

| March 3, 2019                                                                                                                                                                                                                                                                                                                                            |                                                       | EIGHTH SUNDAY IN ORDINARY TIME                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FOR THE HEARING IMPAIRED: Hearing aids for use are in the sacristy—please return them after Mass.                                                                                                                                                                                                                                                        |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| With joy & happiness we welcome all of you who have come to pray and worship with us We hope you will find friendship and fellowship in our community and encouragement to face whatever may come in the week ahead. For our guests & visitors, we pray that your stay in Tahoe is wonderful, that you have a safe journey home – and return to us soon. |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| TODAY’S READINGS                                                                                                                                                                                                                                                                                                                                         |                                                       | READINGS FOR THE WEEK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                            |
| First Reading — One’s speech shows the bent of one’s mind. Praise no one before he or she speaks (Sirach 27:4-7).                                                                                                                                                                                                                                        |                                                       | Monday: Sir 17:20-24; Ps 32:1-2, 5-7; Mk 10:17-27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                            |
| Psalm — Lord, it is good to give thanks to you (Psalm 92).                                                                                                                                                                                                                                                                                               |                                                       | Tuesday: Sir 35:1-12; Ps 50:5-8, 14, 23; Mk 10:28-31                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                            |
| Second Reading — We are given victory over death through Jesus. In the Lord our labor is not in vain (1 Corinthians 15:54-59).                                                                                                                                                                                                                           |                                                       | Wednesday: Jl 2:12-18; Ps 51:3-6ab, 12-14, 17; 2 Cor 5:20 — 6:2; Mt 6:1-6, 16-18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                            |
| Gospel — A good person produces good, an evil person produces evil. The mouth speaks from the goodness of the heart (Luke 6:39-45).                                                                                                                                                                                                                      |                                                       | Thursday: Dt 30:15-20; Ps 1:1-4, 6; Lk 9:22-25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                          |                                                       | Friday: Is 58:1-9a; Ps 51:3-6ab, 18-19; Mt 9:14-15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                          |                                                       | Saturday: Is 58:9b-14; Ps 86:1-6; Lk 5:27-32                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                          |                                                       | Sunday: Dt 26:4-10; Ps 91:1-2, 10-15; Rom 10:8-13; Lk 4:1-13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                            |
| MASS TIMES AND INTENTIONS                                                                                                                                                                                                                                                                                                                                |                                                       | WEEK AT A GLANCE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                            |
| Saturday March 2 Blessed Virgin Mary                                                                                                                                                                                                                                                                                                                     |                                                       | Monday, March 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 8am Mass; 4pm-5:30pm Bread & Broth Meal                                                                                                                                                                    |
| 5:30 pm                                                                                                                                                                                                                                                                                                                                                  | St. Theresa parishioners                              | Tuesday, March 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 8am Mass; 4:30pm Children Faith Formation; 6:30pm RCIA in English                                                                                                                                          |
| Sunday March 3                                                                                                                                                                                                                                                                                                                                           |                                                       | AshWednesday, March 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 8am Mass;12noon Mass; 6pm Mass and 7:30pm Mass in Spanish                                                                                                                                                  |
| 8:00 am                                                                                                                                                                                                                                                                                                                                                  | Sean Wallace (dec) by Tom & Judy Finn                 | Thursday, March 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 8am Mass; 6pm Blessed Is She; 7pm RCIA in Spanish                                                                                                                                                          |
| 10:00 am                                                                                                                                                                                                                                                                                                                                                 | David Blann (dec) by Mark Treiber                     | Friday, March 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 8am Mass; 12noon Mass; 3pm-4:30pm Food Pantry; 4-5pm Bread & Broth, Second Serving; 12:30pm-6pm Eucharistic Adoration; 6pm Stations of the Cross; 6:30pm Soup Dinner; 7pm Stations of the Cross in Spanish |
| 12:00 pm                                                                                                                                                                                                                                                                                                                                                 | Bridget Spencer (healing) by Beverly Sass             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| 7:00 pm                                                                                                                                                                                                                                                                                                                                                  |                                                       | Saturday, March 9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 4pm Confessions; 5:30pm Vigil Mass                                                                                                                                                                         |
| Monday March 4 St. Casimir                                                                                                                                                                                                                                                                                                                               |                                                       | Sunday, March 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 8am, 10am, 12 noon and 7pm (in Spanish)                                                                                                                                                                    |
| 8:00 am                                                                                                                                                                                                                                                                                                                                                  | Sean Wallace (dec) by the Lohmeiers                   | <div></div> <b>KNIGHT’S CORNER</b>   Call Frank Dixon 530 318 1574<br><i>Mistakes Happen, Keep Trying. Unknown</i><br><i>Still available: St. Theresa commemorative keepsakes.</i><br><i>Ask a Knight!.</i> Men of the Parish are you looking for something more in your life? We do men’s Catholic Fellowship! We take our Faith seriously but...COME JOIN US FOR SOME FUN AND ALWAYS A GOOD TIME:<br><b>PANCAKE BREAKFAST</b> — <i>This Sunday</i> after the 8AM & 10AM Masses. It always tastes right when cooked by a Knight!<br><b>MONTHLY MEETING</b> — <i>Mar. 13</i> —Dinner 6pm; meeting 7pm<br><b>ST. PATRICK’S DAY DINNER</b> — <i>Mar. 17</i> —5-7pm; <i>Tickets on sale today after every Mass.</i> |                                                                                                                                                                                                            |
| Tuesday March 5                                                                                                                                                                                                                                                                                                                                          |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| 8:00 am                                                                                                                                                                                                                                                                                                                                                  | Patrick & Catherine Hurley (dec) by the Hurley family |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| Wednesday March 6                                                                                                                                                                                                                                                                                                                                        |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| Ash Wednesday; Fast / Abstinence                                                                                                                                                                                                                                                                                                                         |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| 8:00 am / 12:00 pm / 6:00 pm / 7:30 pm (Spanish)                                                                                                                                                                                                                                                                                                         |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| Thursday March 7 Ss. Perpetua and Felicity                                                                                                                                                                                                                                                                                                               |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| 8:00 am                                                                                                                                                                                                                                                                                                                                                  | Margaret & Antone Salel (dec) by the Hurley family    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| Friday March 8 St. John of God; Abstinence                                                                                                                                                                                                                                                                                                               |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| 8:00 am                                                                                                                                                                                                                                                                                                                                                  | Jill Richards (dec) by Ken & Irene Lohmeier           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| 12:00 pm                                                                                                                                                                                                                                                                                                                                                 | Jill Richards (dec) by St. Theresa staff              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| Saturday March 9 St. Frances of Rome                                                                                                                                                                                                                                                                                                                     |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| 5:30 pm                                                                                                                                                                                                                                                                                                                                                  | St. Theresa parishioners                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| PRAYER REQUESTS                                                                                                                                                                                                                                                                                                                                          |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| FOR PARISHIONERS ON ACTIVE MILITARY DUTY                                                                                                                                                                                                                                                                                                                 |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| Phillip Gaston   Corbett Martin   Zachary Martin   Erik Townsend                                                                                                                                                                                                                                                                                         |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| FOR THOSE WHO ARE ILL                                                                                                                                                                                                                                                                                                                                    |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| Concordia Balong   Bill Barboni   Kathleen Brady   Krista Carson   Romie Enriquez   Gene Estepa   Mamerto Estepa   Steve Frick   Ophelia Kirvida   Kel Lohmeier   Matthew Morisky   Simon McQuarrie   Byron Melrose   Jamie O’Malley   Cecilia Ramirez   Tony Russo   Gloria Walkowiak                                                                   |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| PRAYER REQUESTS                                                                                                                                                                                                                                                                                                                                          |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |
| If you would like to add to the prayer list, please send an email with your loved one’s name along with your name and phone number to tahoecatholicbulletin@gmail.com.                                                                                                                                                                                   |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |

# CALENDAR OF EVENTS



ANNUAL CATHOLIC APPEAL 2019 | March 2 & 3, 2019

*Today we come together as Catholics through the Annual Catholic Appeal*

We may not all be social workers, yet through the Annual Catholic Appeal, we can all support the Catholic charitable programs and parish ministries that help lift our neighbors and friends out of poverty.

The Annual Catholic Appeal is dedicated solely to the social mission of the Church here in Northern California. Please be as generous as you can. Every gift makes a profound difference in someone's life.

## ASH WEDNESDAY | March 6 | The Ashes



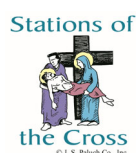
The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His

Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance. <https://www.catholic.org/lent/ashwed.php>  
**MASSSES: 8AM, 12NOON, 6:00PM, & 7:30PM IN SPANISH**

## EUCCHARISTIC ADORATION

**Friday, March 8 from 12:30pm to 6:00pm.**

"The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease." (CCC, 1380)



**STATIONS OF THE CROSS**  
**FRIDAYS during Lent at 6PM**  
 followed by soup dinner at  
 Social Hall!

**DAYLIGHT SAVING TIME**  
**BEGINS March 10**  
 Set clocks forward  
 1 hour



**SAINT PATRICK'S DAY DINNER**  
**March 17**  
 5pm-7pm  
 Grace Hall



## CATHOLIC HUMOR

A little child in church for the first time watched as the ushers passed the offering plates. When they neared the pew where he sat, the youngster piped up so that everyone could hear: "Don't pay for me Daddy, I'm under five."

## CONGREGATION FOR THE DOCTRINE OF THE FAITH

In the next few weeks we will be posting excerpts from the *Instruction Ad resurgendum cum Christo*, Regarding the **burial of the deceased and the conservation of the ashes in the case of cremation.**

When, for legitimate motives, cremation of the body has been chosen, ***the ashes of the faithful must be laid to rest in a sacred place, that is, in a cemetery or, in certain cases, in a church or an area, which has been set aside for this purpose, and so dedicated by the competent ecclesial authority.***

From the earliest times, Christians have desired that the faithful departed become the objects of the Christian community's prayers and remembrance. Their tombs have become places of prayer, remembrance and reflection. The faithful departed remain part of the Church who believes "in the communion of all the faithful of Christ, those who are pilgrims on earth, the dead who are being purified, and the blessed in heaven, all together forming one Church".<sup>[15]</sup>

The reservation of the ashes of the departed in a sacred place ensures that they are not excluded from the prayers and remembrance of their family or the Christian community. It prevents the faithful departed from being forgotten, or their remains from being shown a lack of respect, which eventuality is possible, most especially once the immediately subsequent generation has too passed away. Also it prevents any unfitting or superstitious practices.

<sup>[15]</sup> Catechism of the Catholic Church, 962.

It continues... [http://www.vatican.va/roman\\_curia/congregations/cfaith/documents/rc\\_con\\_cfaith\\_doc\\_20160815\\_ad-resurgendum-cum-christo\\_en.html](http://www.vatican.va/roman_curia/congregations/cfaith/documents/rc_con_cfaith_doc_20160815_ad-resurgendum-cum-christo_en.html)



# DIOCESE OF SACRAMENTO

## Office of Worship

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2110 Broadway, Sacramento , CA 95818 - 916-733-0221 - [jcavanagh@scd.org](mailto:jcavanagh@scd.org)

## 2019 LENTEN REGULATIONS

Lent this year begins on **March 6, Ash Wednesday**. Lent is a season in which the faithful are called to reflect on the Paschal Mystery in a particularly focused way. It is a time of spiritual renewal and to carefully examine one's relationship with God and others. It is also a time in which catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through the traditional Lenten practices of prayer, fasting, and almsgiving.

### I. FASTING AND ABSTINENCE.

In order foster a spirit of repentance and unite ourselves more closely to Christ, Church law requires the observance of Abstinence and Fasting (CIC - Code of Canon Law, 1249-1253) during Lent.

**1. Abstinence:** All persons, 14 years and older, are obliged to **abstain from meat on Ash Wednesday and all Fridays of Lent**. Other forms abstinence, including abstinence from alcoholic beverages, television, video games, the internet and social media during and other electronic devices Lent is spiritually beneficial.

**2. Fasting:** Everyone from ages 18 to 59 is obliged to **fast on Ash Wednesday and Good Friday**. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is generally understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted.

When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday). It is desirable that they perform some other pious act instead.

### II. PRAYER.

Catholics are urged to read and pray with sacred Scripture more intently during Lent, and to deepen their faith by reading the Catechism of the Catholic Church. The faithful are encouraged to participate in special devotions offered by the parish, especially parish penance services and Eucharistic adoration. Other devotions such as the Rosary, the Divine Mercy Chaplet, visits to the Blessed Sacrament, and praying for vocations to the priesthood and religious life are also encouraged.

**1. Sacrament Reconciliation:** Lent is a privileged time for celebrating the Sacrament of Reconciliation. **The faithful are obliged to confess their sins at least once a year (CIC 989)**. To that end, parishes are encouraged to provide additional opportunities for the faithful to partake of the Sacrament of Reconciliation by expanding their Confession schedule during Lent; for example, to include an extra weekday evening or two. Public parish penance services are strongly encouraged. Deaneries have also been encouraged to celebrate "24 Hours for the Lord" from 12 noon March 29 to 12 noon March 30. Please note that **general absolution is not permitted**.

**2. Lenten Mass Schedule:** The faithful are urged to attend Mass on weekdays as often as possible, especially during Lent. Daily Masses during Lent should be scheduled so as to facilitate attendance.

**3. The Stations of the Cross** are to be celebrated in each parish on Fridays during Lent and parishioners should be encouraged to participate.

**4. Special day of penance and prayer: Wednesday, March 14.** According to Diocese Statute 123§3c the second Wednesday of March is to be observed as “A day of penance for negative attitudes and discrimination toward people of differing cultures, ethnicity and race; and prayer for unity in our diversity, for equality, mutual respect and peace among all peoples.”

**5. Wedding Masses** may not be celebrated during the Easter Triduum, on Sundays of Lent, Ash Wednesday, or during Holy Week. Marriages may take place at other times during Lent according to the proper liturgical norms and provisions, but it is contrary to the penitential spirit of the season to have elaborate weddings or lavish receptions.

**6. Funeral Masses** are not to be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral considerations necessitate that a funeral be celebrated on these days, the Liturgy of the Word with the Final Commendation and Farewell may be conducted.

**7. No Masses are to be offered on Good Friday and Holy Saturday.**

**8. The Easter Vigil (April 20)** may begin anytime *after nightfall* (Roman Missal) which is about thirty minutes after sunset, which is 7:47 p.m. this year. The Easter Vigil, therefore, should not begin before **8:15 p.m.**

**9. Easter Duty:** All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter Season.. In the United States, the Easter duty may be fulfilled through Trinity Sunday, June 16. Catholics are encouraged to receive Communion as often as possible, not only during Eastertide, but throughout the year. However, “Anyone conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Communion.” (Catechism, no. 1385)

### **III. ALMSGIVING.**

From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church, especially through their local parish and the Annual Catholic Appeal.

The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison, remembering the words of our Lord Jesus Christ who said, “As you did it to one of the least of these my brethren, you did it to me.” (Matthew 25:40). Fasting and abstinence together with almsgiving and charitable works unites us to the crucified Christ reflected in the image of our brothers and sisters who suffer.



# DIOCESE OF SACRAMENTO

## Office of Worship

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### ***Reglamentos y Admoniciones Cuaresmales del 2019***

**El 6 de marzo de 2019**, Miércoles de Ceniza, emprendemos otra vez el recorrido cuaresmal durante el cual procuramos profundizar nuestra conversión. La cuaresma nos prepara para celebrar el Misterio Pascual de la pasión, muerte y resurrección de Cristo. Es tiempo de reflexión y renovación espiritual, tiempo de examinar nuestra relación con Dios y con los demás. También es un momento en el cual los catecúmenos se preparan para recibir el Sacramento de Iniciación en la Vigilia Pascual. La Iglesia también llama a los católicos a adoptar un espíritu de penitencia, especialmente la práctica de los "Actos Religiosos": el ayuno, la oración y la limosna, "que expresan la conversión con relación a si mismo, con Dios y con los demás". (Catecismo de la Iglesia Católica Nos. 1969 y 1434).

#### **I. AYUNO Y ABSTINENCIA**

Para fomentar el espíritu de penitencia y reparación por el pecado y unimos más estrechamente con Cristo, la ley de la Iglesia requiere que se observe, durante la Cuaresma, el ayuno y la abstinencia (CIC, nos. 1249-1253).

**1. Abstinencia:** Todas las personas que hayan cumplido los 14 años de edad tienen la obligación de **abstenerse de comer carne el miércoles de Ceniza y todos los viernes de Cuaresma**. Otras formas de abstinencia durante la Cuaresma serían: abstenerse de bebidas alcohólicas, televisión, videojuegos, internet, redes sociales y otros dispositivos electrónicos. La Cuaresma es espiritualmente beneficiosa.

**2. Ayuno:** Todas las personas, de 18 años hasta los 59, tienen la obligación de **ayunar el miércoles de Ceniza y el Viernes Santo**. El ayuno es opcional en otros días de la cuaresma, especialmente los miércoles y viernes, es sumamente recomendable. Generalmente, el ayuno consiste de una sola comida completa al día. Se pueden ingerir otras dos comidas pequeñas suficientes para mantener las fuerzas, pero juntas no deben ser equivalentes a una comida completa. No está permitido comer entre las comidas, pero si está permitido ingerir líquidos. En casos en que peligre la salud o la capacidad de trabajo, no se aplican las leyes del ayuno y abstinencia. Si se tienen dudas al respecto, se ha de consultar con un sacerdote de la parroquia o con un confesor.

Los que trabajan en los aeropuertos, los viajeros y otras personas que se encuentren a bordo de barcos o aviones están exentos de las leyes de ayuno y abstinencia mientras dure su viaje (excepto el Viernes Santo). En su lugar, conviene que practiquen algún otro acto piadoso.

#### **II. ORACIÓN**

Con el fin de profundizar nuestro amor por Cristo, los católicos debemos orar y meditar las Sagradas Escrituras; estudiar el Catecismo de la Iglesia Católica; participar en los actos piadosos que ofrezca nuestra parroquia; y orar con mayor fervor individualmente, en familia y en comunión con otras personas. A los fieles se les exhorta a que recen el rosario, visiten al Santísimo Sacramento y oren, especialmente por las vocaciones al sacerdocio y a la vida consagrada, y por la paz mundial.

**1. Sacramento de la Penitencia y Reconciliación:** La cuaresma es el tiempo óptimo para celebrar este sacramento. Por lo general, las parroquias ofrecen regularmente el Sacramento de la Penitencia, incluyendo su celebración comunitaria. (De esta manera, se pone énfasis en los aspectos sociales y eclesiales del pecado, así como en la reconciliación personal con Dios.) **No obstante, la ley de la Iglesia no permite la absolución general en las celebraciones penitenciales comunitarias.** Los fieles deben buscar la reconciliación en todos los aspectos de la vida humana -personal, familiar, social y eclesial. Durante las temporadas de cuaresma y Pascua, se les recuerda a los

católicos que tienen la **obligación de acercarse al Sacramento de la Penitencia por lo menos una vez al año** (CIC 989). Se recomienda encarecidamente los servicios de penitencia de la parroquia. También se ha alentado a los decanatos a celebrar “24 horas para el Señor” iniciando al mediodía del 29 de marzo y finalizando el 30 de marzo al mediodía.

**2. Horario de Misas durante la Cuaresma:** Las Misas diarias durante la cuaresma han de programarse de tal manera que faciliten la asistencia de los fieles y su crecimiento espiritual. Se invita a los fieles a asistir a Misa durante los días de semana tan frecuentemente como les sea posible.

**3. El Vía Crucis** se celebra en cada parroquia todos los viernes de Cuaresma. Se invita a los fieles a participar.

**4. Día de Penitencia y Oración, miércoles 14 de marzo:** Este es "Un día de penitencia por actitudes negativas y discriminación hacia las personas de diferente cultura, etnia y raza; y de oración por la unidad en nuestra diversidad, por la igualdad y el respeto mutuo y por la paz entre todos los pueblos- el segundo miércoles de marzo..." (Estatuto Diocesano#123, §3c).

**5. Misas Nupciales.** No deben celebrarse Misas nupciales durante el Triduo Pascual, en los domingos de cuaresma, el Miércoles de Ceniza ni durante la Semana Santa. Las bodas pueden celebrarse en otros días de la cuaresma siguiendo las normas y estipulaciones propias de la liturgia. No obstante, las bodas fastuosas y recepciones lujosas no encajan con el espíritu penitencial de la temporada.

**6. Misas Fúnebres.** No deben celebrarse Misas Fúnebres el Jueves Santo, Viernes Santo, Sábado Santo, ni en los domingos de cuaresma. Cuando por razones pastorales se hace necesario celebrar un funeral durante alguno de estos días, se celebrará la Liturgia de la Palabra con el rito del Último Adiós al Difunto y su Recomendación a Dios.

**7. No se ofrecerán misas el Viernes Santo ni el Sábado Santo.**

**8. La Vigilia Pascual (20 de abril)** puede comenzar en cualquier momento *después del anochecer* (Misal Romano) aproximadamente 30 minutos después de la puesta del sol, la cual es a las 7:47 p.m. este año. La Vigilia de Pascua, por lo tanto, no debe comenzar antes de las **8:15p.m.**

**9. La Obligación Pascual:** Todos los católicos ya iniciados en la Sagrada Eucaristía tienen la obligación de recibir la Sagrada Comunión por lo menos una vez durante la temporada Pascual. En Estados Unidos, la Obligación Pascual puede cumplirse hasta el domingo de la Santísima Trinidad, 16 de junio. Se exhorta a los católicos a que reciban la Comunión con la frecuencia que les sea posible, no solo durante la temporada Pascual, sino durante el año. Sin embargo, "Quien tiene conciencia de estar en pecado grave debe recibir el Sacramento de la Reconciliación antes de acercarse a comulgar". (CCE, §1385)

### III. LIMOSNA

El acto de dar a los pobres, es la más antigua tradición de la Iglesia, es una expresión de penitencia, una forma piadosa, un testimonio de caridad fraterna y una expresión de conversión cuaresmal. Por consiguiente, a todos los católicos se les pide que ayuden generosamente a las obras caritativas de la Iglesia, incluyendo las contribuciones regulares a su parroquia y a la Campaña Católica Anual que responden con generosidad a los pobres y los vulnerables por medio de Caridades Católicas, la educación de los seminaristas y niños en las escuelas Católicas, y programas de servicio social en su parroquia local.

Se les invita también a que ayuden de diferentes maneras a los enfermos, a los necesitados, a los ancianos y encarcelados. El ayuno y la abstinencia junto con las obras de caridad ayudan al católico a vivir en solidaridad con Cristo crucificado reflejado en la imagen de sus hermanos y hermanas que sufren.