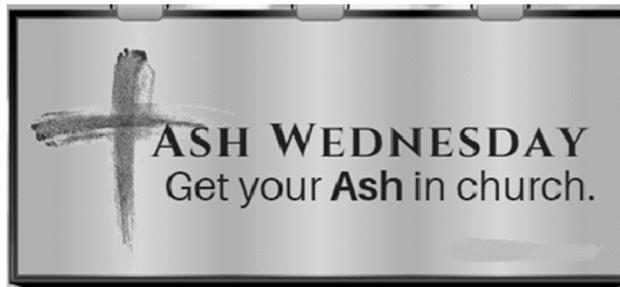
FOUR WORDS

A king called all of his wise men and counselors together for a meeting. He addressed them and said, "I want you to go and think, read, and research. Consult the wisest and most learned men in the land. Spare no expense." "I want you to find the ONE statement that will get me through all situations in life. Whether I am on top of the world or in the pits, find that statement." "Find me a Mountain Wings Moment statement." "I don't want to learn long and complicated philosophies. I want one simple statement. Find it or write it; I don't care, just bring me the statement." The men left and consulted for months. They finally returned and handed the King a scroll. The King unrolled the scroll. On it was written four words. "THIS TOO SHALL PASS". That was it.

The wise men explained. When you are on top of the world, that is but a fleeting moment, things change, always remember, this too shall pass. When you are in the pits, all nights are followed by day, at your lowest moments remember also, this too shall pass. All external circumstances and material things change. No matter what your circumstances, remember, THIS TOO SHALL PASS!

The wise men reminded the great King that this would get him through his earthly things, but the truly wise knew there were things beyond this earth and life ... things that were eternal. True wisdom, they reminded the King, was in the ability to recognize the fleeting temporal things of the material world from the truly eternal things. "O Great King", they said, "Most of the things that you worry or gloat about are temporary, and our four words apply." For most of your situations...THIS TOO SHALL PASS!

A Little Humor...



KIDZ KORNER ANSWERS

1. Ash Wednesday & Good Friday
2. Fridays during Lent and Fridays during the year are days of Penance.
3. 40 days.
4. Ash Wednesday.
5. To atone for our sins and the sins of the world.

The Seven Deadly Sins:

PRIDE

Pride is a sin that is so pervasive that we often don't even sense it is there. Pride also plays a role in every other sin we commit. Pride is the sin we most share with Satan and the fallen angels. Satan refused to serve God or to submit to His plan; these are strong tendencies in every human person as well. Satan planned his strategy well as he tempted Eve. You will be like God, he told her. Both Eve and Adam falsely reasoned that in order to be free they should not be told what to do; they should do as they pleased. They claimed the right to determine good and evil for themselves rather than trusting God. This prideful pronouncement has gone forth from human hearts ever since: "I will not be told what to do."

Pride is a habit or vice that disposes us to think more of ourselves than we ought. We *do* have gifts, but they *are* gifts, gifts that God has given us. We should be humbly grateful for the gifts and talents that God has given us. Pride is one particular vice, sinful in itself. On the other hand, it is a more general vice that is involved directly or indirectly in most other sins. Pride plays an especially large role in sins of malice. Sins of malice are those in which one directly and defiantly refuses to obey God, or refuses to be told what to do, or willfully insists that one knows better than God, the Church, or those entrusted with one's instruction and guidance. Pride plays a more indirect role in sins of weakness. Sins of weakness are those in which one acts sinfully not so much out of defiance as out of a weak inability to do what one admits is right. Pride may be more indirectly present through careless neglect of growing in virtue or failure to seek God's help. There are times when we refuse to admit that others have gifts and abilities that we do not possess and that we may in fact need in order to be completed. Further, we sometimes refuse to admit that others are just better at certain things than we are. In this way, pride is both impoverishing and isolating.

In modern English usage the word "pride" can have a positive meaning. Before it becomes sinful, pride inspires us to strive not merely for the ordinary but for loftier things. In this sense, pride pushes us to be more than we currently are; it inspires effort. The use of the word "pride" in a positive sense is much less common in Christian moral theology, which typically speaks of pride only as a vice; it categorizes striving for the difficult but possible under the virtues of fortitude and hope.

The central effect of pride is to push God to the periphery of our moral, spiritual, and temporal existence. God is either shunned directly or becomes increasingly irrelevant to us. Man necessarily moves to the center and, even more egotistically, *I* move to the center. Having moved God to the periphery, the prideful person focuses more on his own power and exaggerated notions of control. Money, prestige, power, access, and possessions become his focus. It is himself on whom he relies, not God. Because pride involves entertaining the illusion of self-sufficiency and omits or minimizes God, it *can* be a serious or mortal sin. A culture dominated by people who "forget" that God sees all and that they will have to render an account to Him will suffer increasingly from tyrannical, vicious, and destructive behaviors. Such a culture is dominated in growing measure by those who exercise little or no restraint on their behavior and who act imperiously - even despotically.

Pride can get very dark very quickly because it involves a direct turning away from God. In this sense pride is the first and worst of all sins. Today, many assert the right to fashion their own god: the god within, the god of their own understanding. This is pride writ large and ugly. It is idolatry, somewhat veiled, but idolatry just the same; it is a violation of the First Commandment. Such pride cries out for correction and punishment. Yes, pride is ugly—a deadly disease.

GREED

Greed is the insatiable desire for more. It is a deep drive in us that, no matter how much we have, makes us think that it's not enough. It almost never occurs to most of us that we may have crossed the line into greed.

Greed brings with it a kind of blindness that causes us to mistake mere wants for needs. As we entertain this illusion, there's very little to prompt us to consider that we actually have more than enough. There's very little to cause me to say, "Gee, I've gotten greedy" or to work toward curbing this insatiable desire for more.

Like all of the seven deadly or capital sins, greed sees many other sins flow from it. St. Thomas lists a number of these sins: fraud, lying, perjury, dissatisfaction (restlessness), violence, and hardheartedness. (see, S.T. II, IIae, q. 118 art 8). Greed can create in us a kind of insensibility to mercy. Since by greed we adopt a certain passion to acquire and possess, often rooted in a kind of fear. Thus we focus unreasonably on our needs and do not advert to the needs of others. Greed can therefore lead individuals and nations to a hardheartedness and cruelty or violence in order to possess what we do really even need. Finally, as Thomas notes, greed makes us restless and anxious since, whatever we have it is never enough.

Of the virtues that are medicine for greed, generosity is the chief virtue, followed closely by gratitude. We already have so much for which to be grateful and when our focus is there, a kind of joy permeates our soul that makes us more generous and kind to others. Another virtue that is key is trust and Faith in God. For, when we trust God through faith we are less concerned about the needs of tomorrow, This in turn assists the fruitful virtue of peace. Mercy and love are also virtues that open us to the needs of others. -excerpt Catholic Standard 4/2019

Where do Ash Wednesday ashes come from?

We begin Lent with ashes, the burnt remains of last year's palms. Surprisingly, the use of ashes was reserved for serious public sinners. Eventually, they grew in popularity; in 1091 Pope Urban II mandated the use of ashes for all Catholics. This is to show that we will turn away from sin and be faithful to the Gospel of Jesus Christ. We remove all signs of joy and festivity to focus on the core of our Faith. That is why from Ash Wednesday to the Easter Vigil we omit the "Alleluia" (a Hebrew word which means "Praise God") since it is our most joyful word of praise. We also omit the joyful "Gloria" from Sunday Mass. Through prayer, works of mercy, acts of self-denial, and Lenten practices, we prepare for the Sacred Triduum and Easter.

What is Fasting? Fasting consists of having one regular meal during the day. Its main purpose is for us to live in spirit of repentance and turning away from sin and turning back to God.

Why no Meat? Traditionally meat was more expensive and eaten only during times of feasting and rejoicing.

Why can we eat fish? Fish doesn't belong to the "flesh meats" as it is a cold-blooded animal. The Latin word "Caro" from which we get words like Carnivore applies to flesh meat and does not include fish.

What does abstinence mean? Abstinence means no meat (mammals or fowl). Fish are okay.

Who must practice abstinence and fasting during Lent? Abstinence is required of Catholics 14+ years of age. Fasting is required of Catholics 18-58 years of age. Those outside the age limits and whose state of life (pregnant women, ill, elderly, manual laborers) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity

KIDZ KORNOR

1. On what days do Catholics Fast?
2. On what days do Catholics abstain from meat?
3. How many days is Lent?
4. On what day does Lent begin?
5. Why do Catholics Fast & Abstain from certain foods?

Answers on page 4..