

# Catholic Community at Stanford



## Catholic Community at Stanford

P.O. Box 20301, Stanford University, Stanford, CA 94309

<http://catholic.stanford.edu/>

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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 24, 2013

10:30am Tresidder Oak Room

3pm Misa en español en MemChu

4:30pm Memorial Church

10pm Memorial Church

### Daily Eucharist

M + 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](mailto:tpleins@stanford.edu).

Baptisms for the 2012-2013 academic year:

May 5, 2013

July 21, 2013

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# Religious Ramblings

SECOND SUNDAY OF LENT

## Expectant Glory

FEBRUARY 24, 2013

*fr Benedict argues that our expectation as Christians is nothing less than sharing in the glory of the resurrection.*

What we expect to hear in Lent are lessons on fasting, prayer, alms-giving and perhaps the corporal works of mercy. This Sunday however, as many have noted before, we are surprised to hear the account of the Transfiguration of the Lord. The leap from the lessons we heard last week - about the fasting of Christ, his hunger and resisting temptations of the devil - to the glory of Christ's divine face briefly revealed to the apostles on the mountain, seems initially a rather rushed if not an odd development.

Yet when we listen attentively to the story of Abraham who is led out of his home land and given a promise of a great inheritance, and when we consider how persistently St Paul urges us not to trust in earthly things but rather put our heart in our 'heavenly commonwealth', it becomes clear that the readings are focused on expectation itself.

What do we expect of our Christian lives and religious practices? What do we expect of the Lord?

Many of us simply seek peace of heart and mind in the life of faith. Many value the character building qualities of the Catholic discipline and want to raise their families in that spirit. Some want to strengthen their life of virtue. Some seek consolation because they are in pain and want to join their suffering to the suffering of Christ. Other still find here a treasure trove of energy and inspiration to make our world a better and more just place. We could surely continue here with a long list of possible answers. All of them are noble and good in themselves.

But today, only the second Sunday of Lent, another expectation is pointed at, prompted by the passage from St Luke's Gospel: it is the hopeful expectation to be raised to experience with Christ the glory of the Resurrection; the glory of his radiant face.

Our instincts may tell us to make the best of this world, to make the best of God's good creation and to govern it with justice. But we are reminded today we should not aspire to pitch our tents here in the expectation that we might forever glory in the clumsy successes of our earthly stewardship. To do so would be plain vanity.

The true prize of a faithful Christian life does not consist of a peace of heart and mind or consolation in suffering, however relevant they may be to our present situation.

The true prize of our lives begins in the Resurrection, the transformation of 'our lowly body after the pattern of Christ's own glorious body', and achieves its fullness and rest in the vision of God, face to face.

On this Sunday, and indeed everyday of our lives, we are invited to imitate St Paul, not just in the discipline of his life in Christ, but first of all in his hopeful expectation to be united with Christ in the glory of the Resurrection. Every time we fast or give alms let us renew this expectation within us.

'A voice came out of the cloud, saying, "'This is my Son, my Chosen; listen to him!'"

'And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you.' (Luke 11:9).

Lord we ask you for nothing less than to open for us the doors of our heavenly home and to grant us the vision of your face in the glory of the world to come.

*fr Benedict Jonak lives at the Priory of St Michael, Archangel, in Cambridge, and works as Assistant Priest at the Parish of Our Lady and the English Martyrs in the same city.*



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Liturgies  
Newman Nights  
Cath-101  
Catechism of the Good Shepherd  
Vatican-II Symposium  
Retreats  
Service Trips  
Community Events  
and so much more...

## GENERAL COMMUNITY ANNOUNCEMENTS

### Lenten Penance Liturgies:

St. Joseph (Mtn View) – March 12 at 7:00pm (English/Spanish)  
St. Athanasius (Mtn View) – March 12 at 7:00pm (English/Spanish)  
St. Nicholas (Los Altos) – March 13 at 3:30pm  
St. William (Los Altos) – March 13 at 7:00pm  
St. Simon (Los Altos) – March 18 at 3:30pm & 7:00pm  
St. Albert the Great (Palo Alto) – March 18 at 7:00pm  
Our Lady of the Rosary (Palo Alto) – March 25 at 7:00pm (English/Spanish)

### Misa en Español:

Our monthly Mass in Spanish will be held today 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!

### Vatican II Symposium:

March 9, 2013. In the wake of the resignation of Pope Benedict XVI, many questions arise concerning the election of a new pope and church governance in general. The Second Vatican Council addressed many of these issues so important to us as Catholics today. We will be commemorating the fiftieth anniversary of this very council by offering a one-day symposium titled “The Legacy of Vatican II: Personal Reflections”. It will be offered on March 9 from 9:00AM-4:00PM, and is open to the public free of charge. Topics will include the historical context of the council, church governance, and the role of the laity. Sign ups are requested. For more information visit the CTSF page.

### 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 26:** 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.

The first Vatican Council has sometimes been called the ‘Council of the Popes,’ while the 2nd Vatican Council might be referred to as the ‘Council of the Laity.’ What is the distinctive role of the lay person in the modern Church, and how does this understanding affect our everyday lives? In other words, what difference does the Catholic Church make to the Stanford community? This presentation will look at the personal call of every Catholic to be a ‘light in the darkness’ and transform the world around them.

Ed Hopfner moved to Berkeley 8 years ago, to assist the president of the Dominican seminary at the GTU in Berkeley, where he received his MA in theology in 2008. He has been an instructor for the Catherine of Siena Institute since 2002, offering workshops on the theology of the laity around North America.

### 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](mailto: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, 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, [tplains@stanford.edu](mailto:tplains@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, [tplains@stanford.edu](mailto:tplains@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](mailto: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](mailto:eschoi@stanford.edu)

### Attention Catholic Singles:

Interested in joining an excellent Catholic singles organization? The Catholic Alumni Club International currently has a group in the San Francisco area! We provide a group dedicated to social, cultural, civic and spiritual relationships in a Catholic setting. For more information, please check out the following site or contact Elinor at [tancke@sbcglobal.net](mailto:tancke@sbcglobal.net); <http://catholicssingles-sfbayarea.com/>

## YOUNG ADULTS

### 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](mailto: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!

—Announcements for February 24, 2013—



## Weekly Readings

Monday, February 25

Dn 9:4b-10  
Ps 79:8, 9, 11, 13  
Lk 6:36-38

Tuesday, February 26

Is 1:10, 16-20  
Ps 50:8-9, 16bc-17, 21  
and 23  
Mt 23:1-12

Wednesday, February 27

Jer 18:18-20  
Ps 31:5-6, 14, 15-16  
Mt 20:17-28

Thursday, February 28

Jer 17:5-10  
Ps 1:1-2, 3, 4 and 6  
Lk 16:19-31

Friday, March 1

Gn 37:3-4, 12-13a,  
17b-28a  
PS 105:16-17, 18-19,  
20-21  
Mt 21:33-43, 45-46

Saturday, March 2

Mi 7:14-15, 18-20  
PS 103:1-2, 3-4, 9-10,  
11-12  
Lk 15:1-3, 11-32

Sunday, March 3

Ex 3:1-8a, 13-15  
Ps 103: 1-2, 3-4, 6-7,  
8, 11  
1 Cor 10:1-6, 10-12  
Lk 13:1-9

### 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 March 2 and 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

## Week at a Glance

### Sunday, February 24, 2013

- 10:30 in Tresidder Oak Room
- 3pm Misa en español en MemChu
- 4:30pm in Memorial Church
- 10pm in Memorial Church

### Monday, February 25 - Friday, March 1

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

### Daily Liturgy:

M + 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 March 10 - 3pm

### GRADS and UNDER GRADS

#### Grad Potluck and Praise Night:

March 2, 6pm. Grad Students are invited for a Potluck and Praise Night in Lyman Atrium on campus. Join other grad students on Saturday, March 2 for a night of food and prayer with music. Contact Michelle Tan for more information at michelleee.tan@gmail.com.

#### 80's Themed Special Dinner:

March 2, 7pm. Undergrads join us for our Winter Special Dinner on Saturday March 2. This is an 80's themed evening so come dressed for the occasion. We'll meet on the 3rd floor in the Common Room of Old Union at 7pm. Contact Megan at mgvoneil@stanford.edu for more information.

#### Catholicism 101, The Papacy:

Monday, Feb 25. Seminarian Michael Lilledahl will help us understand how the next pope will be elected. 7:00pm, Nairobi Room in the GCC

#### Volunteer to Cook Breakfast:

**March 6.** Due to the high number of request for participation in our last SPOON breakfast we have decided to run one more event this quarter. Come join us to cook breakfast at 6:30am on March the 6th at the Old Union kitchen or help us serve the food at 8am to share with guests at the Palo Alto Opportunity Center. To sign up, contact Santiago at santisaap@gmail.com.

#### 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 at 9pm

### 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.

# SECOND SUNDAY OF LENT FEBRUARY 24, 2013



## Gathering Lead Me, Guide Me D. Akers

Refrain

Lead me, guide me, a - long the way, For if you

lead me, I can-not stray. Lord, let me walk each

day with thee. Lead me, oh Lord, lead me.

Verses

1. I am weak and I need thy strength and power to

2. Help me tread in the paths of right - eous - ness, Be my

3. I am lost if you take your hand from me, I am

help me o - ver my weak - est hour. Help me through the

aid when Sa - tan and sin op - press. I am put - ting

blind with - out thy Light to see, Lord, just al - ways

dark-ness thy face to see, Lead me, oh Lord, lead me.

all my trust in thee. Lead me, oh Lord, lead me.

let me thy scr - vant be. Lead me, oh Lord, lead me.

## 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 Genesis 15:5-12, 17-18

God appeared to Abram and made a covenant with him, promising many descendants and much land. Abram put faith in the Lord, who credited it to him as righteousness.

## Psalm 27 The Lord Is My Light D. Haas

The Lord is my light and my sal - va - tion, of

whom should I be a - fraid, of whom should I be a - fraid?

1. The Lord is my light and my help; whom should I fear?  
The Lord is the stronghold of my life; before whom should I shrink?

2. There is one thing I ask of the Lord; for this I long:  
to live in the house of the Lord all the days of my life.

3. I believe I shall see the goodness of the Lord in the land of the living;  
hope in God, and take heart. Hope in the Lord!

## Second Reading Philippians 3:17-4:1

Paul urged the Philippians to follow his example, and he told them, "I love you and long for you. You are my joy and my crown. Stand firm in the Lord, my dear one."

## Gospel Acclamation Missa Oecumenica R Proulx

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

## Gospel Luke 9:28-36

Jesus took Peter, James, and John up a mountain to pray. There he was transfigured before their eyes. A cloud overshadowed them and a voice said, "This is my Son, my chosen. Hear 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

## Hold Me In Life

Huijbers

Refrain

Hold me in life for you are my safe - ty,  
al - ways my eyes are look - ing for you.

Verses

1. Be - cause you are just who you are,  
2. Are you the one who is to come,  
3. You gave your Word to this, our world:  
don't pass me by, but show me your mer - cy;  
or must we wait and fol - low some oth - er?  
you are my song, the God of my glad - ness;

D.C.  
I will wait for you all my life.  
Lord, my God, I am cer - tain of you.  
my de - sire goes out to you.

# 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 - rec - tion  
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  
sins of the world, have mer - cy on us.  
Final  
world, grant us peace.

# Communion

## The Lord Is My Light

Bouknight

The Lord is my light and my sal - va - tion, the Lord is my  
light and my sal - va - tion, the Lord is my light and  
my sal - va - tion; whom shall I fear?

# Communion

## I Am Become

Tom Conry

VERSES:  
1. I am be - come the fa - ther of na - tions;  
2. I am be - come the moth - er of mil - lions;  
3. I am be - come the mat - ter of leg - end;  
4. I am be - come that wan - der - ing kind - ness;  
5. I am be - come the yearn - ing of peo - ple;  
1. I am be - come the old - est of  
2. I am be - come the mean - ing of  
3. I am be - come a mo - ment of  
4. I am be - come the cry of the  
5. I am be - come the night and the  
1. names. I am be - come the an - cient  
2. dawn. I am be - come the sol - emn  
3. grace. I am be - come the tears that  
4. poor. I am be - come the thirst and  
5. fire. I am be - come the ver - y  
1. pro - mis - es of home; here in the world, now while I  
2. cov - e - nant of God; laugh - ter and dance, filled with new  
3. bathe a with - ered land; gen - tle and near, a riv - er of  
4. hun - ger jus - tice knows; sor - row and song, jour - ney and  
5. bread a - mong God's own; mer - cy and breath, life be - yond

1,2,4 to Verses | 3 to Bridge  
1. live, I am be - come. 3. come.  
2. life, I am be - come.  
3. peace, I am be -  
4. rest, I am be - come.  
5. death, I am be -

Final  
5. come. Fine

BRIDGE:  
I am be - come a ru - mor of truth, a whis - per of  
hon - or, a voice far a - way yet cer - tain and sure; a  
sto - ry of what may be - come when jour - ney - ing's done and  
death is a mem - ory.

# 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.

**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.

**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.

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