

March 15, 2020
Third Sunday of Lent

Dear friends in Christ,

The last two weeks, we reflected on two of the three pillars of our Lenten penitential practices – prayer and almsgiving. This week we take a look at fasting.

Fasting is an ancient ascetical practice of the holy men and women of the Old Testament. Jesus himself fasted and taught that his disciples would fast after his Crucifixion and Ascension into Heaven. When the disciples of John come asking Jesus why he and His disciples do not fast, Jesus answers: "Can the wedding guests mourn while the Bridegroom is with them? The days will come when the Bridegroom is taken from them, then they will fast." (Mt 9:15) These days of Lent are the days when the Bridegroom is taken from us. Fridays, particularly during Lent, are days of fasting and obligatory abstinence from meat. Friday is the day that the Bridegroom of the Church was taken from us, the day our Lord died on the cross. All of Lent is a time for turning from our sin and back to the Bridegroom from whom we have strayed. Through sin, we separate ourselves from Him. Acknowledging our sinfulness, we fast.

Fasting is also a powerful weapon against temptation and evil. In Matthew 17, Jesus' disciples are unable to cast out a demon. Jesus, however, casts it out with a single command. In amazement, his disciples ask: "Why could we not cast it out?" (Mt 17:19) Jesus replies: "Because of your little faith... this kind never comes out except by prayer and fasting." (Mt 17:21) Fasting, accompanied by prayer, leads to greater faith, which leads to spiritual strength against evil. To have true faith, we must first have humility; humility leads us to have faith in God rather than in ourselves. Our stomach rumbles even after missing one meal, exposing our frailty, which leads to the realization that we must rely on God alone. Each craving for what we gave up for Lent is a reminder to place our trust, not in ourselves, but in God.

There are certain obligatory fasts for Catholics. An hour before Mass, we abstain from any food or drink (other than water and medicine). In addition, those ages 18-59 are obliged to fast and abstain from meat on Good Friday and Ash Wednesday; on these days, the maximum food permitted is one full meal and two smaller meals that, together, do not equal a full meal. However, these requirements are the *minimum*; let's not settle for the minimum. Let us each pray about how the Lord wants to increase our faith through fasting this Lent. This could be fasting from certain food, comforts, and/or technology. If we rely on our own strength to sustain us, nothing is possible, but "with God, nothing will be impossible." (Lk 1:37)

*Mother, let me share thy grief divine,
Fr. Martin Flum*

High School YOUTH Lenten Night!

We invite all our High School Age Youth (14-18) to come to the St. Michael parish hall on March 20th at 5:30 PM for an ice breaker, pizza, a brief talk, and Stations of the Cross. Joanna Mason will be giving the talk, entitled: "Calculating Route: Get Your Destination Right Before You Get It Wrong." After the talk, we'll pray Stations of the Cross with the rest of the parish beginning from 7 PM - 7:30 PM. RSVP to Joanna Mason at (240)681-3551 or evangelization.stmichaelbaden@gmail.com by March 19th.

The Fishers of Men Project

And then there were 7 - the number of Perfection! But we still need more volunteers to visit our neighbors as part of our Fishers of Men project. Our visits will be simple; we will introduce ourselves as parishioners of St. Michael or St. Dominic, let them know that we are here for them, and offer to pray for them and their intentions. We will also invite them to use our FORMED subscription. If no one answers the door, we have door hangers ready, so our visit will not be in vain! Please join our Music/Evangelization minister, Joanna Mason and Father Flum and become "Fishers of Men." Contact the office for more info. evangelization.stmichaelbaden@gmail.com or at (240)681-3551.

Go and announce the Gospel of the Lord!

Monday, March 30

Parish Penance Service 6:30 -8 PM

Visiting priests will be available for confession, and a visiting priest will speak to us and lead us in an examination of conscience. There will be adoration of the Blessed Sacrament as well. The visiting preacher is Rev. Gregory Coan, one of our own diocesan priests and a former college track competitor and coach. Come receive God's mercy and be coached on the Heavenly Run!



LENTEN STATIONS OF THE CROSS

Stations of the Cross will be on Fridays during Lent (Friday, February 28th – April 3rd). Stations will begin at 3pm at St. Dominic's, then again at 7pm at St. Michael's Church.

WEEKLY UPDATES

MINISTRY SCHEDULE FOR NEXT WEEK

Saturday 03/21/20 5pm
Rosary Leader: Alice Williams
Server: Kathy Fisher Lector: Cheryl Kerwin
EMHC: Joan Royal

Sunday 03/22/20 8am
Rosary Leader: Betty Lindsay
Server: Dan Wilson Lector: Jeannine Wilson
EMHC: TBD

Sunday 03/22/20 11:30am
Rosary Leader: Kevin Mondorf
Server: Kayla Aure Lector: Chris Patterson
EMHC: TBD

Readings for the week of March 16, 2020

Mon 3/16/20 2 Kg 5: 1-15b/Ps 42 /Lk 4: 24-30
Tues 3/17/20 Dn 3:25, 34-43/Ps 25/Mt 18:21-35
Wed 3/18/20 Deut 4: 1, 5-9/Ps 147/Mt 5: 17-19
Thurs 3/19/20 2Sm:4-5a,12-14a,16/Ps 89/Rm 4:13,16-18, 22/Mt 1:16,18-21, 24a
Fri 3/20/20 Hs 14:2-10/ Ps 81/Mk 12:28-34
Sat 3/21/20 Hs 6: 1-6/Ps 51/Lk 18: 9-1
Sun. 3/22/20 1 Sm 16:1b, 6-7, 10-13a/ Ps 23/Eph 5: 8-14/ Jn 9: 1-41

MASS INTENTIONS

Saturday	03/14/20	5pm	Parishioners & their families
Sunday	03/15/20	8am	Clarence Brown +
Sunday	03/15/20	10am	Ann Proctor +
Sunday	03/15/20	11:30am	The Urban family
Monday	03/16/20	8am	Doris Riess +
Tuesday	03/17/20	8am	Barbara Harding
Wednesday	03/18/20	8am	Special Intentions - Fr Flum
Thursday	03/19/20	8am	Pete Grimberg
Friday	03/20/20	8am	Ann Proctor +

PLEASE PRAY FOR THE SICK:

For those who suffer from chronic illness, especially Joe Aviles, Angela Farmer, Madison Brady, Ann Canter, Charlene Cardwell, Tom Cardwell, Joyce Chambers, Thomas Chambers, Jackie Chapman, Dorothy Dunston, Kathy Fisher, Mabel Hamilton, Florence Henderson, Crystal Johnson, Bernice Kirby, Marie Knobel, Wanda Langley, Betty Lindsay, Kenny Lindsay, Adam Lumpkins, John Martone II, Michael Mohun, Ralph and Regina Nasatka, Fannie Newman, Joyce Pickeral, Rev. Robert Pittman, Betty Proctor, Dawn Russo, Lucille Shanks, Dee Smith, Geraldine Stewart, Willie Stewart, George Thomas, Terry Wilson and Belinda Windsor, may their crosses be joined to the Cross of Jesus.

YOUR SACRIFICIAL OFFERINGS

St. Michael's	Offertory Collection	\$ 5002
St. Dominic's	Offertory Collection	\$ 1089



Parish Movie Night

When: Saturday, March 28
Doors open at 6 pm; Showtime at 6:30
Where: The Parish Hall

*"Who are you
if you do not stand up for what you believe?"*

About the Film: Tells the inspiring true story of the Cristeros, an army of Mexican Catholics who rose up to defend their right to religious freedom in the 1920s in response to the horrors of a federal persecution. This band of rebel Catholics included both old and young, priest and caballero; you may be surprised at who the biggest heroes of the movie turn out to be. Starring actors include Peter O'Toole and Eduardo Verastegui. This film is one every Catholic will enjoy and receive inspiration from. There won't be a dry eye in the house! (Catholic News Service rating: A-III, Adults)

What to Bring: A dish, snack, or dessert to share, if you are able... and tissues. :)



**The Light is On for Confession
Every Wednesday during Lent
at St. Michaels 7-9pm.**

**On the necessity of Confession
from the Baltimore Catechism #368**

He who knowingly receives Holy Communion in mortal sin receives the body and blood of Christ; but he does not receive His graces and he commits a grave sin of sacrilege. "Therefore whoever eats this bread or drinks the cup of the Lord unworthily, will be guilty of the body and the blood of the Lord." (1 Corinthians 11:27)



**SPRING SEAFOOD DINNER
Holy Angels Church**

21340 Colton Point Road
Avenue, MD Ph# 301-769-3332
Sunday, March 22, 2020 11:30 am – 4:00 pm

Adults - \$30, Carry Outs - \$28	* Raffles
Children 6 to 12 - \$8	1 st Prize \$1000
5 and under are free!	2 nd Prize \$500