



St. Mary's Catholic Church

1143 West Macclenny Avenue, Macclenny, Florida

Father Jose Maniyangat, Priest

Ken Cochran, Deacon

Mailing address: P. O. Box 1120

Macclenny, Florida 32063

Rectory : 904.259.6414 Fax: 904.259.9712

Website: www.stmarymacclenny.com

Church Office : 904.259.2959

Church Email: stmarymacclenny@hotmail.com

February 21, 2010

First Sunday of Lent

Holy Mass Schedule

Saturday Vigil: 4:00 p.m.

Sunday: 9:30 a.m.

Monday, Tuesday, Wednesday : 5:00 p.m.

First Friday of the Month – 6:00 p.m.

Hour of Adoration following Mass

First Saturday Devotion

On the First Saturday of the month after 4:00 p.m. Mass we will have a Holy hour with Benediction and the Rosary.

NO HEALING MASS AT THIS TIME

A notice will be posted when the Healing Mass will resume.

Baptism: By Appointment

Confession: Before every Mass or by appointment

Marriages: Arrangements must be made with the Priest eight months before the marriage date in accordance with Church Law

Sick Call: Anytime requested

Funerals: No funerals on Sunday and days of obligation



**From the Homily
of
Father Jose**

“Prayer, Fasting and Almsgiving”

As we enter into the holy season of Lent it is worth remembering that we are all on a journey to eternal life in heaven. Just as Moses and the Israelite people were wandering in Egypt and they were slaves and sinners, so also are we a pilgrim people. Just as God called the Israelite people, He is calling us to come out of our places of slavery and sin. God wants us to be with him forever. If we listen to His voice during this season of Lent and turn away from sin through prayer and fasting we will be with Him forever.

Without prayer we cannot change our life. Just as we need air to live so we need prayer to live a truly Christian life. To turn away from sin requires that we trust in God and come to know him through a life of prayer. Prayer alone is not enough. Many Christians have forgotten the power of fasting. Today we heard that Jesus fasted forty days in the desert. Fasting is a more radical form of prayer. It is a prayer involving the whole person, soul, body, and mind. Fasting has spiritual power. We need to fast and do sacrifice for not only our sin but the sins of people in the whole world.

We are living in a culture of death. The whole world is filled with sin. Our world is worse than the time of Noah and Sodom and Gomorrah. A majority of the people are in mortal sin. Many people are aborting their children (murder). Many people are living a homosexual lifestyle, and committing adultery. The punishment of God can come at anytime. So we need to fast, pray and do penance.

“Lord change the hearts of people who live in mortal sin. Send Your Holy Spirit. Let them be purified.”

Amen



Cibin Mathew, Teresa Maniyangat, Saneep Lalit, Sanjo Lalit, Lois Tobin, Rajamma Lalit, Gloria Cantrall, Carol Tharpe, Eleanor Wellons, Bert Kramer, Angela Vallencourt, Anna Moluf, and the sick and travelers of the Parish.

Lectors

- Feb. 20th – Bert Kramer
- Feb. 21st – Lois Nelson
- Feb. 27th – Jim Palleschi
- Feb. 28th – B. Palleschi

NO HEALING MASS

There will BE NO Healing Mass. A notice will be placed in the bulletin when the Healing Mass will resume.

Mass Intentions

Saturday, February 20 th	Souls in Purgatory
Sunday, February 21 st	Special Intention Burch Family
Monday, February 22 nd h	William Bosier
Tuesday, February 23 rd	Dr. George and Mary Schmieder
Wednesday, February 24 th	Julie Keller
Thursday, February 25 th	Richard Chattaway
Friday, February 26 th	Marge Vagedes

CCW Car Wash

The CCW will have our first Parish Jubilee Pre-Spring car wash on **Saturday, February 27th from 8:30 a.m. to 2:30 p.m.** Volunteers are needed. Thank you for your continued support of our parish.

Lenten Prayer

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a
model of humility.
He fulfilled Your Will by becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example of suffering
And make us worthy to share
in His Resurrection.

We ask this through our Lord Jesus Christ,
Your Son.

Amen



News from Father Jose

A Different Approach to Fasting

Fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch.

Here are suggestions you may want to consider:

Fast from anger and hatred.

Give your family an extra dose of love each day.

Fast from judging others.

Before making any judgments, recall how Jesus overlooks our faults.

Fast from discouragement.

Hold on to Jesus' promise that He has a perfect plan for your life.

Fast from complaining.

When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.

Fast from resentment/ bitterness.

Work on forgiving those who may have hurt you.

Fast from spending too much money.

Try to reduce your spending by ten percent and give those savings to the poor.

CCW Bake Sale

Our Spring Bake Sale was an absolute success. We made \$279.00! Thank you for your support and thank you to all our wonderful bakers!

Lent

Every Friday during Lent we will have Mass and Stations of the Cross at 6:00 p.m.

The Knights of Columbus will have a **fish fry on the Church grounds every Friday from 4:30 p.m. to 7:00 p.m. during Lent.** Everyone is welcome.

Lenten Regulations

Weekdays of Lent: There is no obligation to fast. However, voluntary acts of self-denial are recommended.

Days of Abstinence: (All Fridays in Lent): All who have reached their 14th year are bound to abstain totally from meat.

Good Friday: Is a day of **FAST and ABSTINENCE from meat.** There is a limit of one full meal on these days for all between the ages of 18 and 59 inclusive.

On days of fasting one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed. If a person is unable to observe these regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.

After you have received your First Holy Communion Catholics are bound by the obligation of receiving Holy Communion at least once a year. This precept should be fulfilled during the Easter Season. Catholics are also bound to confess serious (mortal) sins at least once a year, but this is not limited to the Lenten/Easter Season.