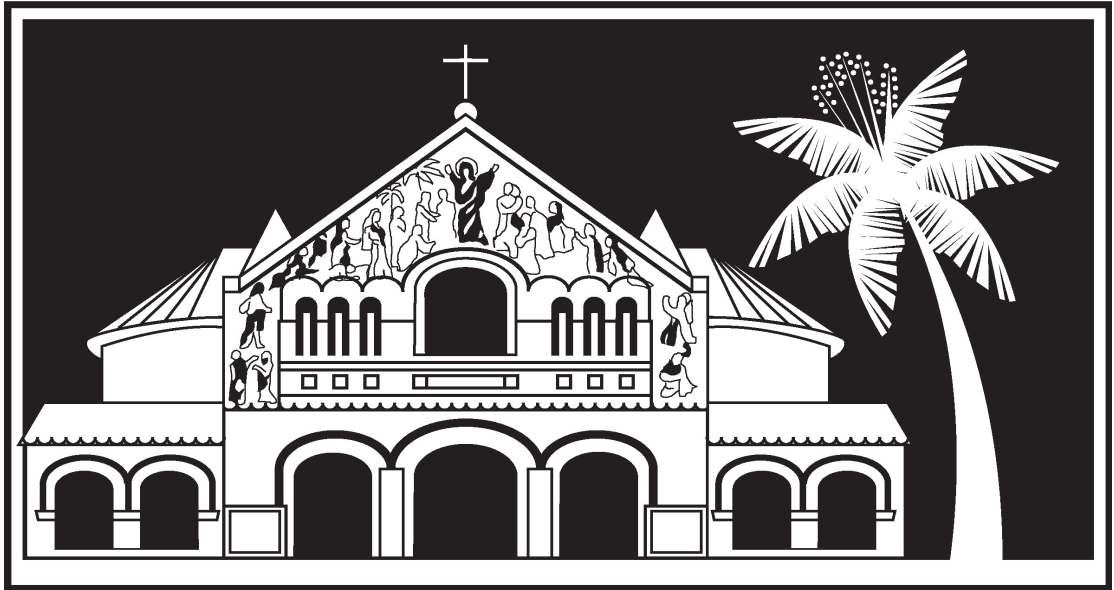


# Catholic Community at Stanford



**Catholic Community at Stanford**  
P.O. Box 20301, Stanford University, Stanford, CA 94309  
<http://catholic.stanford.edu/>  
main office: 650-725-0080  
For emergencies, call 650-723-8222, pager #17736

The **mission** of the Catholic Community at Stanford (CC@S) is to develop and form well educated, passionate, and faithful Catholic leaders in order to bring positive change to their disciplines, communities, Church, and world.

**Sunday Mass** February 10, 2013  
10:30am Tresidder Oak Room  
4:30pm Memorial Church  
10pm Memorial Church

**Daily Eucharist**  
M + F 12:20pm Memorial Church  
Ash Wednesday 8am, 4:30pm, 8pm MemChu  
T + Th 12:20pm Old Union Sanctuary

**Confessions** Tuesday  
1:30-2:30pm and 9-10:30pm  
Old Union, 3rd Floor, 304 or 305  
or by appointment: call 725-0080

**Marriage**  
To arrange a Catholic Wedding, call the wedding coordinator at Memorial Church at 650-723-9531.

**Infant Baptisms**  
Baptism is celebrated once per quarter. For more information, please visit <http://catholic.stanford.edu/baptisms/eligibility.html> or contact Teresa Pleins [tpleins@stanford.edu](mailto:tpleins@stanford.edu).

Baptisms for the 2012-2013 academic year:  
May 5, 2013

## Catholic Community Staff

**Fr. Nathan Castle, O.P.**  
Pastor/Director  
[ncastle@stanford.edu](mailto:ncastle@stanford.edu)

**Fr. Isaiah Molano, O.P.**  
Parochial Vicar/Associate Director  
[frisaiah@stanford.edu](mailto:frisaiah@stanford.edu)

**Nancy Greenfield**  
Chaplain/Marriage Preparation  
[ngreenfield875@gmail.com](mailto:ngreenfield875@gmail.com)

**Teresa Pleins**  
Chaplain/Liturgy & Music  
[tpleins@stanford.edu](mailto:tpleins@stanford.edu)

**Deacon John Kerrigan**  
Chaplain/ESTEEM  
[johnk3@stanford.edu](mailto:johnk3@stanford.edu)

**Sr. Ramona Bascom, O.P.**  
Counselor  
[ramonabascom@gmail.com](mailto:ramonabascom@gmail.com)

**Lourdes Alonso**  
Campus Minister  
[lonso@stanford.edu](mailto:lonso@stanford.edu)

**M'Lis Berry**  
Development Director  
[meberry@stanford.edu](mailto:meberry@stanford.edu)

**Guillermo Colombetti**  
Bulletin Editor, Property Manager  
[gcolombetti@yahoo.com](mailto:gcolombetti@yahoo.com)

**Iris Clark**  
Communications Coordinator  
[iris.ccas@live.com](mailto:iris.ccas@live.com)

*Fr Edward shows how the miraculous haul of fish in today's Gospel foreshadows the Apostles' universal mission.*

Those experts who are concerned to trace direct relationships between the Gospels – that of Saint John as also all of the synoptics – whilst they might find echoes of other incidents from other passages in the synoptic gospels – feel that they need to treat this as a completely re-edited passage of Luke. That has the advantage that it brings a reader very close to the life of the Capernaum fishermen-disciples, with the vocation which Our Lord was communicating to them, and makes them very conscious of the passage of their own thoughts step by step. Luke wrote with the experience of the years which he had spent as a companion of Paul in Asia Minor and the Greek mainland, and then in the special condition of seeing Paul through the waiting period for his trial in Rome. Here Peter was already installed: the chief of the Apostles and designated of all the Churches, but still somewhat remote from the detailed progress of the other Apostles' missions. It is said that the Apostles had an understanding not to encroach on the territories and populations already being evangelised and charismatically constructed, especially in the cities of the world originally Greek and Roman, where the Romans had under Octavius Caesar, later designated as Emperor Augustus, conquered the Greeks and had taken over their territories. This was delicately managed as the Roman power extended to the East. Rather as the conquered Egyptians had Egyptianized the Greeks, in some respects the Greeks had Hellenized the Romans. Because of its wide extent the previous Greek territory, which extended as far overland as India and even to the south of Egypt, to Nubia and Meroe, and the cultured nature of their settlements, Greek had become the lingua franca of large parts of the Roman domains. So it was over a widespread domain, already fairly unified by the widespread use of Greek, that these convert disciples of Jesus who were Galilean fisherman, were being prepared to evangelise, with some contact with the remaining Greeks, but using Aramaic more as their common language with their Eastern neighbours.

As a prophetic sign Our Lord performed a miracle to show the wide extent of the new horizons within which they would work, but later in his final words Jesus confirmed the universal nature of the mission which he, God and man, would be giving them, whilst often using the Jewish communities as a starting point for their work. This universal range of their mission in which they were to plant a structure of centres in the cities of the

Greek-Roman world was factually confirmed by the gift of tongues received on the celebration of the Jewish Feast of Pentecost. The crowd of diaspora Jewish pilgrims who had come to Jerusalem heard the Apostles rushing from the house where fear had caused them to stay out of sight, hearing them speaking in the languages of their far flung homes (whether one language spoken and miraculously understood as each, or by multilingual discourses passing from one to another, the result would have been the same).

This was the promise which Jesus gave them by the lakeside at the beginning, as he had given them the firm promise that their miraculous catch of a large shoal of fish, which had been as much as their nets could hold, was an image of what they would eventually be achieving with men. There was a rising plausibility throughout their missioning with Our Lord of the true universalism of what they were achieving, under God and with God in their extension of the Kingdom of God on this earth. This was even true of the seeming failure in the crucifixion of Christ and his painful death, against which even nature itself protested. Amen.

*fr. Edward Booth is chaplain to the Franciscan Missionary Sisters of Mary in Stykkishólmur, Iceland.*

---

#### **From: Bishop Patrick J. McGrath:**

Once more, particularly virulent strains of flu and other respiratory contagions are manifesting themselves throughout our nation and here at home. Because of this, I have been approached by members of the medical community who have requested that we make a number of temporary adaptations to our celebrations of the Eucharist, so as to foster the health of our worshipping communities.

For this reason, I find it necessary to implement the following steps, to be taken immediately wherever Mass is celebrated in the Diocese of San José.

1. For the duration of the flu/cold/virus season, we will suspend offering Holy Communion under both Species. Concelebrating priests are to receive the Precious Blood by means of intinction.
2. For the duration of the flu/cold/virus season, Holy Communion will be distributed only into the hands of communicants; during this time, Holy Communion will not be distributed on the tongue.
3. For the duration of the flu/cold/virus season, the Sign of Peace should be adapted so as to allow for a greeting that does not involve shaking hands or touching.
4. For the duration of the flu/cold/virus season, people should avoid holding hands during the recitation or singing of the Lord's Prayer.
5. For the duration of the flu/cold/virus season, all who administer Holy Communion are to wash their hands with an alcohol-based anti-bacterial solution, such as Purell, before and after they administer the Sacrament. This precaution also extends to those who minister to the homebound.

## GENERAL COMMUNITY ANNOUNCEMENTS

### Newman Nights:

Presenting the breadth and depth of Catholic Theology, is a theological lecture series that answers of the needs of RCIA, Adult Confirmation, and faith formation for the entire CCAS Community and environs.

7:30pm, Old Union, 3rd Floor, Common Room

### Upcoming topics for Newman Nights:

**February 12:** Rise and Shine: Living Lent and Easter Fr. Nathan Castle, OP, Pastor/Director, CCAS.

**February 19:** Not Less Than Everything: Catholic Writers on Heroes of Conscience from Joan of Arc to Oscar Romero. Catherine Wolff, former Director of the Arrupe Center for Community- Based Learning, Santa Clara University. This event will be at the Humanities Center, not the Old Union.

**February 26:** Use as Directed: A New Look at the Sacrament of Healing. Fr. Nathan Castle, OP.

**March 5:** "Set the Tree on Fire: The People of God and the Light of the World" Mr. Ed Hopfner, MA, Coordinator for Marriage & Family Life, Diocese of Oakland.

### Catholic Community Podcast:

Join the rest of the Catholic Community in subscribing to our podcast, "Catholic Cardinal Reflections". CCR is a weekly podcast of Sunday homilies and theological reflections given by the staff of CCAS and their guests. For more information, look for the podcast button on the CCAS website!

### Dominican "Come & See" Vocations Weekend:

Have you thought about entering religious life or studying for the priesthood? Come to the Dominican Vocations Weekend at St. Albert's Priory in Oakland, California. 4pm Friday, March 1 – 1pm Sunday, March 3. St. Albert's is the house of studies for the Dominicans in the Western US. Meet the brothers studying for the priesthood, visit the school and novitiate, listen to presentations on the religious and priestly life, and spend time in prayer. For more information or to register contact Fr. Steven Maekawa, OP. (510) 596-1821, vocations@opwest.org

### Greeting Ministers Needed for 4:30 Mass:

We need 6-8 new greeting ministers to help us welcome those who come through our doors for the 4:30 Sunday Mass in Memorial Church. Could you be the welcoming face to our community and visitors? Training is provided. You would be scheduled about every 3 weeks. Please contact Teresa, tpleins@stanford.edu, if you can help with this important ministry.

### Join Our Living Faith Society:

Become a CC@S Living Faith Society member by donating a set amount each month on a predetermined day. You no longer need to remember to bring money to Mass! By joining LFS, not only are you supporting your Stanford Catholic campus ministry, but you will also receive the Living Faith devotional each quarter, a devotional that provides a different scripture verse and short meditation for each day of the year. Join today:



If you suspect financial mismanagement or misconduct in your parish or in the Diocese of San José, please contact: EthicsPoint: dsj.ethicspoint.com or hotline telephone number 1-888-325-7863. Teresa Conville, 408-983-0241 or email: tconville@dsj.org.

### Interested in Liturgical Ministries?

Have you ever thought it might be rewarding to be involved in a "closer way" with Mass? Get to know other community members better? Serve the community in a specialized ministry? The following ministries are available for you to consider: greeting (especially at the 4:30 Mass), eucharistic ministry, lectoring, altar serving, and music ministry (singers and instrumentalists). Training is provided and for most ministries you are scheduled about every 3-4 weeks. Students, this is a great way to continue ministry begun in your home parish, or a way to learn how to take part fully in the life of the Church. For non-students, Holy Week falls during Spring Break this year--we are going to need even more "permanent community" members to volunteer for these special liturgies. For info, please contact Teresa, tpleins@stanford.edu.

### Piano Accompanists Needed:

We are looking for 2-3 piano accompanists to work with the 4:30 and 10:00pm choirs. The commitment would be bi-monthly, arranged around your schedule. Sight-reading and accompanying skills are necessary. Choir members, directors, and congregation will all be grateful to you for sharing your gifts with the community. For info, contact Teresa, tpleins@stanford.edu.

### Liturgy of the Hours:

8:20-8:45am, Mo-Fr, East side stairwell of Memorial Church. "It is now the hour for us to rise from sleep." (Rom 13:11) Come consecrate your day to our Lord by praying the Liturgy of the Hours before class! We first hear a short reading from the Roman Martyrology and then pray in accordance with the wisdom of St. Benedict (d. 543). Contact George vidal@stanford.edu for more information.

### Korean Catholic At Stanford (KC@S):

KC@S is a Korean catholic community at Stanford consisting of a number of Korean under/grad students, post-doc at Stanford and workers in Bay area. During this winter quarter, we gather every Friday night to have a prayer meeting with various activities to deepen our faith together. Also, lunch gathering is planned on Tuesday noon at Thai cafe. For more information, contact Eun-Soo at eschoi@stanford.edu

### Friday Prayer Group:

"One-Friday-morning-a-month" prayer group meets at Old Union on campus. All are welcome! If interested call Jo Owen (650) 529-1105 for more details.

## YOUNG ADULTS

### Dinner at Pluto's:

Tues. Feb. 19th at 7:30pm, 482 University Ave., Palo Alto. The Young Adult group meets for its monthly social gathering. Please confirm your attendance on our Facebook Page "Young Adult Circle" or contact us at yacircle@gmail.com.

### Young Adult Mass:

Tues. Feb. 26th at 7:30pm, St. Simon Church, 1860 Grant Rd, Los Altos. The Young Adult Circle will be gathering for Mass in the Small Chapel at St. Simon Church in Los Altos. Celebrate the Eucharist with young adults (20's and 30's, single or married) from this and neighboring parishes with fellowship to follow. If you have questions or would like more information on the Mass, please contact us at yacircle@gmail.com.

### Young Adult Bible Study:

Tues. March 5th at 7:30pm, Our Lady of the Rosary, 3233 Cowper St, Palo Alto. We are meeting to discuss Vatican II documents that Pope Benedict is encouraging us to study as part of the Year of Faith. We meet regularly on the first Tuesday of each month and we welcome you to join us!

For more info, see our website, www.YoungAdultCircle.org, check the Facebook Fan Page "Young Adult Circle", or contact us at yacircle@gmail.com.



## Weekly Readings

Monday, February 11  
Gn 1:1-19  
Ps 104:1-2a, 5-6, 10,  
12, 24, 35c  
Mk 6:53-56

Tuesday, February 12  
Gn 1:20—2:4a  
Ps 8:4-5, 6-7, 8-9  
Mk 7:1-13

Wednesday, February 13  
**Ash Wednesday**  
Jl 2:12-18  
Ps 51:3-4, 5-6ab, 12-13,  
14, 17  
2 Cor 5:20—6:2  
Mt 6:1-6, 16-18

Thursday, February 14  
Dt 30:15-20  
Ps 1:1-2, 3, 4, 6  
Lk 9:22-25

Friday, February 15  
Is 58:1-9a  
Ps 51:3-4, 5-6ab, 18-19  
Mt 9:14-15

Saturday, February 16  
Is 58:9b-14  
Ps 86:1-2, 3-4, 5-6  
Lk 5:27-32

Sunday, February 17  
Dt 26:4-10  
Ps 91:1-2, 10-11,  
12-13, 14-15  
Rom 10:8-13  
Lk 4:1-13

### GRADS

#### Catholicism 101:

Join us on Mondays for Catholicism 101, a forum for graduate students and young adults that fosters community and open discussion of relevant issues impacting Catholics. We meet at 7:00pm in the Nairobi room at the Graduate Community Center. A light dinner will be provided. For more information, contact Lourdes, lalonso@stanford.edu. **Upcoming Topic:** Candy Canes and Pretzels, Catholic Food Through The Ages, Monday, Feb 11. Join us this week for Catholicism 101. It will be a food themed evening so come ready to eat and learn about all the foods that our Catholic faith has influenced.

#### Grad Bible Study:

Sundays at 6:30pm. All are welcome to a grad student Bible study. Meet at Chiara's in Escondido Village building 128, Apt 104 at 6:30pm. Join the list at catholic\_grad\_bible\_study@lists.stanford.edu.

### Volunteer Opportunities

#### St. Anthony's Soup Kitchen:

The Catholic Community at Stanford is committed to serving the needy, elderly and homeless at St. Anthony's Soup Kitchen in Menlo Park. If you are interested in volunteering on Saturday February 23rd from 8:30am until 1:00pm, please contact Michael Bova at mpbova2001@yahoo.com to have a volunteer position reserved for you. In general, the CCAS has the first and fourth Saturday's of the month reserved for us at St. Anthony's. So plan your schedules in advance, follow the example of Jesus, and please join us in helping those in need.

#### Save the Date: Sat 4/27/2013:

CCAS Service Opportunity, National Rebuilding Day  
The Catholic Community at Stanford is once again participating in National Rebuilding Day through the organization Rebuilding Together Peninsula, www.rebuildingtogetherpeninsula.org. We will be assisting a home makeover in San Bruno (near SFO) for a homeowner in need. Duties will include interior/exterior painting, erecting a fence, and replacing carpet. This service event is open to all in the CCAS. All day shifts will run from 8:30am to 4:00pm, with some half day shifts available. Meals will be provided. Additionally, there will be a prep-day on the morning of Sat, 4/20. Spaces are limited, contact Larry Hu, hudat@stanfordalumni.org for more info or to sign up

## Week at a Glance

### Sunday, February 10, 2013

- 10:30 in Tresidder Oak Room
- 4:30pm in Memorial Church
- 10pm in Memorial Church

### Monday, February 11 - Friday, February 15

- Office hours (Tues - Fri) 10am - 3pm

### Daily Liturgy:

M+F 12:20pm Memorial Church  
T+Th 12:20pm Old Union Sanctuary

### Ash Wednesday Schedule:

Masses at 8:00am, 4:30pm and 8:00pm.  
Noon ecumenical service.  
All in Memorial Church.

### Confessions

Tuesday 1:30-2:30pm and 9-10:30pm  
Old Union, 3rd Floor, 304 or 305  
or by appointment: call 725-0080

Next Spanish Mass - Sunday February 24 - 3pm

### GRADS and UNDER GRADS

#### Pray with Us, Daily Rosary:

All are invited to pray the Rosary in the Sanctuary of Old Union. The updated schedule is:  
Monday-Friday 10pm.  
Saturday and Sunday at 9pm. Every Saturday night we will follow the Rosary with a game night at 9:30pm.  
Contact Margaret Koehler mkoehler@stanford.edu with any questions or to be added to the Rosary List.

### Vallombrosa Retreat Center

#### Vallombrosa Center is sponsoring the following events:

Getting the Most Out of Holy Week: A Workshop led by Fr. Patrick, OP.

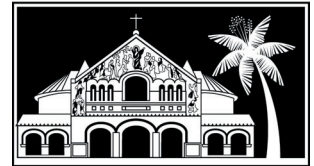
Saturday, March 23, 2013 • 9:00am – 4:00pm

Set aside the day before Palm Sunday for a Retreat designed to focus hearts & minds upon the Passion of Christ and the many events of Holy Week. This year, rather than being (once again?) unprepared and suddenly finding yourself in the midst of the final week of Lent, decide to be purposeful about your spirituality and commit to making Holy Week an especially rewarding one.

Between conference talks on the Last Supper, Gethsemane, and the Cross, presented by Fr. Patrick, you will have time to write or to reflect deeply while in our Chapel, to walk the Stations of the Cross, or to simply bask or sit in meditation on our beautiful grounds... and, of course, enjoy a delicious midday meal prepared for the occasion.

The cost for the one-day workshop is \$50 per person, includes lunch. Check-in begins at 8:30 with scones, coffee, tea, and water. To register visit www.vallombrosa.org or contact Rachel Alvelais at 650.325.5614. Scholarships are available for those who need financial assistance; contact Rachel Alvelais for more information.

FIFTH SUNDAY IN ORDINARY TIME  
FEBRUARY 10, 2013



Gathering Christ In Me Arise T Thomson

**Refrain**

Christ in me a - rise and dis - pel all the dark-ness.  
Christ in me a - rise with your pow - er and your strength.  
Christ in me pour out your bless - ing and heal - ing.  
Christ in me a - rise and I shall rise with you.

**Verses**

1. Be now my vi - sion, o - pen these eyes, show - ing me  
2. Be now my foot - steps, lead - ing the way, tak - ing me

1. all that I must see. } On - ward to the king - dom,  
2. where I must go. }

1, 2. you are the way. A - rise in me and I shall rise with you.

**Bridge**

You know my heart and you know my ways, you who  
formed me in my moth - er's womb. I live and move in you,  
my whole be - ing thrives in you.

Gloria 10:30 Mass From Age To Age C. DeSilva

Glo - ry, glo - ry to God, glo - ry to God in the high - est,  
glo - ry, glo - ry to God, and on earth peace to peo - ple,  
peo - ple of good will. and on earth  
peace to peo - ple, peo - ple of good will.

**Verse 1**  
1. We praise you, we bless you, we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King, O God, almighty Father.

**Verse 2**  
2. Lord Je - sus Christ, On - ly Be - got - ten Son, Lord God, Lamb of

God, Son of the Fa - ther, you take a - way the  
sins of the world, have mer - cy on us; you  
take a - way the sins of the world, re - ceive our prayer; you are  
seat - ed at the right hand of the Fa - ther, have mer - cy on us.

**Verse 3**  
3. For you alone are the Holy One, you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father. Amen.

First Reading Isaiah 6:1-2, 3-8

Isaiah received a call from the Lord. With a burning coal his lips were cleansed and his sin removed. When the Lord asked for a messenger, Isaiah replied, "Here I am, send me!"

Psalm Ps. 23 Tom Conry

**REFRAIN**

God a - lone may lead my Spir - it far a - way from want and fear,  
for the Lord is my true shep - herd and I know the Lord is near.

**VERSES**

1. I am led be - side God's peace - ful wa - ter and I sleep in the  
2. Though I wan - der the val - ley of dy - ing, I shall know that I  
3. You have spread your ban - quet be - fore me in the un - bro - ken  
4. On - ly mer - cy and good - ness pur - sue me while that breath and that

1. arms of the earth. Who guides me a - long paths of  
2. walk in your sight, with your staff that is ev - er be -  
3. sight of my foes, while my head is a - noint - ed with  
4. jus - tice en - dure. And I'll dwell in the house of God's

1. hon - or? Who re - fresh - es my life from my birth?  
2. fore me and your rod to guard at my right?  
3. kind - ness and the cup of my life o - ver - flows.  
4. keep - ing who has o - pened the mouths of the poor.

Second Reading 1 Corinthians 15:1-11

Paul urged everyone to remain faithful to the gospel he preached, namely, that Christ died for sin and rose again.

Gospel Acclamation Celtic Alleluia F. O'Carroll

Al - le - lu - ia, al - le - lu - ia.  
Al - le - lu - ia, al - le - lu - ia.



## Gospel

Luke 5:1-11

Jesus boarded Simon Peter's boat and told him to cast his net for a catch. Simon and his friends caught enough to fill two boats. When Jesus invited them to become fishers of people, they left all to follow him.

## Apostle's Creed

I believe in God, the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God,  
the Father almighty;  
from there he will come to judge  
the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

## Offertory

We Walk His Way

*E - we, thi - na. E - we,*  
We walk his way. We walk

*thi - na. E - we, thi - na.*  
his way. We walk his way

*E - we, thi - na.*  
We walk his way.

## Sanctus

Mass From Age to Age de Silva

Ho - ly, Ho - ly, Ho - ly, Lord God of  
hosts. Heav - en and earth are full of your  
glo - ry. Ho - san - na in the high - est. Ho - san - na, ho -  
san - na, ho - san - na in the high - est. Bless - ed is he who  
comes in the name of the Lord. Ho - san - na, ho -  
san - na, ho - san - na in the high - est. Ho - san - na, ho -  
san - na, ho - san - na in the high - est.

## Memorial Acclamation: Mass From Age To Age

When we eat this Bread and drink this Cup, we pro -  
claim your Death, O Lord, un - til you come a - gain.

## Amen

Mass From Age To Age

DeSilva

A - men, a - men, a - men.

A - men, a - men, a - men.

## Lamb of God

Mass From Age To Age

DeSilva

*Cantor:* Lamb of God, you take a-way the sins of the  
*Assembly:* world, have mer-cy on us, Lamb of God. *Cantor:* Lamb of  
God, you take a-way the sins of the world, have  
mer-cy on us, Lamb of God. *Cantor:* Lamb of world,  
grant us peace, grant us peace, grant us peace.

## Communion

Lord, to Whom Shall We Go?

T Conry

Lord, to whom shall we go? You a - lone have a  
word that may live be - yond our grave. *Fine*

## Communion

Hush!

arr A. Parker

Hush, hush, somebody callin' my name:  
Oh my Lord, Oh my Lord, what shall I do?  
I'm so glad that trouble don't last alway,  
Oh my Lord, Oh my Lord, what shall I do?  
Hush, hush, somebody callin' my name:  
Oh my Lord, Oh my Lord, what shall I do?  
I'm so glad I got my 'ligion in time,  
Oh my Lord, Oh my Lord, what shall I do?  
Jus' listen, I tell you,  
jus' listen to the word of the Lord.  
Hush, hush, somebody callin':  
Oh my Lord, what shall I do? Hush!

Music reprinted under: Reprint license #A706411, OneLicense Corp., Chicago, IL; Reprint license #A706411, OneLicense Corp., Chicago, IL; Reprint license #40882, New Dawn Music, Portland, OR;

Recessional We Are Marching Swahili

\*\*Alternate text: dancing, singing, praying.

**25 and 50+ Silver and Golden  
Wedding Anniversary Celebration**

February 9, 2013, 2:00pm  
Cathedral Basilica of Saint Joseph  
80 SouthMarket Street, SanJosé

Bishop Patrick J. McGrath would like to invite all couples celebrating their 25th, 40th and 50th (or more) Wedding Anniversaries in 2013 to participate in the Annual Wedding Anniversary Mass at the Cathedral Basilica of Saint Joseph in downtown San José.

**Lenten Fasting Regulations:**

**Abstinence:** abstinence from eating meat is to be observed on Ash Wednesday and all Fridays during Lent. All persons are bound by the law of the Church to abstain from the day after their 14th. birthday.

**Fasting:** The Church's law of fast binds on Ash Wednesday and Good Friday. The law of fasting obliges from the day after one's 18th. birthday until the day after one's 59th. birthday. Fasting means that one full meatless meal per day may be eaten. Two other meatless meals may be taken sufficient to maintain strength, but together they should not equal a full meal. Liquids, including milk and fruit juice, may be taken between meals. If health or ability to work are affected, fasting does not oblige. Private, self-imposed observance of fasting on all week days of Lent is strongly recommended. Pastors and parents are to see to it that children who are not bound by the laws of fast and abstinence are educated in an authentic sense of penance, conversion and reconciliation.

— More Announcements —