



MARCH 2, 2025 EIGHTH SUNDAY IN ORDINARY TIME

ST. FRANCIS OF ASSISI CATHOLIC CHURCH
7717 RIVER ROAD - TOWNSEND, TN 37882
865 - 448 - 6070
WEBSITE: ST.FRANCISTOWNSEND.ORG
E-MAIL: STFRANCISTOWNSEND7717@GMAIL.COM

MASS & CONFESSION SCHEDULE

HOLY MASS: Saturday 4:00PM (Vigil Mass) The Rosary is prayed 35 minutes before each Weekend Mass
Sunday 9:00AM
DAILY MASS: MON, TU, TH & FRI: 8:30AM **(NO MASS ON WEDNESDAYS)** *Check bulletin/website for changes*
CONFESSION: Saturday before Mass: 3:00 - 3:40 PM (Church confessional)
Sunday Before Mass: 8:15 - 8:40 AM (Church confessional)
Confessions may also be scheduled by calling the parish office for an appointment.
HOLY DAYS: Check bulletin or website

PARISH MINISTRY TEAM

PASTORRev. Antonio Giraldo	GARDENS & GROUNDSIlene Rainwater
DEACONDeacon Jim Schmall	FACILITIESDavid Girard
OFFICE MANAGERSKatrina Allocco & Lesa Schmall	SOCIAL MEDIA/WEBSITEJoAnne Romer-Aylward
BOOKKEEPERKathleen Halligan	PASTORAL CARESuzie Fay
LITURGY/MUSIC DIRECTORJoAnne Romer-Aylward	ST. CLARE GIFT SHOPCamilla Sorrell
DIR. OF RELIGIOUS ED.Julie Dew	COLUMBARIUMBob Eberhardt
RCIA/OCIADc. Jim Schmall	WELCOMING, EVENTS &All Parishioners
ART & ENVIRONMENTNorene O'Donnell	SOCIALS TEAM (WEST)

PARISH ASSOCIATIONS

COUNCIL OF CATHOLIC WOMEN: Ilene Rainwater **ST. VINCENT DE PAUL SOCIETY:** Debbie Eberhardt

NEW PARISHIONERS: Please contact the pastor or ask an usher for a registration form, and then place the completed form in the offertory basket or mail it to the church office. For more information call 865-448-6070.

PARISHIONERS: Please report any change of contact information to the parish office via e-mail, mail or phone.

BAPTISM: Parents are required to attend the Baptismal Prep Class. Your family must be registered in the parish.

MARRIAGE: Contact the office a minimum of six months prior to the wedding for planning and preparation.

ANOINTING OF THE SICK: Anyone entering the hospital or in serious ill health is encouraged to be anointed.

BULLETIN DEADLINE: Please email Microsoft Word articles to sfabulletin7717@gmail.com with the subject of "Bulletin Announcement" by Tuesday 12:00PM. All submissions are subject to further editing.



How can St. Francis of Assisi be of assistance/service to you & your loved ones?
Please contact Suzie Fay with our Pastoral Care Ministry at 423-829-5466 or the Parish office at 865-448-6070.

MASS INTENTIONS: (Mass cards are available upon request at the office.)

Mon	3/3	8:30 AM	Philip & Mary Ott
Tue	3/4	8:30 AM	Brian Barker
Wed	3/5	9:00 AM	ASH WEDNESDAY: Mass and Ashes
		6:00 PM	ASH WEDNESDAY: Mass and Ashes
Thu	3/6	8:30 AM	All Souls in Purgatory
Fri	3/7	8:30 AM	James Hrom
Sat	3/8	4:00 PM	Dr. Alison Dark
Sun	3/9	9:00 AM	Juan Chavez Reyez

To schedule a Mass intention, please contact the Parish Office via phone or email or in person during office hours. Please specify whether the Mass Intention is for a living or deceased loved one. The usual requested donation for a Mass intention is \$10.00 in the Diocese of Knoxville.



PRAYER REQUESTS: (Homebound, sick or recovering parishioners, friends and relatives): Charlotte Graham, Pat Sanders, Doreen Mancuso, Naomi Nwadike, Chris Owens, David Holmes, Amy Frink, Myra Montera, Claire Cheadle, Elise Martin, Mike Scully, Paul Fain, Joyce Fain, Sue Ann Tippitt, Charles Tippitt, Emmanuel Nwadike, Kay Walker, Julie Schirack, Deb Koehler, Laken DuRussel, Marcus Bolte, Johnny Mallory, Louann Felske, Stephanie Romer, John & Maria Bermudes, Michael Slater, Rocky Brach, Dennis Richards, Jeff Herzog, Marion McCaughey, Sue Wood, George Murr, Raymond Polak

SANCTUARY CANDLE: If you would like to donate to the sanctuary candle fund in memory of or in honor of someone, please contact the Parish Office via phone or email. The cost is \$15 for 1 week.



SANCTUARY FLOWERS: During the Lenten season, we change our sanctuary floral decorations from fresh cut flowers to dried floral arrangements to reflect the dry period of Jesus' 40 days in the desert.



If, after the Lenten season you would like to donate to the altar flowers fund in memory of or in honor of someone, contact the Parish Office via phone or email. The cost is \$40.00 for 1 week. Thank You!

ACTIVITIES THIS WEEK IN OUR PARISH

Mon	3/3	9:00 AM	Church & Hall Cleaning
Tue	3/4	4:00 PM	RCIA - PRC
Wed	3/5	9:00 AM	Mass and Ashes
		5:00 PM	SVdP - PRC
		6:00 PM	Mass and Ashes
Thu	3/6		
Fri	3/7	9:00 AM	First Friday Adoration (Benediction and Closing at Noon)
		5:00 PM	Stations of the Cross
Sat	3/8	4:00 PM	Vigil Mass
Sun	3/9	9:00 AM	Mass



ST. CLARE GIFT SHOP

Open after weekend Masses and by request/appointment after daily Mass



EVERY TREE IS KNOWN BY ITS FRUIT

Today's passage from the Book of Sirach is a piece of a larger section that addresses issues of integrity and friendship. One is to go and choose friends carefully. Speech indicates the disposition of the human heart. When one is silent it is difficult to discern what lies within. However, speech reveals the person immediately. This reading connects with today's gospel, as Sirach sets the stage for Jesus' reflection on the human heart. Sirach warns us that our speech is a reflection of our heart. Paul reminds us that we are a resurrection people. We are freed from the power of sin, death, and the Law.

We are to live in the freedom given to us by Christ's resurrection. Once again, behavior reflects an attitude of the heart. One cannot live a deceitful life, since the deeds will eventually reflect the stance of the soul.

Finally, Luke once again reminds us that right behavior and the proper ordering of relationships are the keys to revealing the human heart. We will be known by our attitudes, our speech, and our actions. We can never fool God. We cannot fool our neighbor for very long, either. We will eventually give ourselves away.

Today's liturgy reminds us that we are in constant need of conversion if we want to be effective disciples. Jesus shows us that so often our actions reveal large obstacles of sin, hatred and self-absorption. These planks in our own eyes distort our view of other people. Christ's vision changes how we view others and ourselves. We can view people differently when we finally open our hearts and our senses, to his forgiveness and mercy. We can assist others only when we finally acknowledge our own imperfections, when we finally rely more fully on the clear-eyed vision of Christ Jesus.

Jesus also teaches us about rich and abundant fruit that is produced from healthy trees. He tells us that every tree is known by its fruit. Rich, healthy fruit comes from trees that are rooted in love and in the beauty of our baptism. Our roots in faith grow from love alone. We flourish with abundant life bearing good fruit only in the dying and rising of Christ Jesus. Only Christ Jesus can plant a new perspective in our hearts on how we live in this world. We wait for the fruit of eternal life, the final harvest, in him who shows us how to live more richly here on earth. As we hear today, "A good tree does not bear rotten fruit, nor does a rotten tree bear good food. For every tree is known by its fruit."

This Wednesday we begin the Season of Lent. Lent begins with Ash Wednesday. On Ash Wednesday we come to church to be marked with a cross on the forehead and to be reminded that we are dust and to dust we shall return. Lent is a time of purification and conversion. Lent is our great opportunity to start over. God is the only one who can make a beautiful poem out of our own errors and sins. As we begin this forty-day journey, let us ask our Lord to be with us and lead us to the glory of Easter.



Our RCIA classes meet on Tuesdays in the Parish Resource Center (PRC) at 4:00 PM. Whether you are inquiring about the Catholic faith or are already a Catholic wishing to learn more about your faith, please join us in the PRC on Tuesdays at 4:00 PM! All are welcome - even if you haven't

been with us since the first session! Bring your Bible and a copy of the *Catechism of the Catholic Church*. Questions? Please contact Deacon Jim: sfadeacon7717@gmail.com OR 901-493-2123.

CATECHISM

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BY: *Julie Dew*

Good and happy Eighth Sunday in Ordinary Time St. Francis! I do hope that you enjoyed these last couple of months with answering questions about the Mass. Remember if you have any other questions, email me at jdewth2018@att.net or call me or see me after Mass! I will try my best, but I can tell you, if I don't know the answer, we are SO blessed to have Father Antonio, Deacon Jim, and JoAnne! AND we could even pick the brain of David Quinn who is in diaconate formation! For how small of a parish St. Francis of Assisi is, we have a plethora of talented and knowledgeable servants of God. Thank you, Jesus!

It is the weekend before Ash Wednesday! Do you remember how short the days were in the dark winter months? Then the "Light" of the world came that Christmas day! Wednesday, March 5th is Ash Wednesday, the beginning of Lent and the beginning of a new Liturgical Season in the Church year. The word "Lent" comes from the same root word as the word lengthen. Lent is an old word for springtime, when daytime lengthens rapidly. (YEA! Happy dance here!) Lent is the Church's springtime of our life in the Spirit. Lent is a very special gift of God to His people.

The earliest dated mention of a 40-day period of observing Lent can be found in the Canons of Nicaea, dated around 325 AD. Historical records indicate that a pre-Easter season of fasting had actually been in practice as far back as the second century, and perhaps even earlier. Cyril of Alexandria, and St. Isidore of Seville, and other early Church Fathers, assure us that Lent was instituted by the apostles, although, at the start, there was not any uniform way of observing it.

In the early Church, a lengthy period of serious penance was understood as spiritual "rehab," necessary to restore the health of sinners and the well-being and equilibrium of the Church. Therefore, for the first eight hundred years of the Church, those who had fallen into grave sin would come to church for a prolonged period dressed in sackcloth and ashes, seeking the prayers of the community. Though sins were confessed privately to the bishop, penance for such sins was entirely a public affair. Ok, this is where I say thank you, thank you, thank you, to the Church for the way we practice Confession today! Keep this in mind the next time you are reluctant to go into Confessional!!

Lent was a special time when the whole Church labored alongside catechumens preparing for baptism and penitents preparing to receive absolution and reconciliation at Easter. It was a time of solidarity and unity, with the mature and the strong walking shoulder to shoulder with the immature and the weak, all wearing the same ashes. While praying and doing penance for those seeking healing from serious sin, everyone sought purification from the sneaky venial sins that quietly eat away at our hearts and lurk in so many nooks and crannies of our lives. ascensionpress.com When infant baptism became common, Lent became a time of repentance and renewal for all Christians.

The days of Lent are often compared to a journey - a journey which gives us an opportunity to imitate Jesus as He fasted forty days in the desert preparing for His service to His people. So, that means at the end of Lent we expect to find ourselves somewhere different than where we started. Lent is a time for strengthening our Catholic Faith, a time to reflect on who we are and where we are going. It is a time of quiet and prayer, a time of penance and meditation, a time to become aware of our strengths and weaknesses.

During Lent, we are given the opportunity to reflect on the three lifelong disciplines of our faith. I like to use the acronym: PAF. P for prayer, (communication with God), A for almsgiving, (giving to those in need), and F for fasting, (self-denial, self-control, simple living).

During these couple of days before Ash Wednesday, please meditate with me these humble words: we need to recall that we came from the earth and will return to the earth. We need to get grounded once again. Perhaps this is why the season of Lent, from the time of the early Church, has begun with the sign of the cross traced on our forehead with ashes. "Remember man that you are dust and unto dust you shall return."

Until next week.....





THE SOCIETY OF ST. VINCENT DE PAUL

In the Gospel today, Jesus uses images in speaking to his disciples: "Can a blind man act as guide to a blind man? ...Why look at the speck in your brother's eye when you miss the plank in your own? ...A good tree does not produce decayed fruit..." It is true that donations come to the Society because a good person produces goodness from the good in their heart.

Have you considered answering the call to serve the poor by joining the Society of St. Vincent de Paul? Contact Debbie Eberhardt at 865-312-0141 for more information.

SVDP meets the 1st and 3rd Wednesdays of the month at 5:00 PM in the PRC. All are welcome to attend!

Thank You
for your continued support of SVDP!

SVDP MARCH "PRODUCT OF THE MONTH" RICE A RONI AND PASTA SIDES



TWO MASSES ON EASTER SUNDAY THIS YEAR: 9:00 AM AND 11:30 AM



Image by pngtree.com

A second Mass will be added on Easter Sunday this year (April 20, 2025) in an effort to alleviate the overcrowded conditions that occur at the 9:00 AM Easter Sunday Mass. More information will be made available on our website and our Lenten Calendar/Schedule that will be distributed in a couple of weeks, but for now please feel free to plan your Easter Sunday brunches, family time, and egg hunts accordingly!

SECOND COLLECTION ON MARCH 8 & 9 FOR BLACK AND INDIAN MISSIONS



A second collection will be taken up on March 8 & 9 to help provide Catholic school education and seminary tuition assistance for minority communities in our diocese. Thank you for your generosity in helping to make Catholic school education possible for minority communities.



“ *Lent is a time of truth. Christians, called by the Church to prayer, penance, fasting and self-sacrifice, place themselves before God and recognize themselves; they rediscover themselves.* ”

- Pope St. John Paul II
From his Lenten Message, 1981

FIRST FRIDAY ADORATION - 3/7/25



“Always remain close to the Catholic Church, because it alone can give you true peace, since it alone possesses Jesus in the Blessed Sacrament, the true Prince of Peace.”

- St. Padre Pio

Mass: 8:30 AM
Adoration: 9:00 - Noon
Healing Service: 9:00 AM
(in Shea Hall)
Benediction: Noon

If you are interested in committing to a Holy Hour, please contact Jackie Wagner at 330-807-8663.

INSPIRATIONAL QUOTES TO PROMOTE DEVOTION TO JESUS IN THE EUCHARIST

*St. Irenaeus
(c. 130 - c. 202)*

For as the bread, which is produced from the earth, when it receives the invocation of God, is no longer common bread, but the Eucharist, consisting of two realities, earthly and heavenly; so also our bodies, when they receive the Eucharist are no longer corruptible, having the hope of the resurrection to eternity.



Eucharisticrevival.org



HEALING MINISTRY AT ST. FRANCIS OF ASSISI CHURCH

Our healing ministry here at St. Francis of Assisi complements our First Friday of the Month Mass and Adoration.

The healing service is offered concurrently with adoration. Healing ministers are available in Shea Hall and the sacristy while Adoration is available in the church. When you would like Healing Prayers after the 1st Friday Mass, please come into Shea Hall and a prayer minister will pray for you individually in the Sacristy.

Our Healing Ministry is made up of lay ministers who have been trained to pray for your needs and healing. During our time with you, you will be advised that this is NOT a Sacrament (such as Anointing of the Sick). You will be asked for permission to lay hands on your shoulders while being prayed for and you will be offered Holy Water to use for blessing yourself and then faithfully receive our healing prayers. Healing prayers will be for emotional, physical and/or spiritual healing.

If you would like to be trained to be a part of the healing team, please call Darlene Leitz at 574-238-1705 or email darby321@comcast.net for more information.

“Heal me, Lord, that I may be healed; save me, that I may be saved, for you are my praise.” (Jeremiah 17:14)

Sunday, March 9th 2:00 AM



DAYLIGHT SAVING TIME

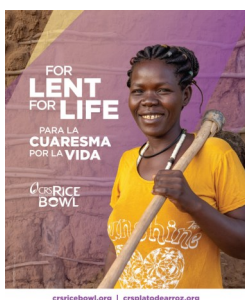
Spring
FORWARD

SECOND COLLECTION ON ASH WEDNESDAY, MARCH 5, 2025
NATIONAL COLLECTION FOR AID TO THE CHURCH IN CENTRAL AND EASTERN EUROPE.



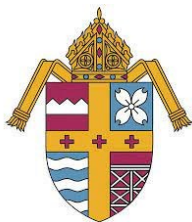
On Ash Wednesday, March 5, a second collection will be taken up in support of the Church in Central and Eastern Europe that suffered so much under decades of harsh Soviet communist rule. Great need remains for the Church in many of these countries as they are still unable to support their own renewal and growth. Your donation will help with the training of seminarians and lay leaders, youth ministry, pastoral and catechetical centers, schools, church construction and renovation, and evangelization through Catholic media. Thank you for your generosity in support of the Church in Central and Eastern Europe.

“OPERATION RICE BOWL” 2025



During Lent, please be generous in supporting Catholic Relief Services (CRS) with “Operation Rice Bowl” (ORB). Remembering that “What I give up I give to others” we are encouraged to widen the door of faith through our care for the poor. Monies collected assist CRS programs around the world with agriculture projects to help farmers improve harvests, with water projects to bring clean water to communities, with micro-finance projects to support small businesses, with health and nutrition projects for expectant mothers and for children, as well as for educational projects. In addition, 25% of what is collected goes to *Catholic Charities of East Tennessee* to assist with its charitable programs in our diocese. Please take a Rice Bowl home with you and to your office as one of the ways to highlight the beauty of our Lenten triptych of prayer, fasting, and almsgiving.

DIocese OF KNOXVILLE JOB OPENINGS

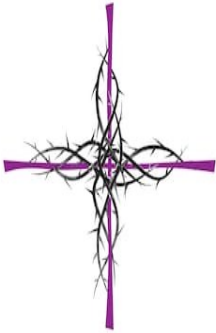


The Diocese of Knoxville is searching for a Director of Youth and Young Adult and Pastoral Juvenil (Y&YA&PJ). The Director of Y&YA&PJ is responsible for fostering the faith formation and spiritual growth of youth and young adults within the Diocese of Knoxville. Please see the Diocese of Knoxville website for a full job description at <https://dioknox.org/employment> . If you are interested, please contact Maura Lentz at mlentz@dioknox.org

The Diocese of Knoxville is searching for a Director of Human Resources. The Director of Human Resources is responsible for ensuring the Diocese of Knoxville fulfills its religious and secular obligations related to employees in the areas of hiring/terminating, compensation, benefits management, training, ongoing professional development, evaluation, promotion, and policy generation and establish good rapport and trust with people, particularly the pastors. Responsible for the diocese's compliance with federal, state, and local employment laws and regulations. Qualifications: Bachelor's degree in Human Resources, Business Administration, or related field required; or 10 years of human resource generalist or management experience in lieu of degree, at least five years of human resource generalist or management experience required. SHRM-CP or SHRM-SCP highly preferred. Please see the Diocese of Knoxville website for a full job description at <https://dioknox.org/employment> . If you are interested, please contact Deacon Sean Smith at ssmith@dioknox.org.

UPCOMING EVENTS

DATE	EVENT	DETAILS
1/19-4/13/2025	GriefShare Weekly grief support group Highland Manor Inn - Townsend, TN	Online: GriefShare.org/findagroup E-mail: plsteele68@yahoo.com Phone: (text) 865-306-1956
3/5/2025	ASH WEDNESDAY Mass and Ashes: 9:00 AM and 6:00 PM	Online: www.stfrancistownsend.org E-Mail: StFrancisTownsend7717@gmail.com Phone: Church Office: 865-448-6070
3/15/2025	Smoky Mtn. Deanery CCW Meeting Mass at 10:00 AM, Lunch, induction and awards following	Online: https://kdccw.org/ E-Mail: irainwater@hotmail.com Phone: 865-748-1873
3/15/2025	Sacristan Training Shea Hall 10:00 AM	Online: stfrancistownsend.org E-Mail: kmmeyerkord@gmail.com Phone: 630-698-5563
3/22/2025	Women's Lenten Retreat 7:30 AM with Sarah Hart; Mass with Bishop Beckman - Cleveland, TN	Online: See poster in Shea Hall; Scan QR Code Phone: 423-943-4147 (Pam Morgan) OR: Phone: 423-470-2560 (Susan Collins)
4/8/2025	WES Team (WEST) Meeting Noon - Shea Hall	Online: N/A E-Mail: StFrancisTownsend7717@gmail.com Phone: Church Office: 865-448-6070
4/20/2025	2 Easter Sunday Masses This Year: 9:00 AM and 11:30 AM	Online: www.stfrancistownsend.org E-Mail: StFrancisTownsend7717@gmail.com Phone: Church Office: 865-448-6070
4/24-26/2025	Knoxville Diocesan Council of Catholic Women Biennial Convention St. Mary's Church - Johnson City, TN	Online: www.kdccw.org AND See poster in Shea Hall Phone: 407-252-0320 (Karen Agnello) OR: Phone: 901-485-1965 (Amy Schaefer)
5/4/2025	Cinco de Mayo Potluck Shea Hall 4-7 PM	Online: Poster and Sign-up Sheets Coming Soon E-mail: N/A Phone: N/A
9/20-10/9/2025	11-Day Jubilee Pilgrimage to the Shrines of Italy with Fr. Bill McNeeley	Online: Scan QR code on poster in Shea Hall E-mail: ascensiontourstravel@gmail.com Phone: 800-351-9893



STATIONS OF THE CROSS - FRIDAY 3/7/2025 - 5:00 PM

FACILITATED BY THE LECTOR MINISTRY
MEATLESS LENTEN SUPPER TO FOLLOW

Praying the stations of the cross - especially on Lenten Fridays - is a beautiful, spiritual experience and a wonderful way to enhance your Lenten journey. Please plan on joining your parish family in this beloved tradition. For more information please see the Lenten schedule inserted in last week's bulletin, on the website, and on the bulletin board in Shea Hall. There may also be some copies on the table in the church vestibule.



Can you believe Lent is almost here? Ash Wednesday is on March 5th this year and it begins a 40-day liturgical and penitential season marked by prayer, fasting, and almsgiving – all with the goal of preparing our hearts and ourselves for Easter. Lent begins on Ash Wednesday and ends at sundown on Holy Thursday (April 17th this year). Since the season is closely associated with the transition from winter to spring in the northern hemisphere, the word “lent” can actually be traced back to the Anglo-Saxon word “lencten,” meaning “springtime.”

Just as we are called to fast and abstain from certain foods in Lent in a spirit of penance and self-discipline, so too in the liturgy we “give up,” for a time, some of the more joyful and glorious element of the Mass. One of the most notable things we give up is the Gloria - which we sing every Sunday outside of Advent and Lent, as well as every feast day and Holy Day of Obligation. We also give up the singing of the Alleluia, an acclamation derived from a Hebrew expression of praise to God. We sing Alleluia to thank and glorify God. During Lent, however, our focus is on the spiritual journey of Old Testament Israel toward the coming of Christ and the salvation of humankind through his death on the cross and the resurrection on Easter Sunday. This puts us on a spiritual journey toward the second coming of Christ, and in order to emphasize the penitential nature of that journey and the posture and attitude we must cultivate, we remove the Alleluia, and the Gloria from the Mass.

In terms of other music during the season of Lent, we will chant portions of our service music in Latin (the Sanctus and the Agnus Dei) and Deacon Jim will lead us during the penitential act in Greek with the Kyrie, Eleison. Again, this is to highlight a sort of fasting from the feasting we normally do during more joyful seasons; however, this principal also allows us to focus more intently on the sung prayer of the assembly.

“Reverent Silence” will play a more prominent role in our liturgies during Lent so as to support a focus of prayer and worship throughout Lent, and heighten the exuberant joy when Easter arrives.

Ultimately, the Church prescribes all of this because, above all, it wants Easter to feel like Easter! If you find yourself “missing” certain things during Lent, that’s good – that’s exactly the point! That’s what makes Easter all the more joyful when He is Risen from the grave!

Contributing sources for this article:

Bart McDonough, <https://ourladyofthepines.org> and Kim Mandelkowitz, <https://catholicherald.org>



Smoky Mountain Deanery Council of Catholic Women (CCW)

Spring Meeting - Saturday, March 15, 2025

Sacred Heart Cathedral

10:00 AM Mass in honor of the First Golden Rose Awardee and Installation of new Deanery Officers



A luncheon will be served following Mass in the Shea Room (the Paraclete Building). Induction of new officers and awards are to be presented at the end of the luncheon.

The new "Golden Rose" award, which celebrates the outstanding young women of our parishes, will be announced. FYI: our Grace Rapien is one of the candidates! Also on the agenda is induction of new officers, Suzie Fay will be the new Vice President and Ilene Rainwater will be Deanery Secretary. Please RSVP to Ilene Rainwater by March 12 to reserve your lunch plate. (Text: 865-748-1873 or Email: irainwater@hotmail.com). Come and meet new friends in our Deanery and support our three Parishioners. EVERY woman in the Smoky Mountain Deanery is welcome to attend and celebrate our Golden Rose Nominees.

ASH WEDNESDAY

LENT BEGINS

WHAT IS LENT?

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance.

PRAYING FASTING ABSTINENCE



WHAT IS FASTING?



One meal a day, and two smaller meals which if added together would not exceed one full meal

WHAT IS ABSTINENCE?



Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

DAYS OF FAST?

Ash Wednesday Good Friday

DAYS OF ABSTINENCE?

Ash Wednesday All Fridays of Lent Good Friday

WHO ARE REQUIRED?

Catholics from age < 18 to 59 >



The sick are excused from fasting

WHO ARE REQUIRED?

Mandatory for everyone



older than 14 years old

SACRISTAN TRAINING IN SHEA HALL SATURDAY, MARCH 15 - 10:00 AM



Sacristan training, led by Deacon Jim and Kathy Meyerkord will be held for all current and prospective Sacristans on Saturday, 3/15/2025.

If you are interested in joining the ministry or would like to find out more about it, please join us. All are welcome to attend!

Sacristans are Liturgical Ministers who prepare and oversee the worship environment for our Masses each weekend and for special occasion Masses for weddings, funerals, and Holy Days. This preparation occurs "behind the scenes" but is a very necessary and important liturgical ministry. Sacristans are the ministers responsible for setting the altar before Mass, clearing it after Mass, and cleaning and storing the sacred vessels after Mass. Detailed information on sacristan duties at St. Francis of Assisi Church can be found on our parish website under the *Ministries* drop-down menu.

Please contact Kathy Meyerkord (630-698-5563 (cell) or kmmeyerkord@gmail.com) to RSVP or to get more information.

Source: Code of Canon Law

ABC NEWS

ABC NEWS