

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 17, 2013
10:30am Tresidder Oak Room
4:30pm Memorial Church
10pm Memorial Church

Daily Eucharist
no Daily Mass on Monday 2/18
W + F 12:20pm Memorial Church
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.

Baptisms for the 2012-2013 academic year:
May 5, 2013
July 21, 2013

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fr Denis Geraghty preaches on the temptations of Christ.

Luke 4:1-12 is a splendid opening for the First Sunday of Lent, and Luke intends it to be an exercise in the self-disclosure of Jesus to the world.

Jesus is revealed to us as 'being full of the Holy Spirit,' presumably a reference to his baptism, when the Holy Spirit 'descended upon him in bodily form, as a dove.' People who wonder how Jesus could be tempted when he was sinless have their answer. He is filled with the Holy Spirit. The Spirit is given him to withstand his 'testing,' so that there can be no question of undermining his sinlessness.

So we come to his self-disclosure: Jesus was 'fed by the Holy Spirit and ate no human food' but, being human, he was famished. When the devil asked him to turn a stone into bread he was not asking Jesus to perform some cheap circus trick. He was tempting Jesus to break his fast, to suggest that he could only be sustained by human food. That is why, quoting Deuteronomy, the devil was told that man does not live by bread alone.

The second tempting of Jesus becomes 'cosmic.' The Devil shows him all the kingdoms of the world and tells him that he may have their authority and glory if Jesus would only fall down and worship the devil. This is a blatant lie because they were not his to give. That is why Jesus, again quoting Deuteronomy, dismisses his pretensions: 'You shall worship the Lord your God and Him only will you serve.'

In the final temptation Jesus is asked to throw himself from the pinnacle of the temple, in the belief that God will protect him from harm. The devil, who himself quotes scripture, is then told: 'You shall not tempt the Lord your God.'

So then, what is disclosed to us for reflection during Lent? The devil begins his tempting with the phrase: 'If you are the Son of God.' The perennial question posed to us by the Gospels is: who is this Jesus? The temptations of Jesus face us with this question in the form of a sermon, which the temptations surely are.

Given the Spirit at baptism, we are to reflect that it is our spiritual lives in God that will sustain us: 'We cannot live by bread alone.' A challenge to the materialist culture of our day which is easy to be sucked into. That is why the rich are condemned in St Luke's Gospel; not because they are rich, but because they see in wealth a security that can only come from God. The final temptation continues the theme. It is not simply about the abuse of power and riches: it is a thundering denunciation of the descent into idolatry that their worship implies. This is personified by the devil, who is a liar - true worship is the worship of God and, according to John, the devil 'is a murderer from the beginning.'

The point about idols is that 'we know their names.' We feel we can manipulate them and be in control of them. So we must not turn God into an idol by putting him to the test. All this is surely why this passage is such a splendid opening for Lent, as it faces us with the truth about Jesus and how life is to be lived at the deepest level of our being - it is then about the self-disclosure of Jesus to us and our gift of the Spirit who will sustain us in all the 'testing' of our lives.

fr. Denis Geraghty lives and works at St Dominic's Priory, London, having retired as spiritual director at Allen Hall, the seminary of the Archdiocese of Westminster.

GENERAL COMMUNITY ANNOUNCEMENTS

Stations of the Cross:

Friday, February 22, 2013. This year we will be praying the Stations of the Cross, Fridays during Lent. The prayers and locations will vary from week to week so please check our website for updates. This week we will meet in the Sanctuary of Old Union starting prayer at 5:45pm. Stations only takes about 40 minutes. After the prayer, you are invited to stay for a simple soup supper.

Misa en Español:

Our monthly Mass in Spanish will be held next Sunday, Feb. 24, at 3:00pm in the side chapel of Memorial Church. All are welcome to attend this Mass with prayers, music, and readings all in Spanish.

Spring Quarter Course for Stanford Credit:

CC@S has been given permission to offer a two-credit course in Spring Quarter 2013 on the Second Vatican Council called "Catholicism Meets Modernity". It will be offered through the Department of Religious Studies, (RELS 64) and through Continuing Studies as well. (REL 82)

The course will consist of lectures by visiting professors, followed by remarks and small group discussion from Stanford respondents from the various disciplines. For further information please visit: <http://www.stanfordvatican2.net/index.html> Those interested in taking this course for credit are encouraged to sign up now!

Podcast of the Catholic Community:

Catholic Cardinal Reflections is a regular podcast of CCAS. The Sunday preaching is recorded and podcasted for your spiritual nourishment. We invite you to subscribe to CCR for Lent--what a great way to take the message of the Gospel into your life! Look up Catholic Cardinal Reflections on the CCAS website or subscribe via iTunes!

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 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

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.

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, lecturing, 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

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.

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 18

Lv 19:1-2, 11-18
Ps 19:8, 9, 10, 15
Mt 25:31-46

Tuesday, February 19

Is 55:10-11
Ps 34:4-5, 6-7, 16-17,
18-19
Mt 6:7-15

Wednesday, February 20

Jon 3:1-10
Ps 51:3-4, 12-13, 18-19
Lk 11:29-32

Thursday, February 21

Est C:12, 14-16, 23-25
Ps 138:1-2ab, 2cde-3,
7c-8
Mt 7:7-12

Friday, February 22

1 Pt 5:1-4
Ps 23:1-3a, 4, 5, 6
Mt 16:13-19

Saturday, February 23

Dt 26:16-19
Ps 119:1-2, 4-5, 7-8
Mt 5:43-48

Sunday, February 24

Gn 15:5-12, 17-1
Ps 27:1, 7-8, 8-9,
13-14
Phil 3:17-4:1
Lk 9:28b-36

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.

GRADS

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 17, 2013

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

Monday, February 18 - Friday, February 22

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

Daily Liturgy:

no Daily Mass on Monday 2/18

W + F 12:20pm Memorial Church

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

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 Feehan, 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 Feehan, 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.

**FIRST SUNDAY OF LENT
FEBRUARY 17, 2013**



Gathering Still Must We Walk T. Conry



1. Who makes our birth, _____ brings all to be?
2. What lies be - tween, _____ what lies be - yond?
3. Then be our peace, _____ be - come our place.



1. Who breaks the earth, _____ who be - stirs the sea?
2. Re - mains un - seen, _____ still be - comes our home?
3. And in your time _____ show the world your face.



1. Sets heart's de - sire _____ where the wind must go?
2. Still must we walk _____ all that lies be - fore:
3. Break ev - 'ry chain, _____ make our life your own.



1. Who calls the fire? _____ No one may know.
2. Un - cer - tain path _____ to dis - tant shore.
3. Speak ev - 'ry name, _____ be - come our song.

Lord Have Mercy Missa Oecumenica R Proulx



- 1, 3. Lord, _____ have mer - cy. Lord, _____ have mer - cy.
2. Christ, _____ have mer - cy. Christ, _____ have mer - cy.



- 1, 3. Lord, _____ have mer - cy, have mer - cy.
2. Christ, _____ have mer - cy, have mer - cy.

First Reading Deuteronomy 26:4-10

Moses told the story of the Israelites. The Lord God led them from bondage to freedom. This story should always be recalled before offering gifts to God.

Psalms 91 This Is My Trust



When I am in trou - ble you are with me. This is my trust



when I say your name. On - ly this keeps me se - cure. On - ly



this keeps me se - cure. cure. On - ly this keeps me se - cure.

VERSES: Cantor(s) / Choir

1. Each of us who seeks the shelter and protection of the Lord Most High talks of God as refuge, stronghold and security. (to Verse 2)
2. Free from those who hunt us, free from those who threaten to destroy us; covered with those wings, the arm of God a shelter and a shield. (to Verse 3)
3. The terror of the night, the dangers of the day will never touch you; diseases in the dark, the devils of the noonday sun. Watch a thousand fall while ten thousand fall on your right hand. You will never fall. You will never, never, fall, never fall. (to Refrain)

5. I will lift you up because you love me. I will make you great for you call my name. I will answer you whenever you call. I will be with you wherever is your trouble. I will rescue you, I will make you free. You will live to be full of years and drink deep of the cup of my salvation. (to Refrain and Final ending)
 5. When I am in trouble you are with me. This is my trust when I call your name. Only this keeps me secure, only this keeps me secure, only this keeps me secure, only this keeps me secure, only this keeps me secure. (to Refrain and Final ending)
- *Sung Concurrently

Second Reading Romans 10:8-13

God's word is on your lips and in your heart. If you proclaim with your lips that Jesus is Lord and believe it in your heart, you will be saved. All who call upon the Lord will be saved.

Gospel Acclamation Missa Oecumenica R Proulx



Praise to you, Lord Je - sus Christ, King of end - less glo - ry!

Gospel Luke 4:1-13

Jesus was led by the Holy Spirit into the desert for forty days. There he ate nothing and was tempted by the devil. Afterward, the devil left him to await another opportunity.

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 Give Me Jesus J. Hansen

VERSES:

1. In the morn-ing when I rise, in the morn-ing when I
 2. Now the jour-ney has be-gun, now the jour-ney has be-
 3. When the prize is sure-ly won, when the prize is sure-ly

1. rise, in the morn-ing when I rise, give me Je - sus.
 2. gun, now the jour-ney has be-gun, give me Je - sus.
 3. won, when the prize is sure-ly won, give me Je - sus.

REFRAIN:

Give me Je - sus, give me Je - sus.

You may have all this world. Give me Je - sus.

Sanctus Missa Oecumenica R Proulx

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

Memorial Acclamation: Missa Oecumenica R Proulx

We pro-claim your Death, O Lord, and pro-fess your Res-ur-rect-ion
 un - til you come, un - til you come a - gain.

Amen Missa Oecumenica R Proulx

A - men, a - men.

Lamb of God Missa Oecumenica R Proulx

Lamb — of God, you take — a - way the
 1,2
 sins of the world, have — mer - cy on us.
 Final
 world, grant — us — peace.

Communion I Will Lift Up My Eyes Tom Conry

I will lift up my eyes at his name to the one who knows me
Fine p [Verse 1]
 well. (To Verses) 1. You are my God, whom I seek with my life; for you I
 1. thirst, as the dry earth for wa - ter. Life-less and parched, with-out you I am
D.S. [Verse 2]
 1. no - where, no one at all. 2. Thus have I seen you in your ho - ly
 2. house, with my own eyes, how faith-ful and sure. More than my
D.S. [Verse 3]
 2. life, your mer-cy en - dures long-er than time. 3. Thus shall I
 3. bless you while I am a - live; call-ing on you, my breath and my
D.S.
 3. bread. And with a song through day and the dark-ness cling-ing to you.
 [Verse 4]
 4. And I shall see that day when his jus-tice and pow'r will
 4. break the chains that bind me. And mine en-e-mies' - lies - strewn
 4. brok-en and emp - ty: his might-y hand, — that aw - ful
D.S. al Fine
 4. grace.

Communion Christ Be Beside Me L. Wasson

1. Christ be be - side me, Christ be be - fore me, Christ be be -
 2. Christ on my right hand, Christ on my left hand, Christ all a -
 3. Christ be in all hearts think-ing a - bout me; Christ be on
 1. hind me, King of my heart. Christ be with - in me,
 2. round me, shield in the strife. Christ in my sleep - ing,
 3. all tongues tell - ing of me. Christ be the vi - sion
 1. Christ be be - low me, Christ be a - bove me, nev - er to part.
 2. Christ in my sit - ting, Christ in my ris - ing, light of my life.
 3. in eyes that see me; In ears that hear me, Christ ev - er be.

Recessional (Parce Domine) instrumental

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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.

from the Office of the Bishop:

February 12, 2013

Dear Friends,

As we have all learned by now, Pope Benedict XVI will resign his office on Thursday evening, February 28.

— More Announcements —

I invite you to a diocesan celebration of Mass in Thanksgiving for the Ministry of Pope Benedict XVI on Thursday, February 28, beginning at 7:00 p.m., at the Cathedral Basilica of Saint Joseph.

It is my hope that we of the Diocese of San Jose will mark this historic occasion in the way we mark all major events of our lives: gathering around the tables of the Lord's Word and of the Eucharist. For that reason, I would be grateful if this invitation were extended to all of the lay, religious and clergy of our local Church.

I look forward to seeing many of you on the 28th, and I pray that the Lord will bless us all in the holy season of Lent.

Bishop Patrick J. McGrath

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.