

# LITTLE SUMMA

“Love takes up where knowledge leaves off.” ~ St. Thomas Aquinas

## Minimum Requirements

The Catholic Church has paired down some of the obligations set upon the faithful for Lent in favor of allowing us to prayerfully choose practices that make most sense for our individual circumstances. However, there are still some minimum requirements that allow us to offer our obedience as a sweet sacrifice before God.

### Fasting:

#### Ash Wednesday & Good Friday

Fasting means eating no more than one full meal and two smaller meals. It is required of Catholics who are ages 18-59 with exceptions for serious physical or mental impediments or illnesses, such as people with diabetes and pregnant and breast feeding mothers. Basically, if you’re not able to do it safely, don’t fast. The US Catholic bishops encourage the faithful to keep the Good Friday fast until the time of the Easter Vigil, if possible.

### Abstinence:

#### Every Friday in Lent & Ash Wed.

All Catholics above the age of 14, who can do so safely, should abstain from meat on every Friday that falls within Lent and on Ash Wednesday. Every Friday of the year, except when it falls on a Solemnity, is still a penitential day. However, the US Conference of Catholic Bishops lifted the requirement to abstain from meat on Fridays outside of Lent. The faithful are still required to offer some kind of sacrifice on Fridays, which can take the form of a service for others, prayer or self-denial.

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## READY? GET SET! LENT!

### Nine Will Fully Join the Church at the Easter Vigil

St. Thomas is blessed to have nine candidates who are in the final stages of preparing to enter into the full communion of the Catholic Church this Easter Vigil. Some will receive all three of their initiation sacraments: baptism, communion and confirmation and some will finish the sacraments they did not receive when they were younger. Let us join them in prayer for they are so close, and the enemy is sure to be jealous. With your generous prayer we can help them across the finish line. One of the officials names the church has for them is “the elect” for God has chosen them as His Own.

*The elect from St. Thomas are:*

<b>Victoria Butler</b>	<b>Anthony Cardella</b>	<b>Salvatore Cardella</b>
<b>Tafare King</b>	<b>Ghandy Leveille</b>	<b>Omar Martinez</b>
<b>Cesar Ramirez Lezama</b>	<b>Sagina Tulce</b>	<b>Brenda Vazquez</b>

## Don’t Come to Everything, Warns Father Dwayne Davis

The parish will offer a rich variety of Lenten opportunities. And the pastor has a stark warning to all of us, his parishioners. **DO NOT COME TO ALL OF THEM!** In fact the pastor would like everyone to chose one, two things tops and come to those.

Same goes for giving something up or picking something up for lent. Make a simple plan, the pastor says. If you pray one minute a day, commit to praying two minutes a day. If you don’t read the Bible, read a bit everyday. Chose something that you can stick to without getting burned out.

The important thing, Father Dwayne says, is to intentionally enter into this time. Don’t let Lent catch you by surprise. It’s is too important to let it just slip by.

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**Parents and Pastors**

From Canon Law 1252: “Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance.”

**Easter Duty**

After having received their first Holy Communion, Catholics are required to receive Holy Communion at least once a year. This obligation must usually be fulfilled during Easter. In the US the time frame has been extended until Pentecost Sunday because it used to be hard for people to get to a priest for confession when the country was still growing. Since one must not be conscience of serious sin when approaching Communion, this duty also means all should go to Confession at least once a year.

**St. Joseph & The Annunciation**

The feast days are solemnities and as such should still be celebrated. Lent pauses for the Holy Family. St. Joseph is celebrated on March 19, which this year is on a Sunday anyway, and the Annunciation of the Lord is celebrated on March 25.

**Sundays**

Sundays, as always, are Holy Days of Obligation when all faithful must go to Mass unless they have a serious reason not to. Sundays are in Lent but don’t count as part of the 40 days and there is certainly no obligated abstinence or fasting during The Lord’s Day.

**Alleluia & Flowers**

The word alleluia is removed from the liturgy during lent. People can still say it, but it’s absence is meant to help us remember. Flowers are also removed from all Churches for Lent.

Pastor is Father Dwayne  
Newsletter by Antonina

Lent is a precious gift offered to us to grow in our relationship with God, Father Dwayne says, and we don’t do it alone. The entire church around the whole world observes Lent with us. It is an important time of year that God calls on His beloved children to stop, breathe, let go of worldly things and take hold of the Divine.

The Cross is not the end all, Father Dwayne says. But it is the Cross that gives us meaning as Easter People. So come. Let’s enter this journey together so that we may enter into the Light of Easter together.

**Around the Parish this Lent**

- Stations of the Cross:** Every Friday 7 p.m. except Good Friday
- Bible Study:** Every Tuesday, 7:30 p.m. with Msgr. Boyle.
- Lenten Retreat:** Wednesdays March 1-April 26, 7:30 p.m.
- Lenten Revival w/ Fr. Norman Fisher:** March 6-7, 7:30 p.m.
- Book Club:** Holy Moments by Mathew Kelly, Saturdays, 9 a.m.
- 40 Station Church - 40 Days of Adoration:** St. Thomas Day, March 3, 7:30 a.m.- 7:30 p.m.

**Advice from the Saints**

**St. Paul, the Apostle:** “Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified.”

**St. Augustine:** “Fasting cleanses the soul, raises the mind, subjects one’s flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, kindles the true light of chastity.”

**St. Thomas Aquinas:** “Fasting helps to destroy sin, and to raise the mind to thoughts of the spiritual world.”

**Jesus according to St. Faustina Kowalska as recorded in her diary:**

“I obeyed My parents, I obeyed My tormentors and now I obey the priests.”  
 “My daughter, know that you give Me greater glory by a single act of obedience than by long prayers and mortifications.”

**Online Resources**

**Dynamic Catholic:** Best Lent Ever- Daily Meditation.

**Daily Mass Readings:** Text, podcast and short video reflections from the US Bishops at [usccb.org](http://usccb.org)

**My Catholic Life!:** Short Daily Reflections

**Catholic Kids Media:** Sunday Mass readings with cartoon illustrations and reflections on YouTube. Also offers guided prayer such as Stations of the Cross and meditations for Kids.

**Little Faith Steps:** Short Sunday school videos featuring funny skits by children from the Archdiocese of Singapore, Philippines on YouTube.

*There is also free Catholic Rosary, Bible and prayer apps.*