***Pastor’s Corner:*  Lenten Fast**

There are traditionally 40 days in Lent; these are marked by fasting, both from foods and festivities, and by other acts of [penance](https://en.wikipedia.org/wiki/Penance). Fasting is maintained for all forty days of Lent (regardless of how they are enumerated; see [above](https://en.wikipedia.org/wiki/Lent#Date_and_duration)). Historically, fasting and abstinence has been maintained continuously for the weekdays of the whole Lenten season, with Sundays being days of abstinence only. The making of a [Lenten sacrifice](https://en.wikipedia.org/wiki/Lenten_sacrifice), in which Christians give up a personal pleasure for the duration of 40 days, is a traditional practice during Lent.

During [Shrovetide](https://en.wikipedia.org/wiki/Shrovetide) and especially on [Shrove Tuesday](https://en.wikipedia.org/wiki/Shrove_Tuesday), the day before the start of the Lenten season, many Christians finalize their decision with respect to what [Lenten sacrifices](https://en.wikipedia.org/wiki/Lenten_sacrifice) they will make for Lent. Examples include practicing [vegetarianism](https://en.wikipedia.org/wiki/Christian_vegetarianism) and [teetotalism](https://en.wikipedia.org/wiki/Teetotalism) during Lent as a Lenten sacrifice. While making a Lenten sacrifice, it is customary to [pray](https://en.wikipedia.org/wiki/Christian_prayer) for strength to keep it; many often wish others for doing so as well, e.g. "May God bless your Lenten sacrifice." In addition, some believers add a regular spiritual discipline, to bring them closer to God, such as reading a Lenten [daily devotional](https://en.wikipedia.org/wiki/Daily_devotional).

For Catholics, Lutherans, Moravians, Anglicans, Methodists, United Protestants, and Lent-observing Reformed Christians, the Lenten penitential season ends after the [Easter Vigil](https://en.wikipedia.org/wiki/Easter_Vigil) [Mass](https://en.wikipedia.org/wiki/Mass_%28liturgy%29) or [Sunrise service](https://en.wikipedia.org/wiki/Sunrise_service). Orthodox Christians also break their fast after the [Paschal Vigil](https://en.wikipedia.org/wiki/Paschal_Vigil), a service which starts around 11:00 pm on Holy Saturday, and which includes the Paschal celebration of the [Divine Liturgy](https://en.wikipedia.org/wiki/Divine_Liturgy) of St. [John Chrysostom](https://en.wikipedia.org/wiki/John_Chrysostom). At the end of the service, the priest blesses cheese, eggs, flesh meats, and other items that the faithful have been abstaining from for the duration of Great Lent.

Lenten traditions and liturgical practices are less common, less binding, and sometimes non-existent among some [liberal](https://en.wikipedia.org/wiki/Liberal_Christianity) and [progressive Christians](https://en.wikipedia.org/wiki/Progressive_Christianity). A greater emphasis on anticipation of [Easter Sunday](https://en.wikipedia.org/wiki/Easter_Sunday) is often encouraged more than the penitence of Lent or Holy Week.

Some Christians as well as [secular](https://en.wikipedia.org/wiki/Secular) groups also interpret the Lenten fast in a positive tone, not as renunciation but as contributing to causes such as environmental stewardship and improvement of health. Even some [atheists](https://en.wikipedia.org/wiki/Atheists) find value in the Christian tradition and observe Lent.

Fr. Jim

**Treasurers Report:**

**Collection for the week ending 2/25: $560.00**

**Thank you for your generosity.**

**To the right is the QR code for Holy Family Community (Holy**

**Family ANCC). This can be utilized to donate to the church if**

**you wish.**

**Stations of the Cross:**

**During Lent, Stations of the Cross will be prayed on Friday’s at 5:30 pm.**

**Religious Education Classes:**

**Religious Ed. Classes for Baptism, First Communion and Confirmation will resume this Sunday, March 3, 2024. Please contact the parish office for additional information or to register.**

**ANCC 15th Anniversary---Convocation 2024:**

Save the Dates: August 15,16 & 17 at The Claggett Center, Adamstown, Maryland. Meet the people of Your Church from across the country. Fr. Ricky Manalo, CSP is Keynote Speaker. Registration is limited to 50 guests. Registration begins April 1st. $375 pp includes lodging, meals, snacks & conference materials. See Fr. Jim if interested in attending.

**Daylight Savings Time Returns:**

Daylight Savings Time returns NEXT Sunday, March 10, Just a reminder that our Saturday Masses will continue at 4:30 pm.

***Remember in Your Prayers\****

***\*Prayers or Eucharist home visits can be requested in the white notebook located next to the hymnal bookcase.***

**Michele S. (Br. Charlie) 2/4 Health Concerns**

**Ray R. (Martha M.) 2/4 Health Concerns**

**Orlando C. (Gloria S.) 2/11 Health Concerns**

**James H. (Br. Charlie) 2/11 Health Concerns**

**Nancy B. 2/14 Knee Surgery**

**Dave S. (Peg L.) 2/14 Health Concerns**

**Sergio D. (Loreta & Pete) 2/19 God’s Blessings and Prayers**

**Brittany & Avery (Martha M.) 2/18 Health Concerns**

**Rudy D. (Br. Charlie) 2/24 May He Rest in Peace**

**Rubin C. (Sylvia C.) 2/25 For Successful Surgery & Recovery**

***The Third Sunday of Lent***

**Celebrant: Fr. James Lehman, FCM**

**Reading: Alex**

**Order of the Mass: Page #134 in the Hymnal.**

**Entrance: Change Our Hearts #414.**

**Penitential Rite/Kyrie #136**

**Readings:**

1. **Exodus 20:1-3, 7-8, 12-17.**

**Psalm: 30 #30. *I Will Praise You, Lord.* I will praise you, Lord, you have rescued me, I will praise you, Lord, for your mercy. I will praise you, Lord, you have rescued me: I will praise you, Lord.**

1. **1 Corinthians 1:22-25 (Spanish)**

**Brothers and sisters:
Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, Jews and Greeks alike, Christ the power of God and the wisdom of God. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.**

1. **John 2:13-25.**

**Homily**

**Profession of Faith #142**

**Preparation of the Altar: You Are Near #590**

**Service Music:**

 **Santus #161**

 **Memorial Acclamation #162**

 **Amen #163**

 **Our Father (spoken)**

 **Agnus Dei #165**

**Communion Music: Dust and Ashes #392.**

**Concluding Rite: #154**

 **Parish Announcements**

**Final Blessing**

**Recessional: I Heard the Voice of Jesus Say #622.**

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**Holy Family American National**

**Catholic Church**

***A Catholic Church Where All Are Welcome***

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**Associate Pastor-Fr. Alex Urena**

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**Church Secretary- Bill Sampson**

**Church’s Email**: holyfamilyancc@qwestoffice.net

**Music Director---Eike Gunnarson**

**Email: eikegun@aol.com**

**Church Office Hours:**

**Tuesday – Friday: 1:00p.m. – 5:00p.m.**

**Saturday Eucharistic Liturgy: 4:30 p.m.**

**Sunday Eucharistic Liturgy: 10:30 am**

**St. Ignatius of Antioch (circa 107 AD) was the first to use the word Catholic (Greek word is c*atha holos)* meaning the “gathering of the whole” of the people. The ancient undivided Church adhered to the early Ecumenical Councils. There are several Catholic Churches in this tradition. The Assyrian Church of the East, and Oriental Orthodox left in the 5th Century and the Roman Catholic and Eastern Orthodox separated in 1054. Others left later: Anglican (16th Century) and Old Catholic Churches (19th Century) but all are part of this Catholic tradition and believe there is a need for apostolic succession of bishops. We also share a common liturgical, sacramental, and theological tradition.**