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School Office: 952-473-6189  
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FEBRUARY 21, 2021 ~ 1ST SUNDAY OF LENT

## WHY NO MEAT ON FRIDAYS IN LENT?

Catholics abstain from flesh meat on Ash Wednesday, Good Friday, and the Fridays of Lent. Abstinence is one of the oldest Christian traditions. “From the first century, the day of the crucifixion has been traditionally observed as a day of abstaining from flesh meat (“black fast”) to honor Christ who sacrificed his flesh on a Friday” (Klein, P., *Catholic Source Book*, 93).

Canon Law stipulates: “Abstinence from eating meat ... is to be observed on every Friday of the year unless a Friday occurs on a day listed as a solemnity” (Canon 1251). In 1966 Pope Paul VI issued an apostolic constitution entitled *Paenitemini* that gives authority to national or regional bishops conferences to determine how universal law is to be applied in their area. The United States National Conference of Catholic Bishops (NCCB), now the USCCB, issued a statement on November 18, 1966, explaining how the law is to be observed in the USA: abstinence is obligatory on all Fridays of Lent except solemnities; fasting and abstinence are obligatory on Ash Wednesday and Good Friday; abstinence on all Fridays, though not obligatory under the pain of sin, is strongly recommended. Local bishops have the authority to grant dispensations from these rules within their dioceses.



**Fish**

*Light of Christ Catholic Church  
Clearwater, Florida*

“The law of abstinence binds those who have completed their fourteenth year of age” (Canon 1252). While fasting is no longer required once a person attains the age of sixty, abstinence remains in effect and there is no upper age limit.

Since Jesus sacrificed his flesh for us on Good Friday, we refrain from eating flesh meat in his honor on Fridays. Flesh meat includes the meat of mammals and poultry, and the main foods that come under this heading are beef, pork, chicken, and turkey. While flesh is prohibited, the non-flesh products of these animals are not, things like milk, cheese, butter, eggs, and sauces made from animal fats.

Fish do not belong to the flesh meat category. The Latin word for meat, *caro*, from which we get English words like carnivore and carnivorous, applies to flesh meat and has never been understood to include fish. Furthermore, in former times flesh meat was more expensive, eaten only occasionally, and associated with feasting and rejoicing; whereas fish were cheaper, eaten more often, and not associated with celebrations.

The fish food category includes cold-blooded animals that live in the water and use gills. Examples include cod, perch, salmon, walleye, halibut, and tuna. Cold-blooded animals are also allowed. Examples include frogs, clams, turtles, shrimp, crab, and oysters.

Abstinence is a form of penance. Penance expresses sorrow and contrition for our wrongdoing, indicates our intention to turn away from sin and turn back to God and makes reparation for our sins. Reparation helps to cancel the debt and pay the penalties incurred by our transgressions.

Abstinence is a form of asceticism, the practice of self-denial to grow in holiness. Jesus asks his disciples to deny themselves and take up their cross (Mt 16:24; Mk 8:34; Lk 9:23). Abstinence is a sober way to practice simplicity and austerity, to deny the cravings of our bodies to honor Jesus who practiced the ultimate form of self-denial when he gave his body for us on his Cross. Thus, to give up flesh meat on Fridays, only to feast on lobster or Alaskan king crab, is to defeat the ascetical purpose of abstinence. There are countless options for simple Friday meatless dinners: pancakes, waffles, soup and rolls, chipped tuna on toast, macaroni and cheese, fried egg sandwiches, grilled cheese sandwiches, cheese pizza, and of course, fish.



## THE FIRST READINGS OF LENT, YEAR B THE LOVE OF GOD EXPRESSED THROUGH THE COVENANT

On the Sundays of Lent, Year B, the first readings are taken from the Old Testament and are connected by a common theological thread, the covenant between God and the people.

**Week One: the covenant with Noah** (Gn 9:8-15). The covenant between God and Noah is the first covenant of the Old Testament. The flood had subsided. God said, “See, I am now establishing my covenant with you and your descendants after you and with every living creature” (Gn 9:9,10a). God intended the covenant to have a broad reach, not only to Noah himself, but to every person of that age, and every person to come after him. God’s covenant is for all people, past, present, and future. God’s love cannot be confined only to human beings, but extends to every living creature, all of the animals, and the plants as well – the entire earth. The sign of the covenant was a bow in the sky, not only a rainbow signifying the calm after the storm, but also the bow of a warrior, God who has conquered chaos and established peace.

**Week Two: the covenant with Abraham** (Gn 22:1-2,9a,10-13,15-18). God had already established two covenants with Abraham, the first when they passed together between the cut-up animals (Gn 15:9-10,17-18), and the second, the covenant of circumcision (Gn 17). After Abraham was tested and proved his faithfulness, God renewed the covenant saying, “I will bless you and make your descendants as countless as the stars ... and in your descendants all the nations of earth will find blessing” (Gn 22:17,18).

**Week Three: the covenant with Moses** (Ex 20:1-17). After the covenants with Noah and Abraham, the people sinned and broke the covenant while God remained ever faithful. As a sign of God’s mercy and unfailing love, God decided to renew the covenant once again, this time with Moses as the representative for the Chosen People, Israel. The Ten Commandments were the terms of the agreement of the renewed covenant. These ten precepts were given by God as an act of divine love to help the people keep their side of the covenant.

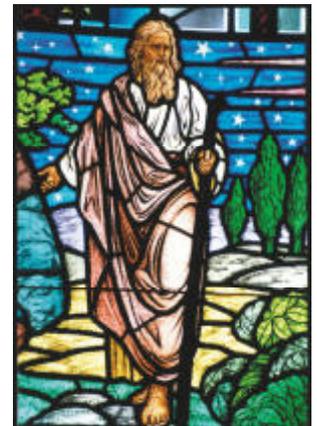
**Week Four: unfaithful people, broken covenant** (2 Chr 36:14-16,19-23). God continued to uphold the divine side of the covenant, but the people failed dismally. The chronicler reported that “all the princes of Judah, the priests, and the people added treachery to treachery, practicing all of the abominations of the nations and defiling the Lord’s house” (2 Chr 36:14). God tried to remind the people to uphold their side of the agreement by sending prophet after prophet, but the people mocked God’s messengers. The people were severely punished for their unfaithfulness: Jerusalem was destroyed and the survivors were deported to Babylon. Yet, God was merciful. The Captivity ended. The Jews were allowed to return to Jerusalem and rebuild the Temple and given another chance to live according to the terms of the covenant.

**Week Five: the new covenant with Jeremiah** (Jer 31:31-34). The final Scripture text in the series may be the most beautiful formulation of the covenant in the entire Hebrew Scriptures. The new covenant will be different in a number of important ways: it is not imposed from the outside but emanates from within, it is not given to the community at large but to each individual, and it is not written on stone tablets but on a person’s heart. God declared once and for all: “I will be their God, and they shall be my people” (Jer 31:33b).



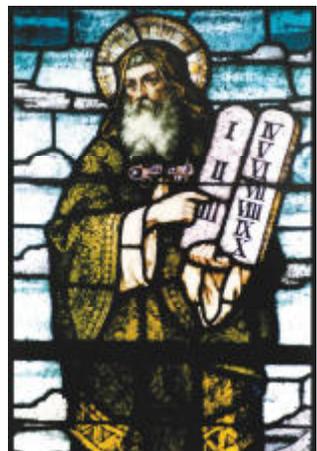
**Noah and his ark**

*Sts. Peter and Paul Catholic Church  
Mankato, Minnesota*



**Abraham, descendants as numerous as the stars**

*Our Savior Lutheran Church,  
Canby, Minnesota*



**Moses and the Ten Commandments**

*Sts. Peter and Paul Catholic Church  
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# JOIN US FOR MASS

## ATTEND VIRTUAL MASS

Weekend Mass is available Saturdays by 5:00 p.m.  
[st-barts.org/viewmass](http://st-barts.org/viewmass)

## ATTEND LIMITED PUBLIC MASS

### Weekday Mass:

Tues., Wed., Thurs., Fri.: 8:00 a.m. (Doors open at 7:45)

### Saturdays:

5:00 p.m.

### Sundays:

8:30 & 10:30 a.m.

For all Public Masses: Seating limited to 170.  
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Learn more at [st-barts.org/attendpublicmass](http://st-barts.org/attendpublicmass)



## STEWARDSHIP

### Thank you for Your Continued Generosity!

“After John had been arrested, Jesus came to Galilee proclaiming the gospel of God...”  
 - Mark 1:14

Do you ever think about how difficult it must have been for Jesus to come into Galilee, knowing that John had just been arrested for teaching the same message that Jesus was proclaiming. It must have taken great love and trust for Jesus to do what the Father had sent Him here on earth to do. In the same way, following a life of stewardship takes great love and trust from us. We must be willing to surrender completely to God, trusting that God will always give us all that we need to fulfill His plan for us.



- Point your smartphone camera at the QR code and you will be directed to a secure donation form.
- Go to [st-barts.org/giving](http://st-barts.org/giving) and make a secure electronic donation.
- Mail a check, payable to St. Bartholomew Church, to the church office.
- If you are making a stock donation, the date of the donation is the date you turn the stock over to our broker regardless of when the parish receives the check. Please let us know ahead of time when you plan to transfer stock by contacting Jeannie Judge, Director of Stewardship and Development, at [jjudge@st-barts.org](mailto:jjudge@st-barts.org) or 952-473-6601.
- **Double your donation to St. Bart's!** Find more information about Matching Gifts on our website at [st-barts.org/giving](http://st-barts.org/giving).

Questions? Please contact Jeannie Judge at [jjudge@st-barts.org](mailto:jjudge@st-barts.org) or 952-473-6601.

## WEEKLY COLLECTION

### Weekly Information: 2/14/2021

<b>Budget:</b>	\$38,000
<b>Amount Collected:</b>	
Envelope	\$15,989
Plate	\$117
Electronic	\$15,937
Children	\$0
<b>Sub-total</b>	<b>\$32,043</b>
Amount <b>behind</b> the weekly budget:	<b>(\$5,957)</b>

### Year-To-Date Information:

Budget:	\$1,417,445
Amount Collected:	\$1,373,044
Amount <b>behind</b> the Y-T-D budget:	<b>(\$44,401)</b>

**Readings for the week of February 21, 2021****Sunday:** Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/1 Pt 3:18-22/Mk 1:12-15**Monday:** 1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6 [1]/Mt 16:13-19**Tuesday:** Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/Mt 6:7-15**Wednesday:** Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/Lk 11:29-32**Thursday:** Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8 [3a]/Mt 7:7-12**Friday:** Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/Mt 5:20-26**Saturday:** Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48**Next Sunday:** Gn 22:1-2, 9a, 10-13, 15-18/Ps 116:10, 15, 16-17, 18-19 [9]/Rom 8:31b-34/Mk 9:2-10

## COMMUNITY LIFE



Fr. Mike addressed this year's Catholic Services Appeal Foundation at all Masses this weekend. Please prayerfully consider your donation to support these important ministries in the Archdiocese. You can make your donation online at [csafspm.org](https://csafspm.org), mail it directly to CSAF, or drop it in the collection basket after Mass.

Please contact Jeannie Judge with questions at [jjudge@st-barts.org](mailto:jjudge@st-barts.org).



## LENTEN REGULATIONS

### Penance:

The Christian faithful are to do penance through prayer, fasting, abstinence, and by exercising works of piety and charity. All Fridays through the year, and especially during Lent, are penitential days.

### Abstinence:

All who have reached their 14<sup>th</sup> birthday are to abstain from eating meat on Ash Wednesday and on all Fridays during Lent.

### Fasting:

All those who are 18 or older, until their 59<sup>th</sup> birthday, are to fast on Ash Wednesday and on Good Friday. Only one full meal is allowed on days of fast. Two other meals, sufficient to maintain strength, may be taken according to one's need: but, together, they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

The obligation does not apply to those whose health or ability to work would be affected seriously. People in doubt about fast or abstinence should consult a parish priest or confessor.

## We Love Connecting with You!

On Friday, February 12, 25 households representing 42 players, made up of singles, couples and families, played 10 rounds of Valentine's Blingo on Zoom. Our St. Bart's "Sweetheart" callers, Sylvain and Lynette, who were married at St. Bart's in 2016, kept us entertained and smiling through every round. We even had special a "kiss cam" in between rounds that kept us in the Valentine's Day spirit! Thanks to Sylvain and Lynette and to all who participated for making it such a fun night!



## Save the Date: Catholics at the Capitol

April 15, 2021

Join Minnesota's bishops and Catholics statewide on mission to defend life and dignity at our State Capitol.

- Be **formed** in the faith by celebrating Mass at the Cathedral.
- Be **informed** on the issues by speakers such as internationally renowned champion for life Obianuju Ekeocha, and Archbishop Jose Gomez, USCCB President and Archbishop of Los Angeles.
- Be sent on the mission to **transform** our state with a Eucharistic Procession to the State Capitol before speaking with your legislators.



If you'd like to attend, St. Bartholomew will be using the Park & Ride from St. Patrick's in Edina. Please contact Emily Dalsky at [edalsky@st-barts.org](mailto:edalsky@st-barts.org) or 952-473-6001 if you'd like to attend together. To learn more or register, visit: [catholicsatthecapitol.org](http://catholicsatthecapitol.org).

## Take Part in Bible Study This Lent

**Thursday Bible Study with Fr. Mike**

6:30 p.m. in the church. Sessions are also livestreamed. For more information or to watch Fr. Mike's Bible Study livestream, go to [st-barts.org/biblestudy](http://st-barts.org/biblestudy).

**Friday Morning Bible Study with Andrew Allen**

9:00 a.m.-10:30 a.m., via Zoom. To participate, email Andrew at [allen@st-barts.org](mailto:allen@st-barts.org).

## MASS INTENTIONS



<b>Saturday</b>	<b>Feb. 20</b>	
5:00 p.m.	Mass	<i>(Mike Witt)</i>
<b>Sunday</b>	<b>Feb. 21</b>	
8:30 a.m.	Mass	<i>(For the People)</i>
<b>Tuesday</b>	<b>Feb. 23</b>	
8:00 a.m.	Mass	<i>(Isabell Hegarty)</i>
<b>Friday</b>	<b>Feb. 26</b>	
8:00 a.m.	Mass	<i>(Kathy Lindell)</i>
<b>Saturday</b>	<b>Feb. 27</b>	
5:00 p.m.	Mass	<i>(For the People)</i>
<b>Sunday</b>	<b>Feb. 28</b>	
8:30 a.m.	Mass	<i>(Corinna Gentilini)</i>

## ST. BARTHOLOMEW SCHOOL

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SERVICES

**Weekend Liturgies:** Sundays 8:30 & 10:30 a.m.  
Saturdays 5:00 p.m.

**Weekday Liturgies:** Tues., Wed., Thurs. Fri.: 8:00 a.m.

**Eucharistic Adoration:** Fri. 8:30 a.m.— 12 noon.

**Sacrament of Reconciliation:** Saturday 4:00-4:30 p.m. and by appointment.

**Sacrament of Marriage:** Parish membership required. Contact the Parish Office.

**Sacrament of Baptism:** Preparation session required prior to Baptism. Call the Parish Office.

**Illness:** Pastoral visits for the sick and homebound. Call the Parish Office.

For after-hours and weekend emergencies, call 952-473-6601. Follow menu instructions to receive pastoral response as soon as possible.

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2019-2020

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To email any parish\*/school staff: **first letter of first name** followed by **last name**, then **@st-barts.org** (e.g. **mvansloun@st-barts.org**)  
\*except Deacon Rick Witucki: **deaconricky@aol.com**

Reporting Child Abuse— Call 612-348-3552

If someone you know has been abused at a Catholic parish or school, please call Victim Hotline at 651-291-4491.

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