

# SAINT CHRISTOPHER CATHOLIC CHURCH

March 22, 2020

## St. Christopher Church

Fr. David Harris, Pastor  
fr.david@stchrisparishnh.org

Rev. Thien Nguyen,  
Vietnamese Ministry  
62 Manchester St.

Nashua, New Hampshire 03064  
(603) 882-0632  
parish.office@stchrisparishnh.org  
www.stchrisparishnh.org

## St. Christopher School

Mrs. Cindy Clarke, Principal  
cclarke@stchrisschoolnh.org

Grades PreK - 6  
20 Cushing Ave.

Nashua, New Hampshire 03064  
(603) 882-7442  
www.stchrisschoolnh.org

## Worship Schedule

Morning Prayer 7:00 AM Mon-Thurs  
Daily Mass 7:15 AM Mon-Thurs  
Saturday Vigil 4:00 PM  
Sunday Mass 8:00 & 10:00 AM  
Vietnamese Mass 3:00 PM Sunday

Confessions After Daily Mass,  
approx. 7:45 AM  
3:00-3:30 PM Saturday

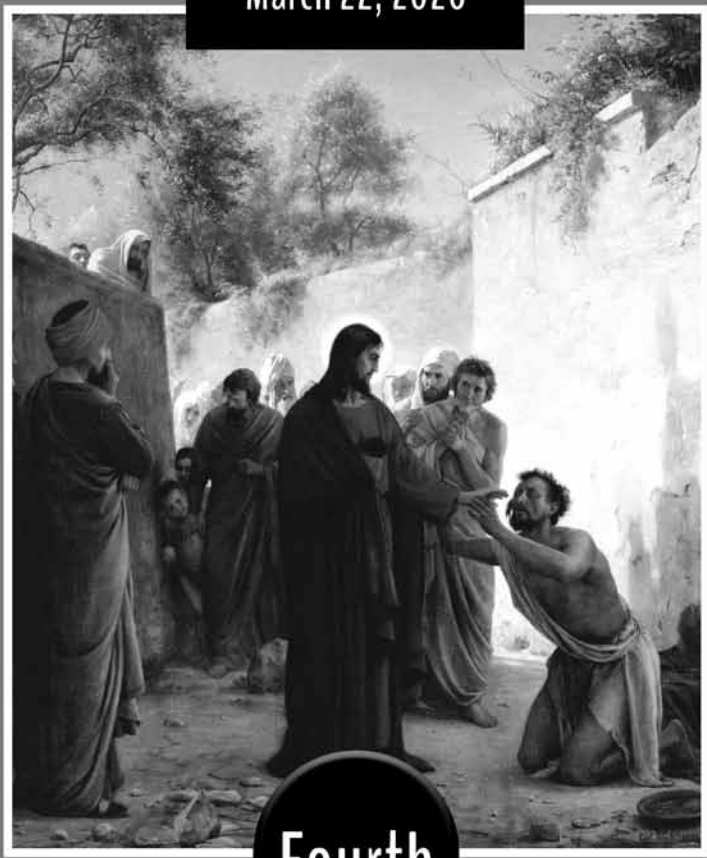
Rosary 7:00 PM Tuesday

Eucharistic Adoration  
Wednesday  
7:45-8:45 AM  
Rosary at beginning

1st Friday of the Month  
1:00-3:00 PM  
September - June

**Welcome New Parishioners! If you would like to register or you have changed your address, please fill out the form on page 5.**

March 22, 2020



Fourth

*Sunday of Lent*

Jesus said, "I came into this world for judgment,  
so that those who do not see might see,  
and those who do see might become blind."

John 9:39

## Our Parish Prayer

Heavenly Father, we pray for all of the people and programs of St. Christopher Parish. Unite us as a community of believers and grant us the wisdom, grace, and strength to do your will. We ask this through Christ Our Lord. AMEN.

## Our Mission

We are a Roman Catholic parish whose members live and proclaim the saving message of Jesus Christ.

## Mass Intentions

### Saturday, March 21

8:30 AM For the people of the parish  
 4:00 PM Hector LeBlanc  
 by Fran & John LeBlanc

### Sunday, March 22

8:00 AM For the people of the parish  
 10:00 AM Charles Merrigan  
 by The Merrigan Family  
  
 The Corriveau Family  
 by Rev. David Harris  
  
 3:00 PM Vietnamese Mass

### Monday, March 23

7:15 AM Judith Perry  
 by Tom & Connie McNulty

### Tuesday, March 24

7:15 AM Albert Page  
 by Ken & Helen Santerre

### Wednesday, March 25

7:15 AM Maureen C. Canny  
 by Her Grandchildren  
 Patrick and Megan

### Thursday, March 26

7:15 AM Jeanne Paquette  
 by Jeanne Berube

### Friday, March 27

No morning mass on Friday

### Saturday, March 28

8:30 AM For the people of the parish  
 4:00 PM Stephanie C. Walsh  
 by Nancy Pelletier

### Sunday, March 29

8:00 AM Jean Dickson  
 by Linda Marolla  
 10:00 AM For the people of the parish  
  
 3:00 PM Vietnamese Mass

### The Sanctuary Lamp Burns This Week:

For the people of the parish

### Altar Bread and Wine:

The Altar Bread, which will become the Body of Our Lord Jesus Christ at all Masses during March, will be offered for John Schappler by his wife, Jane.

*Arrangements can be made to donate the monthly Altar bread and wine in honor of a loved one by contacting the rectory at 882-0632 during business hours. Mass intentions can also be scheduled by calling the rectory.*



Dear Saint Christopher Parish Family,

We are all processing a whirlwind of dramatic news and many sudden changes to our everyday lives. **However as people of faith in Jesus Christ, we place our deepest trust in God and we take up our spiritual weapons of prayer, fasting, and penance.** We have the steadfast faith that He is with us and will never abandon His Church. We call upon our Blessed Mother and an army of heavenly angels and saints. God desires to bring our world healing and protection but we must beseech His mercy with our whole hearts.

#### Please carefully read the following parish news:

**By the mandate of Bishop Peter A. Libasci, all public Masses are suspended at our church as well as at every Catholic church in the state of New Hampshire. At this moment we cannot speculate when the suspension will be lifted but we need to pray for this intention.**

I understand that this news brings sadness, confusion, or even anger. It might make us feel separated from our Eucharistic Lord who consoles, strengthens, and heals us when we receive Him with awe and wonder at each Mass. I have felt those emotions myself. However, I implore you to avoid any bitterness or resentment towards those in authority. Such animosity only brings further pain and suffering to the Body of Christ on earth.

Father David will still celebrate every Mass intention that has been scheduled at the parish. It is of great comfort that the entire Church is spiritually united to every Mass celebrated around the world. As I celebrate Masses in the days ahead, you and your intentions will lifted to the throne of God through the most perfect sacrifice of Christ's Body and Blood. **We are working to get Masses broadcasted online – stay tuned!**

You may also still request Mass cards and intentions by contacting the office.

**Thankfully, the bishop has asked us to keep our churches open for prayer and Eucharistic adoration. At a minimum, the church will be open from 9 am – 3 pm Monday through Friday – Please use the side door only. We are currently working to schedule times for Eucharistic adoration. Please check the website for the most up to date schedules.**

**I am requesting that every parish family pray a daily rosary to implore Mary's intercession and protection over our whole world. She has helped end plagues before and she will do it again!**

**We will send out another email with resources and ideas for being prayerfully united to the parish and the global Church during this time.**

#### Supporting the Parish

- ♥ **The operation of the parish continues to rely upon your generosity through the offertory collection. It is important that we continue our parish giving at this time.**
- ♥ If you give by cash in the offertory collection, we *highly encourage* you to please sign up for online giving. This is the most efficient way for us to enable the parish to maintain it's financial obligations uninterrupted. You can sign up for automated payment or make individual gifts online at <https://stchrisparishnh.org/giving/>
- ♥ If you typically put envelopes in the collection basket, please consider mailing them to us or dropping them in the mail slot of the office door.
- ♥ If you are in a position to give more, we would ask you to prayerfully increase your giving in the weeks ahead or consider making an additional gift.

#### Practical Care

- ♥ Please keep hands thoroughly washed throughout the day, especially before and after going into public. Wiping down frequently-used surfaces is recommended as well.
- ♥ Please visit the <https://www.cdc.gov/coronavirus/2019-ncov/index.html> which gives information, tips, and instructions for dealing with this virus.
- ♥ Having blessed objects like medals, holy cards, holy water, and crucifixes are powerful ways to spread God's grace and remind ourselves of His love.

*May Saint Christopher the patron of our parish, Saint Joseph the patron of our diocese, and Blessed Virgin Mary our mother miraculously intercede for our parish, our families, and our whole world.*

God Bless,  
 Father David

## Turn to Mary

Dr. Mark Miraville, an expert on Mariology (the study of Mary) and a professor at Franciscan University, says of the Prayer of the Lady of All Nations below, "This powerfully anointed prayer was directly revealed by Our Lady during her locally Church-approved Amsterdam apparitions (1945-1959) to respond to global dangers of 'degeneration, disasters, and war.' The present Coronavirus epidemic is manifesting itself as a legitimate disaster. This prayer, with its over 50 imprimaturs from cardinals and bishops worldwide, was directly revealed by Our Lady with the promise that this prayer 'holds great power before the throne of God.'"

*Lord, Jesus Christ,  
Son of the Father,  
send now your Spirit over the earth.  
Let the Holy Spirit live in the hearts of all  
nations,  
that they may be preserved from  
degeneration, disasters, and war.  
May the Lady of All Nations,  
Mary Co-redemptrix and Mediatrix,  
be our Advocate. Amen.*

### READINGS FOR THE WEEK

**Monday:** Is 65:17-21; Ps 30:2, 4-6, 11-13b; Jn 4:43-54  
**Tuesday:** Ez 47:1-9, 12; Ps 46:2-3, 5-6, 8-9; Jn 5:1-16  
**Wednesday:** Is 7:10-14, 8:10; Ps 40:7-11; Heb 10:4-10; Lk 1:26-38  
**Thursday:** Ex 32:7-14; Ps 106:19-23; Jn 5:31-47  
**Friday:** Wis 2:1a, 12-22; Ps 34:17-21, 23; Jn 7:1-2, 10, 25-30  
**Saturday:** Jer 11:18-20; Ps 7:2-3, 9bc-12; Jn 7:40-53  
**Sunday:** Ez 37:12-14; Ps 130:1-8; Rom 8:8-11; Jn 11:1-45 [3-7, 17, 20-27, 33b-45]



### Wedding Banns I

Cameron Gould & Kelsey Rhodes

## The Servite Rosary for Lent

"As we all continue our journeys through the Holy season of Lent, let us consider the sorrow experienced by Our Blessed Mother as she lived the ignominy of Her Son's Passion and Death. It seems particularly appropriate to pray to Her now. Please consider praying the Servite Rosary dedicated to the Seven Sorrows of Our Blessed Mother. You may access instructions about how to pray this awesome rosary at [www.osmm.org/devotion-our-lady-sorrows](http://www.osmm.org/devotion-our-lady-sorrows) and/or you may purchase a Servite rosary at the same site. May the love of Our Blessed Mother keep us all safely in Her care and may our prayers console Her as we join in Her sorrows during this Lenten season."

### First Friday Eucharistic Adoration

**April 3**  
1:00-3:00 PM

*Lent is the perfect time  
to spend time with our Lord!*



Until further notice...

### St. Christopher Church

will be OPEN

for prayer

**Monday to Friday**  
**9:00 AM to 3:00 PM**

*Please use the  
side door to  
enter the church!*

## We're Here for YOU at St. Christopher Parish!

### Rectory Hours:

Monday - Friday 9:00-3:00

### Rectory Phone:

882-0632

### Rectory Email:

[parish.office@stchrisparishnh.org](mailto:parish.office@stchrisparishnh.org)

### Fr. David Harris

[fr.david@stchrisparishnh.org](mailto:fr.david@stchrisparishnh.org)

### Parish Life - Linda Sanborn

[lsanborn@stchrisparishnh.org](mailto:lsanborn@stchrisparishnh.org)

### Bookkeeper - Jean Dickson

[bookkeeper@stchrisparishnh.org](mailto:bookkeeper@stchrisparishnh.org)

### Director of Music & Organist -

Carol Ann Skabo

[music@stchrisparishnh.org](mailto:music@stchrisparishnh.org)

### Religious Educ. - Christine Mercurio

[cmercurio@stchrisparishnh.org](mailto:cmercurio@stchrisparishnh.org)

### Confirmation - Caitlin Sica

[csica@stchrisparishnh.org](mailto:csica@stchrisparishnh.org)

### RCIA - Joe Mercurio

[rcia@stchrisparishnh.org](mailto:rcia@stchrisparishnh.org)

### Parish Council - Elizabeth Cote

[ecote@stchrisparishnh.org](mailto:ecote@stchrisparishnh.org)

### Finance Committee -- Tom Nardone

[tnardone.work@gmail.com](mailto:tnardone.work@gmail.com)

### Bulletin - Marta Nissen

[bulletin@stchrisparishnh.org](mailto:bulletin@stchrisparishnh.org)

Bulletin submissions are due one week before publication.



Like St. Chris Parish  
on Facebook!



Join our Parish  
Email List!



**March 15, 2020 Offertory**

Offertory Envelopes	\$2,273.00
Loose Offertory	\$624.66
Faith Direct	\$1,289.00
<b>Total</b>	<b>\$4,186.66</b>
Under Budget	\$1,913.34
Catholic Relief Services (total to date \$86.00)	\$70.00

**Thank you  
for supporting  
your Spiritual Home!**

**Knights of Columbus**

1.9 Million members, \$185 Million donated to charity, 73 Million volunteer hours. Who does all of that? Go to [KofC.org/Joinus](http://KofC.org/Joinus) for more information. We'd love to have you be part of the council at St Chris. Help grow in your faith while being charitable in your church and community.

**St. Christopher Academy  
Coming July 1, 2020**

Families looking for a comprehensive authentically Catholic school for their PreK-3 through grade 8 children will have a new option in Fall 2020! St. Christopher School and Nashua Catholic Regional Junior High School will be unified as one Catholic academy, named Saint Christopher Academy, as of July 1, 2020. The new school model, unique to the Diocese of Manchester, will blend both schools into one Catholic academy housed on two campuses.

PreK-3 to grade 6 students will attend class at the lower campus at 20 Cushing Avenue, the current location of St. Christopher School. Students in grades 7 and 8 will attend at the upper campus at 6 Bartlett Avenue, the current location of Nashua Catholic.

"Our new school will bring together the numerous gifts, strengths, and traditions of St. Christopher School, the former Infant Jesus School, and Nashua Catholic Regional Junior High School, while also adding new advantages and opportunities made possible by the unified academy model. The Academy will be faith centered, academically excellent, and built upon a loving community where each child is cherished and challenged to grow," explains Principal Cynthia Vita Clarke.

Saint Christopher Academy is enrolling students for the 2020-2021 school year. To apply, visit [SaintChrisAcademy.org](http://SaintChrisAcademy.org) or contact Cindy Clarke at 603-882-7442.

**For Vocations**

"The Lord looks on the heart." Are you being called to do the deeds of Christ as a priest or in the consecrated life, proclaiming the reign of the loving mercy of God our Father? Write Father Matthew Mason at [mmason@rcbm.org](mailto:mmason@rcbm.org).

**From the Families of Nazareth**

**Why The Pharisees Doubted The Miracle**

"When a person is immersed in temporality and lives as if God does not exist, he becomes blind and deaf to God's grace. By adoring temporality, he does not see God's presence in his own life."

*S.C. Biela, Open Wide the Door to Christ, (Ft. Collins, CO: IAMF, 2005), 14.*

*Please note that weekly sharing meetings will be in suspended during Lent, in order to enable everyone to participate more easily in the many special opportunities for conversion, grace, and spiritual growth being offered by various area parishes. To receive the usual weekly faith-sharing documents by email during Lent, anyone who wishes may send a request to [emgallaher@comcast.net](mailto:emgallaher@comcast.net).*



**VBS Coming Soon!**

**Rocky Railways  
2020!**

July 27-July 31, 2020  
8:30 AM -11:30 AM

**Looking for volunteers to add to our crew  
and get this train rolling!**

Come join us for a rockin' good time aboard the Rocky Railways VBS train... where God's strength always pulls us through! Dancing, music, crafts, snacks and games galore as we hear and learn how Jesus pulls us through! We will need lots of volunteers to make this event happen- please email [cmercurio@stchrisparishnh.org](mailto:cmercurio@stchrisparishnh.org) if you are age 18+ and want to help us make an amazing trek! Youth volunteer slots will be filled as soon as we have our 18+ crew assembled!



**Diary of a Little Soul — WEEK 24**

Glorious day! My eyes are fully opened! They had been sealed shut for several weeks as they were under construction. At last I can rehearse my blinking skills when I'm awake, and if I'm ready for a nap I can close them just like Mom and Dad. My brain is growing at lightning speed!

*Open my eyes that I may consider the wonders of your law.*

Psalm 119:18

## Corpus Christi Corner Special Thanks to Electronic Givers

Food collected for the Pantry during the month of February totaled 384.9 pounds, this amount is worth \$642.78. Thank you all for your continued generosity, you help us keep our doors open.

Suggested items for the month of March include: chicken noodle soup, canned carrots, canned one pound hams, pineapple, scalloped potatoes, jelly, baked beans, sloppy joe mix, Graham crackers and bar soap. There are baskets located at each of the church entrances for your donations. Thank you!

### Mass Intentions

Parishioners may request memorial masses for loved ones, as well as sponsoring the Sanctuary Lamp for a week, by contacting the rectory at 882-0632, Monday through Friday from 9:00 AM to 3:00 PM. Suggested donation is \$10 and mass cards are available. Arrangements can also be made to donate the Altar bread and wine for a month.

St. Christopher Parish would like to thank those families who are currently giving electronically. You may not see these fellow parishioners place an envelope in the basket every week, but their consistent giving does not go unnoticed in our parish office. Each month our parish receives a steady and predictable stream of income from those donors who have made the commitment to give to God first by having a designated contribution automatically transferred to our parish through our Online Giving Program. If you would like to learn more about this easy, safe and secure way of giving even when you are not able to attend mass, please Go to [www.faithdirect.net](http://www.faithdirect.net) and sign up using parish code NH10.

### How to Report Suspected Child Abuse

If you know of or suspect abuse or neglect of a minor (a person under 18), you must report it to the NH Division for Children, Youth and Families at 1-800-894-5533 or 603-271-6556.



*Lord, hold our troops in your loving hands.  
Protect them as they protect us.  
Bless them and their families,  
For the selfless acts they perform,  
For us in our time of need.  
And give us peace.  
We ask this in the name of Jesus, Our Lord  
and Savior. Amen.*

Please pray for the following service people from our parish:

Children of William & Yvette Berthelotte:  
LTC Brian Berthelotte (Army);  
LtCol Mark Berthelotte (USAF);  
LCDR Brad Berthelotte (Navy)

Grandson of William & Yvette Berthelotte:  
Cpl. Matthew Berthelotte (USMC)

Son of John & Alana Kocsis:  
SSG. John Kocsis III (Army)

Son of Joseph & Sue Strob:  
Maj. Rob Strob

Grandson of Pat & Kaye Heffernan:  
Sgt. Eamonn Garber (USMC)

Son of David & Patricia Taylor:  
SFC James Taylor (Army)

Grandson of Lorraine St. Pierre  
PFC Alexander St. Pierre (Army)

Sons of Laurie Kopka and Grandsons of Madeleine Kopka:  
AT2 Michael Allard (Navy)  
AME2 Joseph Allard (Navy)

Daughter of John Soltis:  
Lt.Col. Kristen Soltis (USAF)

Granddaughter of Dan & Sue Tracy:  
1Lt Brittany DesLauriers (Army)

Grandson of Betty Batey:  
Captain Nick Batey USAF

Nephew of Karen Narkis:  
AMT3 David P. Narkis (Coast Guard)

*To add to our military prayer list,  
email [bulletin@stchrisparishnh.org](mailto:bulletin@stchrisparishnh.org) or  
call the Rectory at 882-0632.*



It is helpful to observe that our Gospel passage from John, the healing of the blind man, is the first part of a longer episode. When Jesus' words end Chapter 9 in today's passage, he goes on speaking in the discourse on the Good Shepherd in Chapter 10. The healing of the blind man was not only a demonstration of God's power, giving him the physical capacity of sight. It was even more than the awakening of the man's personal faith in Jesus. The image of the Good Shepherd confirms that the man was liberated from the social isolation of his blindness and became a member of Jesus' flock. All of Jesus' powerful actions of healing were intended as gifts, not only to individuals, but for the building up of the community of faith.

### HUMILITY AND ACTION

"Not as man sees does God see, because man sees the appearance, but the LORD looks into the heart." In our first reading, Samuel draws conclusions about who God will choose as king based on his assumptions of what a proper king looks like. But God sees a deeper reality.

How easy it is to miss our own blindness. How frequently we are unaware of our own flawed assumptions about others and about ourselves. We often need a deeper humility about the limitations of our perceptions and our convictions.

Yet, as the letter to the Ephesians encourages, there are times to expose the "fruitless works of darkness", to speak out, especially when persons or groups are suffering from abuse or oppression. We are called to live within a tension that these scripture passages convey. We are to seek God's guidance in prayer with genuine openness. We are then to speak and act forcefully against wrongdoing, even as we maintain humility about how much we know, or what is the best action to take. We are called to bring God's wisdom and mercy to all.

Today's Readings: 1 Sam 16:1b, 6-7, 10-13a; Ps 23:1-3a, 3b-4, 5, 6; Eph 5:8-14; Jn 9:1-41 [1, 6-9, 13-17, 34-38]

**St. Christopher Parish  
Community Outreach**

**Parish Prayer Line**

*Overwhelmed by life, by care?  
May we help with our prayer?*

St. Christopher's Prayer Line --  
24/7 from us to Heaven!

**Go online to**

[www.stchrisparishnh.org](http://www.stchrisparishnh.org)

**Send email to**

prayerhotline@  
stchrisparishnh.org

**Prayer Shawls**

Our prayer shawl ministry, Creating for our Community, gathers once a month to knit, crochet, and pray as they create beautiful prayer shawls. If you know of someone who could benefit from the gift of a Prayer Shawl, whether they are having difficult time, or simply need the comfort of Prayer wrapped around their shoulders, please contact the rectory at 882-0632.

**Outreach Ministry**

If you are homebound and cannot attend Mass and would like to receive communion, please call the Rectory 882-0632.

**Senior Companions**

Are you homebound? Would you enjoy a visit? Your parish wants to stay connected with you! If St. Christopher is your spiritual home, how about a visit from one of your fellow parishioners? To arrange a visit, please call the Rectory at 882-0632.

**St. Oscar Romero (1917-1980)**

The night before he was murdered while celebrating Mass, Archbishop Oscar Romero of San Salvador said on the radio: "I would like to appeal in a special way to the men of the army, and in particular to the troops of the National Guard, the police, and the garrisons. Brothers, you belong to our own people. You kill your own brother peasants; and in the face of an order to kill that is given by a man, the law of God that says 'Do not kill!' should prevail.

"No soldier is obliged to obey an order counter to the law of God. No one has to comply with an immoral law. It is the time now that you recover your conscience and obey its dictates rather than the command of sin. . . . Therefore, in the name of God, and in the name of this long-suffering people, whose laments rise to heaven every day more tumultuous, I beseech you, I beg you, I command you! In the name of God: 'Cease the repression!'"

Simultaneously, Romero had eloquently upheld the gospel and effectively signed his own death warrant.

When he was appointed archbishop of San Salvador in 1977, Bishop Romero was considered a very "safe" choice. He had served as auxiliary bishop there for four years before his three years as bishop of Santiago de Maria.

Oscar's father wanted him to be a carpenter—a trade for which he demonstrated some talent. Seminary classes in El Salvador preceded his studies at Rome's Gregorian University and his ordination in 1942. After earning a doctorate in ascetical theology, he returned home and became a parish priest and later rector of an interdiocesan seminary.

Three weeks after his appointment as archbishop, Romero was shaken by the murder of his good friend Jesuit Father Rutilio Grande, a vigorous defender of the rights of the poor. Five more priests were assassinated in the Archdiocese of San Salvador during Romero's years as its shepherd.

When a military junta seized control of the national government in 1979, Archbishop Romero publicly criticized the US government for backing the junta. His weekly radio sermons, broadcast throughout the country, were regarded by many as the most trustworthy source of news available.

Romero's funeral was celebrated in the plaza outside the cathedral and drew an estimated 250,000 mourners.

His tomb in the cathedral crypt soon drew thousands of visitors each year. On February 3, 2015, Pope Francis authorized a decree recognizing Oscar Romero as a martyr for the faith. His beatification took place in San Salvador on May 23, 2015. He was canonized on October 14, 2018.

<https://www.franciscanmedia.org>

**Welcome! Please use this form to register!**

*St. Christopher Parish welcomes all visitors to our Spiritual Home! If you are interested in joining the parish, please complete the form below and either drop it in the Offertory Basket or mail it to the Rectory. One of our Parish staff members will be in touch. Registration forms are also available online at [www.StChrisParishNH.org](http://www.StChrisParishNH.org).*

**Name** \_\_\_\_\_ **Email** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_



**Become  
Part of  
Our  
Church  
Family**



## Family Connection to this Week's Gospel

**Gospel Reading: John 9:1-41**

**Jesus heals the man born blind and reveals himself to him as the Son of Man.**

When infants are baptized, parents, with the help of the godparents, assume responsibility for raising the child as a follower of Jesus. The process of maturation in the faith is much like the example found in the story of the man born blind. The man is cured of his blindness, a symbol of his sin. Each time he meets someone after the healing, the man comes to a deeper awareness of who Jesus is. In a similar way, we who are baptized continue to mature in faith as our relationship with and knowledge about Jesus grows.

Invite each member of your family to draw a timeline of his or her life. On the timelines, ask family members to identify significant moments in their lives, especially their life of faith. Invite each person to reflect upon who Jesus was to him or her at each significant moment. How has each person's relationship with Jesus changed or matured? Then read together today's Gospel, John 9:1-41. Note how the relationship between Jesus and the man born blind changes and grows throughout the Gospel. Pray together that your relationship with Jesus will continue to grow and develop, becoming ever deeper. Conclude by praying together the Lord's Prayer.

Reprinted from <http://www.loyolapress.com>

## About Our Catholic Faith:

### ***How long should I fast before and after Communion?***

The Church asks us to fast for one hour before Communion, but there are no indications of how long to fast after Communion. Here is what the Code of Canon Law states: "A person who is to receive the Most Holy Eucharist is to abstain for at least one hour before holy communion from any food and drink, except for only water and medicine.

"A priest who celebrates the Most Holy Eucharist two or three times on the same day can take something before the second or third celebration even if there is less than one hour between them.

"The elderly, the infirm, and those who care for them can receive the Most Holy Eucharist even if they have eaten something within the preceding hour" (Canon 919).

Reprinted in part from [www.https://simplycatholic.org](http://www.https://simplycatholic.org)

## Lenten Obligations

**Abstinence** - Catholics over 14 years of age are bound to the obligation of abstinence. Abstinence is to be observed on Ash Wednesday and on all Fridays of Lent. On days of abstinence, meat may not be used.

**Fast** -- Catholics over 18 and up to the beginning of their 60th year are bound to the obligation of fasting. Ash Wednesday and Good Friday are the days of fasting. On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices are allowed.

Participation in daily Mass and the voluntary observance of fasting is recommended.

Commendable, particularly during Lent, is generosity to local, national and world programs of sharing our abundance, the traditional Lenten Devotions and all the self-denial summed up in the Christian concept of "mortification."

## Prayer to Saint Michael

*St. Michael, the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly hosts, by the power of God, cast into hell, Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.*

## Prayer for Vocations

*O Holy Spirit, Spirit of wisdom and divine love, impart Your knowledge, understanding, and counsel to youth that they may know the vocation wherein they can best serve God. Give them courage and strength to follow God's holy will. Guide their uncertain steps, strengthen their resolutions, shield their chastity, fashion their minds, conquer their hearts, and lead them to the vineyards where they will labor in God's holy service. Amen.*

## Prayer for Priests

*Gracious and loving God, we thank you for the gift of our priests. Through them, we experience your presence in the sacraments. Help our priests be strong in their vocation. Set their souls on fire for your people. Grant them the wisdom, understanding, and strength they need to follow in the footsteps of Jesus. Inspire them with the vision of your Kingdom. Give them the words they need to spread the Gospel. Allow them to experience joy in their ministry. Help them to become instruments of your Divine grace. We ask this through Jesus Christ, who lives and reigns as our Eternal Priest. Amen.*

In the Words of

*Pope Francis*

"God's mercy is our liberation and our happiness. We need to forgive, because we ourselves need to be forgiven."

**Pope Francis I @ Pontifex**

**March 18, 2020**