

Dear Padre,

Does pregnancy qualify as an exemption from abstinence and fasting in Lent?

Yes, it does. Just to be clear, abstinence is not eating meat on the Fridays of Lent and applies to Catholics over the age of fourteen. On Ash Wednesday and Good Friday, Catholics between the ages of eighteen and fifty-nine are obligated to fast, that is, eat only one full meal and two smaller meals that do not add up to a full meal. In addition to children and elders, exemptions from these disciplines include pregnant or nursing women and the physically or mentally ill, including those with chronic illnesses, like diabetes.

It is presumed that mature Catholics will seek balance and integration in the practice of the faith and will routinely make careful, informed decisions and apply them to spiritual practice. Obviously, being informed and aware of what the Church teaches, why the Church teaches something, and how it is to be applied and understood will only enhance a person's discernment.

The health of an unborn baby is a clear responsibility and of the utmost importance. Maintaining a healthy and balanced diet during pregnancy and adjusting any habitual practices that may endanger the health of the baby should be a primary concern. While exempt from fasting and abstinence, a pregnant woman may want to observe Lent by adopting another penitential discipline, something that would do no harm to the baby but would still be in the spirit of Lent. ●



SHUTTER PRODUCTION / PEXELS

Fr. Thomas M. Santa, CSsR / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 3	March 4	March 5	March 6	March 7	March 8	March 9
Weekday	Weekday	Ash Wednesday	Thursday after Ash Wednesday	Friday after Ash Wednesday	Saturday after Ash Wednesday	First Sunday of Lent
Sir 17:20–24	Sir 35:1–12	Jl 2:12–18	Dt 30:15–20	Is 58:1–9a	Is 58:9b–14	Dt 26:4–10
Mk 10:17–27	Mk 10:28–31	2 Cor 5:20–6:2	Lk 9:22–25	Mt 9:14–15	Lk 5:27–32	Rom 10:8–13
		Mt 6:1–6, 16–18				Lk 4:1–13



VATICAN MEDIA

A WORD FROM POPE FRANCIS

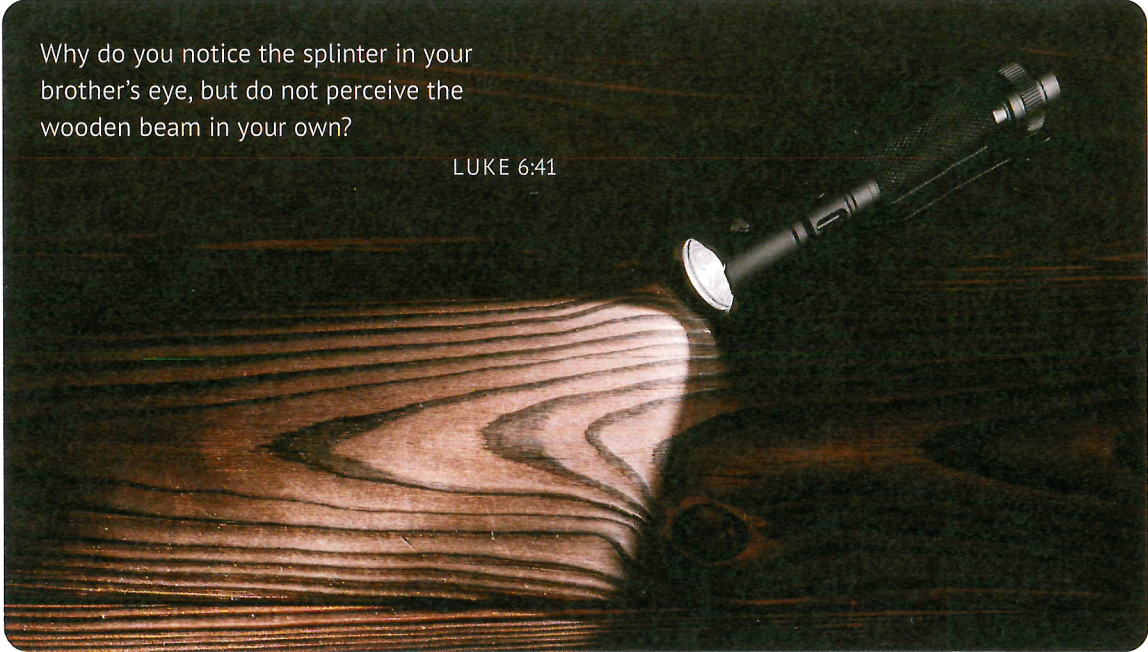
What Jesus says is true: we always find reasons for blaming others and justifying ourselves. And very often we complain about things that are wrong in society, in the Church, in the world, without first questioning ourselves and without making an effort to change.... Every fruitful, positive change must begin from ourselves. Otherwise, there will be no change.

ANGELUS, ROME, FEBRUARY 27, 2022

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Our Parish COMMUNITY

March 2, 2025
Eighth Sunday in Ordinary Time (C)
Sirach 27:4–7 / 1 Corinthians 15:54–58 / Luke 6:39–45



Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own?

LUKE 6:41

Blindsided

FR. JOSEPH JUKNIALIS

There are days when the darker side of who we are rises up and slaps us in the face. One evening, I decided to go to see a film. I bought a ticket, made my way into the theater, and found a seat that would give me an unobstructed view of the screen, one that had patrons on either side of the open seat in front of me. Fairly sure that no one would sit in front of me, I felt good about my maneuver. A few minutes before the film began, a group of four walked down the aisle, looking for a string of open seats in the crowded theater. One of them stopped at my row and asked if I would move down a seat. Immediately, I realized my predicament. If I moved, I'd be behind someone tall, with my vision of the screen blocked.

I'd spend the film gazing through someone's head. I said no. The woman who had asked was taken aback, said so, and then moved on. Just as quickly, I found myself shocked by my own selfishness. Where had that come from? Was I really not who I thought I was? I discovered that there are hidden pieces of who we are that seldom come to light, and when they do, we cringe. If we are fortunate, the Lenten journey we begin on Ash Wednesday might reveal to us what it is that lives in our hearts. ●

Reflect

What can I do for Lent that may help me see myself more clearly?

March 2, 2025 – Eighth Sunday in Ordinary Time

ST. JUDE PARISH

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WEEKLY MASS CALENDAR: Confession: Thursday Mornings after Mass CELEBRANT:

Sunday	Mar. 2, 2025	9:30 a.m.	Mass	Fr. Creagan
Weds.	Mar. 5, 2025	Ash Weds., 6:00 p.m.	Mass & Ashes	Fr. Creagan
Thursday	Mar. 6, 2025	9:00/10:30 a.m.	Adoration/Mass	Fr. Creagan
Sunday	Mar. 9, 2025	9:30 a.m.	Mass	Fr. Schmidt
Thursday	Mar. 13, 2025	9:00/10:30 a.m.	Adoration/Mass	Fr. Schmidt

WEEKLY MASS INTENTIONS:

Sunday	Mar. 2, 2025	LaVerne Childers	By: Claire Miller
Weds.	Mar. 5, 2025	The People of St. Jude Parish	By: Pro Populo
Thursday	Mar. 6, 2025	Agnes & Red VanBruggen	By: Sadie Payne
Sunday	Mar. 9, 2025	Frank J. Hanchak	By: Frank Hanchak
Thursday	Mar. 13, 2025	Frank & Betty Bilkovic	By: Chuck McKenna

TODAY: SUNDAY, 3-2-2025 NEXT SUNDAY: SUNDAY, 3-9-2025

Reader	CCD Students	Reader	Ellen Brown
EO Ministers	Tony & Jenny Karsen	EO Mins.	Lorie & Dan Wahmhoff
Servers	Daisy, Rocky, Bo, Noah	Servers	Bella, Hayzel, Lydia, Alexa

OFFERTORY COLLECTION

Sunday	Feb. 23 2025	Target	\$ 1,900	Offered	\$ 1,855.00	\$ 45.00
Year to Date		Target	\$ 66,300		\$ 68,507.20	\$ 2,207.20
Attendance		100	Year To Date Attendance			4120

Seeing ourselves with humility frees us to approach the brokenness of others with grace.

The Christian faith is carnal – embodied – one that uses our senses. We see and hear God present in the liturgy; we touch and taste the body and blood of Christ and smell the incense present in worship. Jesus, the Son of God, was incarnated. He took on human flesh and, using His senses, saw those around Him in need; **Christ listened, spoke, and touched in order to heal.** **It is no accident that Jesus teaches us through attention to our humanity and how we perceive the world, for it is how He, too, engaged the world.**

For example, in today’s Gospel, there is an interesting and somewhat paradoxical use of the metaphors of sight. First, Jesus asks if the blind can lead the blind, speaking of those who cannot see at all. But then he admonishes those who notice the splinter in [their] brother’s eye but do not perceive the wooden beam in [their] own. **This contrast of being able to see but yet still not being able to see gets our attention not just for its imagery but for its purpose. Sight, if wrongly focused, is just as much a problem as blindness in the spiritual life.**

It is not just sight that can fail us, however. Presumably, those whom Jesus admonished in the Gospel for “noticing the splinter” were not so much guilty of this perception in and of itself, but because of their vocalization of it. **This is the essence of hypocrisy, which involves both pride within oneself and criticism of others.** **As always, Jesus does not simply scold, and he does not condemn. He convicts and offers grace, mercy, and a way forward. We are not doomed by our human nature and sin.**

In the words of the prophet Sirach in our first reading, *The fruit of a tree shows the care it has had*; **so too does one’s speech disclose the bent of one’s mind.** **An arrogant heart produces a sharp tongue toward others.**

Jesus explains what it looks like to bear good fruit. First, we must recognize our own limitations and sins, take ownership of our wooden beams, and repent. Seeing ourselves with humility frees us to approach the brokenness of others with grace. **Humility within ourselves produces words of encouragement toward others.**

Second, as humility and grace abound within us, our ability to produce good fruit grows: A good person, out of the store of goodness in his heart, produces good. **Jesus is telling us how to achieve what He is commanding us to do: be good, grow in goodness, produce better – and the upward spiral of virtue continues.**

We can take heart that **Jesus understands us**, and while He is without sin, **He knows the difficulties that sin causes us.** His words and His sight are perfect. If we pay attention to them and follow Him as best as we can, someday ours may be, too.

FROM THE DRE:

Thank you to our student helpers this week: Sadie, Hazel, and Lydia for reading; Alanah and Carlena for bringing up the gifts; Jonah and Bridgette for ushering.

No class this week. We will resume next week.

PRAY FOR THOSE WHO ARE ILL: Brian and Sonny Laughlin, Julie Haley, Steve Klein, Barb Percival, Joan Rumery, Margie Burris, Lillian B. Wheeler, David Vana, Donna Murphy, Jack Secondi, Mary Heinz, Vicki Clark, Brett Middleton, and those on our prayer chain.

ASH WEDNESDAY

HERE AT ST. JUDE – MARCH 5, 2025

Distribution of Ashes at 12 noon

Mass & Distribution of Ashes at 6 p.m.

LENTEN GOSPEL REFLECTIONS—Please sign up for this year's presentation with Deacon Jim and Richard Parsons. The dates are Wednesdays, 3/12, 3/19, 3/26, and 4/2. We will have soup at 5:30 p.m., and the presentations will start at 6 p.m. The sign-up sheets for the presentations and soup and bread (if you can bring something) are on the table in the hallway. If you plan on attending, please pick up a copy of "Lenten Gospel Reflections" on your way out.

CRS RICE BOWL LENTEN COLLECTION CELEBRATES 50 YEARS! During Lent 2024, parishes and schools throughout the Diocese of Kalamazoo collected donations for the Catholic Relief Services Rice Bowl Program totaling \$30,800. Each year, CRS reserves 25% of all Rice Bowl Funds to be **awarded locally throughout the Diocese of Kalamazoo**. 2024 Rice Bowl Grants were distributed to: Allegan County Food Pantry, Allegan - \$350; St. Mary, Marshall, Knights of Columbus Christmas Community Dinner - \$350; St. John, Albion Christmas Baskets for the poor - \$350; Catholic Charities Diocese of Kalamazoo Bread of Life Program - \$2,000; St. Margaret, Otsego St. Vincent DePaul Food Pantry - \$300; St. Mary, Bronson, Food Cupboard - \$300; Maple Valley Community Center of Hope Nashville, MI - \$1,750; St. Joseph, Kalamazoo St. Vincent DePaul - \$350; St. Joseph, Kalamazoo Funding for Food Pantry Freezer - \$350; United Community Assistance Program Three Rivers, Michigan - \$900; St. Francis Outreach Dowagiac, Michigan - \$700.

ROSARY – Just a reminder that we recite the Rosary on the first and third Sundays of the month at 9 a.m. All are welcome!

*The Sanctuary Candle is lit this week in memory of **James Torrey**
By request of Paul & Sally Tomlinson*

A FAMILY PERSPECTIVE – Today, Jesus tells us: "Why do you see the speck in someone else's eye but miss the log in your own eye?" It's always easier to try to change someone else than to face the things in us that need change. What a waste of time, for we can't change anyone but ourselves.

FROM MARCH 5 TO APRIL 13, YOU'RE INVITED TO JOIN OTHER CHRISTIANS ACROSS THE GLOBE FOR 40 DAYS FOR LIFE. This involves 40 days of prayer and fasting for an end to abortion. You're also invited to stand and peacefully pray during a 40-day vigil in the public right-of-way outside of the Planned Parenthood building at 4201 W. Michigan in Kalamazoo on Mondays through Saturdays, 8 a.m. to 8 p.m. When you participate in 40 Days for Life, you are making an appointment with God in prayer. And you are also changing the hearts of people through the Holy Spirit. To sign up, contact Dan Wahmhoff at (269) 303-9811. For more information, send an email to 40dayskalamazoo@gmail.com

FROM THE DIOCESE

TODAY IS THE DIOCESAN PRIESTS RETIREMENT COLLECTION - During his years of priestly ministry, a diocesan priest is supported mainly by a parish community. Retirement years can be difficult for these men, many of whom dedicate as many as 50 years or more of their lives to caring for and ministering to others. Priests of the Diocese of Kalamazoo typically retire at the age of 70 and receive a pension, which is used for basic needs such as food, housing, and transportation. Most priests live independently during their retirement, unlike priests of religious communities who live together during their senior years and are cared for by their religious institutions. Your contributions to the Diocesan Priests Retirement Collection go directly to the Diocese of Kalamazoo's Good Shepherd Fund for the support of our retired priests.

Anyone aware of child sexual abuse should report the matter to the appropriate law enforcement agency and make a report to the Michigan Department of Attorney General at 844-324-3374.