A still life photograph of a table setting. In the foreground, a round loaf of bread sits on a light blue cloth. To its right is a bunch of onions with their roots. In the background, a dark glass pitcher stands on the table. The scene is lit from the side, creating strong highlights and deep shadows.

**ST IGNATIUS
& ST LUKE'S**

8 March 2020

In our own day, fasting seems to have lost something of its spiritual meaning, and has taken on, in a culture characterized by the search for material well-being, a therapeutic value for the care of one's body. Fasting certainly brings benefits to physical well-being, but for believers, it is, in the first place, a "therapy" to heal all that prevents them from conformity to the will of God.

—Message of His Holiness Benedict XVI for Lent 2009

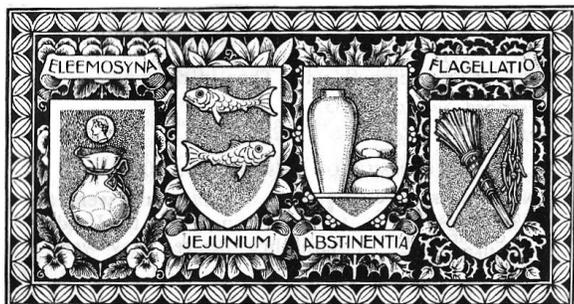
LENTEN PENITENTIAL REQUIREMENTS

All Catholics ages 18 to 59 are obliged to fast on Ash Wednesday and on Good Friday. Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, but combined they should be less than a full meal. Liquids are allowed at any time, but no solid food should be consumed between meals.

All the Fridays of Lent are days of abstinence from meat.* All persons who have completed their fourteenth year are bound by the law of abstinence.

Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.

Current practice of fast and abstinence is regulated by Canons 1250–1253 of the 1983 Code of Canon Law.



*As for what qualifies as meat and what does not, the United States Conference of Catholic Bishops (USCCB) has provided the following guidance to the faithful:

“Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs—all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.”

For many centuries, the rules for fasting during Lent were much more stringent.

TRADITIONAL LENTEN FAST (pre-1966):

Fast and Abstain on:

All Fridays and Saturdays of Lent,

Ash Wednesday,

Good Friday,

Holy Saturday (until Vigil Mass), and

the Lenten Ember days

(which are the Wednesday, Friday, and Saturday between the first and second Sundays of Lent).

Fast and Partially Abstain on:

All other days of Lent except Sundays and 1st Class Feasts (e.g., Annunciation BVM).

[*Partial Abstinence* - Meat and soup or gravy made from meat may be eaten once a day at the principle meal]

This left only Sundays and 1st Class Feasts as non-fasting, non-abstinence days.

REVISED LENTEN FAST (1983 Code of Canon Law):

Fast and Abstain on:

Ash Wednesday

Good Friday

Abstain on:

Fridays of Lent (even if you don't normally abstain on the Fridays of the rest of the year).

Fasting - Fasting is the taking of only one full meal (which may include meat if the day is not also one of abstinence, a situation which does not exist under the current regulations) and two smaller meals (often called collations) that contain no meat and that when added together do not equal the one large meal. No eating between meals is allowed, but water, milk, tea, coffee, and juices are permitted.

This definition of fasting is not to be confused with the Eucharistic Fast, which in the Latin Church involves taking nothing but water or medicine into the body for one hour before receiving the Eucharist. The earliest recorded regular practice was to eat at home before the Lord's Supper if one was hungry (I Corinthians 11:34). The next known ancient practice was to fast from midnight until Mass that day. As Masses after noon and in the evening became common in the West, Pope Pius XII in *Christus Dominus* [1953] reduced the fast to three hours and excepted water. The current one hour Eucharistic fast was introduced by Pope Paul VI on November 21, 1964, and is found in Canon 919 of the Code of Canon Law.

REMEMBER IN YOUR PRAYERS

All who are suffering or sick and all caregivers who minister to the sick: Amy Howard, Mary Morehead and family, Curtis Bailey, Leondre Massey, Sister Constance Ward, George Cochran, Mark Anthony Turner, Rachel Fisher, Patricia Ransom, David Hoppe, Jacqueline Chancio, Victoria P.; M.M., R.M., K.M., C.M., C.A., E.D., E.G., W.B., H.G., J.M., and J.G.

*Please call or email the office to add a name to the prayer list. **Before calling, please be sure you have spoken to the person [or a member of his family] about adding the name—we do not want to inadvertently disregard someone's desire for privacy.***

Names of those who are sick or suffering will be kept on the list for one month; to keep a name on the list for longer, you must email the parish office.

MASS READINGS THIS WEEK

8 March *Second Sunday in Lent*

Genesis 12: 1-4a; Psalm 33: 4-5, 18-20, 22;

2 Timothy 1: 8b-10; Matthew 17: 1-9

9 March *Frances of Rome, Religious*

Daniel 9: 4b-10; Psalm 79: 8-9, 11, 13; Luke 6: 36-38

10 March *Lenten Feria*

Isaiah 1: 10, 16-20; Psalm 50: 8-9, 16-17, 21, 23;

Matthew 23: 1-12

11 March *Lenten Feria*

Jerimiah 18: 18-20; Psalm 31: 5-6, 14-16; Matthew 20: 17-28

12 March *Lenten Feria*

Jeremiah 17: 5-10; Psalm 1: 1-4, 6; Luke 16: 19-31

13 March *Lenten Feria*

Genesis 37: 3-4, 12-13a, 17b-27a; Psalm 105: 16-21;

Matthew 21: 33-43, 45-46

14 March *Lenten Feria*

Micah 7: 14-15, 18-20; Psalm 103: 1-4, 9-12;

Luke 15: 1-3, 11-32

15 March *Third Sunday in Lent*

Exodus 17: 3-7; Psalm 95: 1-2, 6-9;

Romans 5: 1-2, 5-8; John 4: 5-42

MASS INTENTIONS

Saturday, 7 March

Ember Saturday in Lent

Anticipated Mass for Sunday

4:30 pm special intention [S. White]

Sunday, 8 March

Second Sunday in Lent

8 am Pro populo

9:30 am John Slattery + [Jane Slattery]

11 am Edward Guinivan and companions

Monday, 9 March

Frances of Rome, Religious

9 am *no public mass*

Tuesday, 10 March

Tuesday in the Second Week of Lent

9 am Msgr. William J. O'Donnell +

Wednesday, 11 March

Wednesday in the Second Week of Lent

9 am Marcella Pe + [Jane Slattery]

Thursday, 12 March

Thursday in the Second Week of Lent

9 am Maria Malkiewicz Pitt + [Chris and Deborah Ruddy]

Friday, 13 March

Friday in the Second Week of Lent

9 am Msgr. William J. O'Donnell +

Saturday, 14 March

Anticipated Mass for Sunday

4:30 pm Harold Kruse + [Lorraine LaValley]

Sunday, 15 March

Third Sunday in Lent

8 am Pro populo

9:30 am Barbara Monroe + [Jane Slattery]

11 am for fallen-away Catholics

St. Ignatius Finance Council

Florian Hocke - *Co-Chair*

Jackie Chancio

Deacon Clark Glenn

Joseph Somerville

Clifford Woods

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Administrator, St. Ignatius

Pastor, St. Luke's

Joint Pastoral Council

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Joseph Chancio • Rosemary Collier

Fran Doyle • James Guinivan

Ada Okafor • Elizabeth Shivone

Connie Somerville

Patrick Delaney - *ex officio*

Susan White - *ex officio*

St. Luke's Finance Council

Patrick Delaney - *Co-chair*

Nicole Crawford • Mario Enzler

David Lewis • Franco Madan

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