February 14, 2021

Sixth Sunday in Ordinary Time

Saint Mary Catholic Parish

They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. *Acts 2:42*

OUR *Vision*

St. Mary's is a parish that welcomes, lives and inspires faith, and serves others.

ALL ARE *Welcome*

If you are alienated or upset, we welcome you lovingly. If you are in need of forgiveness**, Jesus forgives and loves you unconditionally, and so do we**. If you have been hurt by the Church, **we are truly sorry**. If you are angry, **Jesus offers you peace**. If life has become burdensome, **we are here to support you.** We are happy you are here and want you to stay. **Come visit us each week and worship God with us!**

St. Mary Catholic Parish

Church: 795 Dartmouth Street

Office/Mailing Address: 789 Dartmouth Street

Dartmouth MA 02748

508.992.7505

stmarysdartmouth.org

Liturgies and Sacraments

Mass Schedule
Rosary: Please pray at home
Daily Mass: Monday through Thursday: 8AM
Vigil: Saturday at 4PM
Sunday: 8AM, 10AM, 12PM, 5PM

Sacrament of Reconciliation
(in the Family Room)
Sunday: 3PM-4PM
Wednesday: 6PM-7PM

Adoration
Sunday: 3PM-4PM
Wednesday: 6PM to 7PM

Sacrament of Baptism
Baptisms are celebrated on Saturday afternoons. Please visit our website to complete the initial form or contact Deacon Frank.

Sacrament of Marriage
Congratulations! Couples contemplating marriage must contact Fr. David one year in advance for proper preparation.

Communion to the Homebound
Please notify the rectory of any parishioner who is unable to attend Mass due to illness, disability or age.

Stay Connected!

We are not just Sunday Mass! We are pleased to be able to provide ways for you to keep informed and connected, and grow in your faith throughout the week.

Facebook.com/stmarysdartmouth

@stmarysdartmouth

@stmarysdartmou1

flocknote

We love having you as part of our flock! Let's keep in touch! Get important updates via email & text. This new tool let's you choose what info you'd like to receive-via email or text message from various ministries and groups in our parish. You can unsubscribe at any time. There are two ways to connect: text stmarysdartmouth to 84576 or Flocknote.com/stmarysdartmouth

Our St. Mary's app is available to download for iPhone and Android smart phones. Stay connected with our parish throughout the week with instant notifications, an easy to access event calendar, and the ability to quickly reply to or share messages via Facebook or Twitter. Also enjoy a bunch of additional features like prayers, daily readings, helpful reminders to silence your phone before Mass or Confession, and much more. Help foster a stronger parish life at St. Mary's and better engage the New Evangelization. Download our app today at myparishapp.com or search your phone's app store for myparish.

ST. MARY CATHOLIC PARISH

How May We Serve You?

Pastor
Reverend David C. Frederici
frdavid@stmarysdartmouth.org

Pastoral Associate
Deacon Frank Lucca
dcnfrank@stmarysdartmouth.org

Director of Parish Faith Formation
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Youth Minister
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Mission Development/Bulletin
Kelley Spodris
kelley@stmarysdartmouth.org

Parish Office Email: info@stmarysdartmouth.org

Office Hours: Monday through Friday 9AM-3PM

Office/Parish Center: 508.992.7505

Mass Intentions

Saturday, February 13	4PM	Rose Sylvia
Sunday, February 14	8AM	Jose Pacheco Branco and Clotilde daRosa Branco
	10AM	Mary Tata
	12PM	For our Parishioners
	5PM	Jessie Bernier
Monday, February 15	8AM	Maria Martins and Antonio Vida
Tuesday, February 16	8AM	Maria Norbina Pacheco Amaral
Wednesday, February 17	8 AM 7 PM	For our Parishioners For our Parishioners
Thursday, February 18	8AM	Maria Medeiros
Saturday, February 20	4PM	Rebelo and Irene Manuel and Son
Sunday, February 21	8AM	Joao and Maria Dos Anjos Mello
	10AM	Jose P. Tavares
	12PM	For our Parishioners
	5PM	7th Anniversary: Sheila M. Pina

Weekly **Rea**dings

Readings for the week of February 14, 2021

Sunday: Lv 13:1-2, 44-46/Ps 32: 1-2, 5, 11 [7]/1 Cor 10:31—11:1/ Mk 1:40-45

Monday: Gn 4:1-15, 25/Ps 50:1 and 8, 16bc-17, 20-21 [14a]/ Mk 8:11-13

Tuesday: Gn 6:5-8; 7:1-5, 10/ Ps 29:1a and 2, 3ac-4, 3b and 9c-10 [11b]/Mk 8:14-21

Wednesday: Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17 [cf. 3a]/ 2 Cor 5:20—6:2/Mt 6:1-6, 16-18

Thursday: Dt 30:15-20/Ps 1:1-2, 3, 4 and 6 [Ps 40:5a]/Lk 9:22-25

Friday: Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19 [19b]/Mt 9:14-15

Saturday: Is 58:9b-14/Ps 86:1-2, 3-4, 5-6 [11ab]/Lk 5:27-32

Next Sunday: Gn 9:8-15/Ps 25: 4-5, 6-7, 8-9 [cf. 10]/1 Pt 3:18-22/ Mk 1:12-15

Tom Branquinho
Mary Severino
Serafim Correia
Stephen Cabral
Frances Ryan
Cynthia Stone

Maria Pereira
Olga Sylvia
Gualberto Pimentel
Helen Shanley
Nancy Pye
Mary Lima
Maryann L. Cardoza
Edward O'Melia
Louis A. Spencer, Jr.
Alfred Alfonse

Joao Duarte
Frances C. Sullivan
Claire S. Oliveira
Leo V. Marshall
Donna Vaz
Helena Medeiros

And all our Service Men & Women, as well as those affected by COVID-19.

Prayer REQUESTS

If you would like to have someone prayed for please call the Parish Office, submit on our website, or email prayer@stmarysdartmouth.org

From the Pastor

Dear Friends:

I have a confession to make. I don't mind snowstorms. There is something peaceful about watching the snowfall from within a warm house. I spent some time last Sunday with a cup of tea, reading and watching it snow. At one point I took a picture of the scene from a window and posted it on my Instagram. This was followed by a number of likes and a comment about the beauty of the scene. It was beautiful.

At the same time, I don't like the clean up after a snowstorm. I was fortunate that I didn't have to go anywhere during the storm, so I was saved from clearing the car and clearing the walkway; however, Tom spent hours clearing walkways and plowing the parking lot. He was in early Monday morning to put down ice melt along the steps and walkways and the sander had to come to treat the parking lot. Within a few hours most of the snow was melted from the driveways. After Mass I drove down to get a cup of coffee and muffin and when I got back, my car was pretty messy from the salt on the roads and dirt and grime that was kicked up by the tires on the wet pavement. That and with the 'gift' some seagull left on the hood of my car, I'm going to have to go by the car wash to clean the car a bit. Soon this snow will melt, and the grass will begin to turn green. I'm already hearing more birds early in the morning.

In many ways the snowstorm resembles us. What we see in others and what they see in themselves does not reveal the struggles that we have or that others are dealing with. I'm not saying we are just miserable, but we do struggle at times. It could be 'big' issues in life, or just struggles in our spiritual lives. We all admit that we are sinners, which means that there are parts of our lives that aren't pretty.

God was certainly present in the beauty of the falling snow, but he was also present in the messiness of the melting snow as well. We are able to recognize the Lord's presence at the times of celebration and joy, but he is also there in the times when we are most human, when we are hurt and when we are weak.

On Wednesday we begin the season of Lent. This season of Lent is an opportunity to spiritually 'clean up' after the various storms of life we have experienced. It encourages us to name our failures and struggles, the storms of our lives but in doing so to accept the Lord's graces to heal and to strengthen our relationship with Him.

Mass will be celebrated on Ash Wednesday at 8AM and 7PM. As you have heard, we are launching small groups this Lent. I encourage you to join one of the groups (or consider hosting one). It is the best way to truly make Lent a time of spiritual renewal and to experience the graces of the season. We will be joining St. Julie's in offering a Parish Mission this year on the evenings of March 2, 3 and 4 at 7PM. Each of the priests from the two parishes will offer a reflection. March 2 and 4 will take place at St. Julie's and March 3 will take place here.

Starting Monday February 22, we will resume the Rosary at 7:30AM. This will be livestreamed so those at home can join us as well.

Have a great week!

Fr. David

Visit our website to join us virtually each Friday. You'll also find all our Lenten Offerings. From Small Groups, to Bible Study, to our March Mission...there's something for everyone!

Prayer Resources

To sign up for Flocknote notices about our webinars and parish online studies, visit https://stmarysdartmouth.flocknote.com.

United States Conference of Catholic Bishops www.usccb.org You can find the readings for Mass, and a digital copy of the Scriptures.

Magis Center www.magiscenter.com Organization headed up by Fr. Robert Spitzer, SJ. Fr. Spitzer is the former President of Gonzaga University. A great resource for the use of science and philosophy in coming to know about God and growing in faith.

St. Paul Center https://stpaulcenter.com A website set up by Scripture Scholar, Dr. Scott Hahn. Great resource with some audio bible studies.

https://stmarysdartmouth.blogspot.com: A blog set up by Fr. David.

Formed (Can be accessed at stmarysdartmouth.formed.org) Catholic movies, study programs, audio and e-books.

MyParish App. Various resources to help you grow spiritually, as well as news and updates from the Parish. Download the MyParish App from the Apple Store or Google Play.

Catechism References for the Week:

CC 1474: living in Christ unites all believers in him
CCC 1939-1942: human solidarity
CCC 2288-2291: respect for health

PLEASE READ: Important Mass Registration Information
Registration will now be required for daily Mass, as well as weekend Masses. The link to register will be sent with the weekend registration link. Thank you, as always, for your continued cooperation as we work to ensure the health and safety of all our parishioners and visitors.

DISTRIBUTION OF ASHES AT ST. MARY'S

Ashes will be distributed at the 8:00 AM and 7:00 PM Masses on *Wednesday, February 17, 2021.*

Stewardship of Treasure

We are blessed to have thoughtful, generous parishioners who support the good works of our faith community with time, talent, and treasure.

Parish Offerings
Weekly Collection for
February 7: $3,934.

E- giving February 2—February 8: $1,761.77

National and Diocesan Collections
5% of our offertory collection will be allocated for the Catholic University of America the weekend of February 20 & 21.

February 17 (Ash Wednesday):
Evangelization
February 20 & 21:
Catholic University of America

Thank you for your spiritual and financial commitment to our parish.

e-GIVING

EGiving: A safe and convenient way to support St. Mary's! See more information on our website.

Sixth Sunday in Ordinary Time

Lectionary: 77

Reading I: Lv 13:1-2, 44-46

The LORD said to Moses and Aaron,
"If someone has on his skin a scab or pustule or blotch
which appears to be the sore of leprosy,
he shall be brought to Aaron, the priest,
or to one of the priests among his descendants.
If the man is leprous and unclean,
the priest shall declare him unclean
by reason of the sore on his head.

"The one who bears the sore of leprosy
shall keep his garments rent and his head bare,
and shall muffle his beard;
he shall cry out, 'Unclean, unclean!'
As long as the sore is on him he shall declare himself unclean,
since he is in fact unclean.
He shall dwell apart, making his abode outside the camp."

Responsorial Psalm: Ps 32:1-2, 5, 11

R. (7) I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.
Blessed is he whose fault is taken away,
whose sin is covered.
Blessed the man to whom the LORD imputes not guilt,
in whose spirit there is no guile.
R. I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.
Then I acknowledged my sin to you,
my guilt I covered not.
I said, "I confess my faults to the LORD,"
and you took away the guilt of my sin.
R. I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.
Be glad in the LORD and rejoice, you just;
exult, all you upright of heart.
R. I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.

Reading II: 1 Cor 10:31—11:1

Brothers and sisters,
Whether you eat or drink, or whatever you do,
do everything for the glory of God.
Avoid giving offense, whether to the Jews or Greeks or
the church of God,
just as I try to please everyone in every way,
not seeking my own benefit but that of the many,
that they may be saved.
Be imitators of me, as I am of Christ.

Alleluia: Lk 7:16

R. Alleluia, alleluia.
A great prophet has arisen in our midst,
God has visited his people.
R. Alleluia, alleluia.

Gospel: Mk 1:40-45

A leper came to Jesus and kneeling down begged him and said,
"If you wish, you can make me clean."
Moved with pity, he stretched out his hand,
touched him, and said to him,
"I do will it. Be made clean."
The leprosy left him immediately, and he was made clean.
Then, warning him sternly, he dismissed him at once.

He said to him, "See that you tell no one anything,
but go, show yourself to the priest
and offer for your cleansing what Moses prescribed;
that will be proof for them."

The man went away and began to publicize the whole matter.
He spread the report abroad
so that it was impossible for Jesus to enter a town openly.
He remained outside in deserted places,
and people kept coming to him from everywhere.

Music for the Weekend of February 14

Gathering

We are all hungry people
We need shelter and strength
We are one in our hurting
We are one in our pain

In our suffering and sadness
We are saved by the grace
Of the power and the spirit
That is here in this place

We are gathered at table
As one in the Lord
We are gathered as people
Who are living the word

Our hearts and our spirits
Are nurtured by grace
It is Jesus who fills us
He is here in this place

Preparation

At the name of Jesus,
Every knee shall bow,
Every tongue confess him:
King of glory now.
Jesus is Lord king of glory now

He emptied himself, as a slave, yet free,
Came in human likeness for you and for me; In human likeness, for you and for me.

Eucharist

We are many yet we are one
We are separate yet bound in His love
And together we are all His hands and His feet
Bringing mercy and peace to this world
We are many but one

We have fallen but we are forgiven
Broken and scattered but being made whole
By our redeemer, one Lord and Redeemer
One Shepherd who gathers us all
Gathers us all

Sending Forth

Bless the Lord O my soul
O my soul
Worship His Holy name
Sing like never before
O my soul
I'll worship Your Holy name

The sun comes up
It's a new day dawning
It's time to sing Your song again
Whatever may pass
And whatever lies before me
Let me be singing
When the evening comes

One License, License #: 736343-A

Valid: 8/24/2020-8/23/2021

Inclement Weather Update

If Dartmouth schools are closed, or a determination has been made that we should close due to weather, an announcement will made on social media, by email, and on our parish app.

The Sanctuary Candle burns the week of February 14 to February 20 in memory of

Rose Sylvia

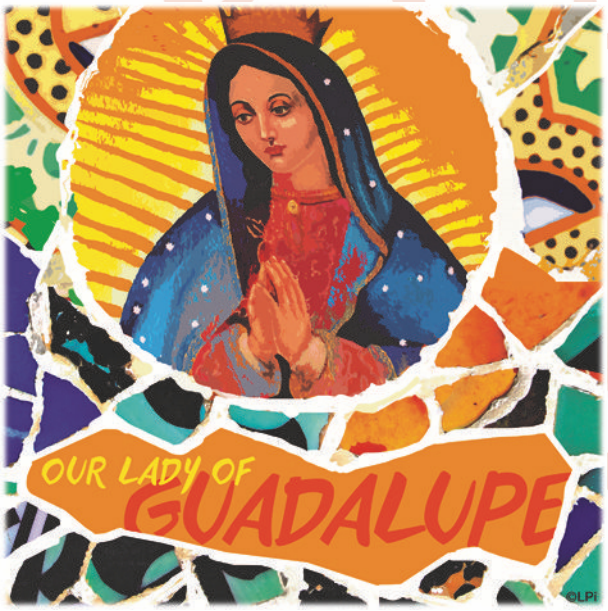
Please remember her in your prayers.

Glory to God in the Highest

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.



The Nicene Creed

I believe in one God, the Father
almighty, maker of heaven
and earth, of all things visible
and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all
ages. God from God, Light
from Light, true God from
true God, begotten, not made,
consubstantial with the Father;
through him all things were
made. For us men and for our
salvation he came down from
heaven, and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under
Pontius Pilate, he suffered death
and was buried, and rose again
on the third day in accordance
with the Scriptures. He ascended
into heaven and is seated at the
right hand of the Father. He will
come again in glory to judge
the living and the dead and his
kingdom will have no end.
I believe in the Holy Spirit, the
Lord, the giver of life, who
proceeds from the Father and the
Son, who with the Father and the
Son is adored and glorified, who
has spoken through the prophets.
I believe in one, holy, catholic and
apostolic Church. I confess one
Baptism for the forgiveness of
sins and I look forward to the
resurrection of the dead and the
life of the world to come. Amen

Around the Parish

Parish Office

The Parish Office will be closed on Monday, February 15, for the holiday.

Msgr. A.G. Considine Scholarship

Applications for this scholarship are now being accepted. The 2021 Scholarship Committee will be awarding up to three (3) scholarships to graduating high school seniors. Applicants must be a graduating high school senior accepted to either a college or university undergraduate program. The applicant must also be a son or daughter of a registered parishioner of St. Mary's Church in Dartmouth, MA. Applications must be received by **Wednesday, March 24** to be considered. The application form can be found on the St. Mary's Parish website.

Kid Club!

Every week join Joey and Maria as they share the Good News of the Gospel with you, their friends. Log onto the Parish Website and click on watch, as they share stories that help children better understand the message of the Gospel. You can also join us on Facebook Live at St. Mary's Parish, Dartmouth to watch their video and chat live with Fr. David and Deacon Frank after the 10:00AM Mass.

Lenten Offerings: Small Groups

Small Groups is where our large church gets small. Groups are 6-10 people who meet to discuss faith, go deeper in the weekly homily, and support one another in their relationship with Christ. This is the place to care for others and be cared for; a place to impact our community and the world. Small Groups are a great place to explore, ask questions, and grow. **Visit our website for more information or to sign up.**

LENTEN REGULATIONS 2021

1. Law of Fast

A. All adults (18 and older) are bound by the law of fast up to the beginning of their 60th year.
B. On days of fast, those bound by the law are limited to a single full meal. This meal is meatless. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs; however, together these two meals should not equal another full meal.
C. There are two prescribed days of fast: Ash Wednesday and Good Friday.

2. Law of Abstinence

A. Those who are 14 years of age and older are obliged to observe the law of abstinence.
B. On days of abstinence, those bound by the law abstain from meat.
C. On all Fridays of Lent, abstinence is prescribed. This, of course, includes Good Friday. Abstinence is also prescribed on Ash Wednesday.

3. Lenten Discipline

The Code of Canon Law very aptly summarizes the ecclesiastical discipline in Canon 1249: "All members of the Christian faithful in their own way are bound to do penance in virtue of divine law; in order that all my be joined in a common observance of penance, penitential days are prescribed in which the Christian faithful in a special way pray, exercise works of piety and charity, and deny themselves by fulfilling their responsibilities more faithfully and especially by observing fast and abstinence..."

Important Information Regarding COVID-19

The Commonwealth of Massachusetts requests that we share this information with you. You should not attend Mass or any activity in the Parish if any of the following are true:

- Member or worker is experiencing any symptoms such as fever (100.0 and above) or chills, cough, shortness of breath, sore throat, fatigue, headache, muscle/body aches, runny nose/congestion, new loss of taste or smell, or nausea, vomiting or diarrhea.
- Member or worker has had "close contact" with an individual diagnosed with COVID-19. "Close contact" means living in the same household as a person who has tested positive for COVID-19, caring for a person who has tested positive for COVID-19, being within 6 feet of a person who has tested positive for COVID-19 for 15 minutes or more, or coming in direct contact with secretions (e.g., sharing utensils, being coughed on) from a person who has tested positive for COVID-19, while that person was symptomatic. Member or worker has been asked to self-isolate or quarantine by their doctor or a local public health official.
- Persons who are particularly vulnerable to COVID-19 according to the Centers for Disease Control (e.g., due to age or underlying conditions) are encouraged to stay home.

Take Five for Faith
Daily renewal for busy Catholics

Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

Sunday, Feb 14, 2021
SIXTH SUNDAY IN ORDINARY TIME
Staying the course
Quarantine is hard on relationships: both with the people you can't yet risk seeing in person, as well as those with whom you happen to be locked down. Families that have survived a long year of "acute togetherness" might congratulate each other on their success. Spouses, too, might reward each other for going the distance, without much distance, since last spring. On this World Marriage Day, take some time to reflect together on ways your vital relationships have been tested in a long period of crisis. Ask for forgiveness where necessary. Offer yours freely. TODAY'S READINGS: *Leviticus 13:1-2, 44-46; 1 Corinthians 10:31—11:1; Mark 1:40-45 (77). "Be imitators of me, as I am of Christ."*

Monday, Feb 15, 2021 **Lead by example**
Presidents' Day—celebrated every February between Lincoln's and Washington's birthdays—is an occasion to remember all the presidents of the United States. Certainly some of them have been better than others. Our job is not to sit on the sidelines and criticize and complain. The church wisely instructs us on our duty as citizens "to contribute along with the civil authorities to the good of society in a spirit of truth, justice, solidarity, and freedom." That goes for participation in any community—get involved and raise it up! TODAY'S READINGS: *Genesis 4:1-15, 25; Mark 8:11-13 (335). "Amen, I say to you, no sign will be given to this generation."*

Tuesday, Feb 16, 2021 **Enjoy the feast before the fast**
Today is Fat Tuesday. Whether you call it Mardi Gras, Carnival, or Shrove Tuesday, the popular practice of one last big, sumptuous feast—right before the asceticism of Lent—actually had a very practical motivation. In the days before refrigeration, people couldn't preserve certain foods (like eggs, cream, and butter) during the time of prolonged fasting. They had to use them up. Nowadays, that's not the case for most of us. So it's worth considering: What does the feasting of this day signify, in contrast to the great fast that's approaching? Perhaps it's gratitude—for God's generous abundance. TODAY'S READINGS: *Genesis 6:5-8; 7:1-5, 10; Mark 8:14-21 (336). "Do you not remember, when I broke the five loaves for the five thousand?"*

Wednesday, Feb 17, 2021
ASH WEDNESDAY; DAY OF FAST AND ABSTINENCE
Invitation to love
We enter the Lenten journey with the intention to draw closer to God by means of prayer, generosity, and fasting. Talk to God and share what is on your mind, read the daily scripture, practice the prayer of meditation. Find ways to be generous with time or treasure: write a card, heal a broken relationship, bake bread to share, donate to a group that cares for the underserved. And admit that some fasting—whether from gaming, social media, or worrying—could improve your connection to God. This Lent is an opportunity, not a burden. Embrace it with hope. Live it with love. TODAY'S READINGS: *Joel 2:12-18; 2 Corinthians 5:20—6:2; Matthew 6:1-6, 16-18 (219). "Even now, says the Lord, return to me with your whole heart."*

Thursday, Feb 18, 2021
THURSDAY AFTER ASH WEDNESDAY
Choose life
Today's readings focus on the urgency of choosing life. Moses tells his people to choose life over death; Jesus says we save our life by losing it in him. Meanwhile, events nationwide and worldwide keep reminding us that black lives matter and, as Catholic bishops put it, "everyone belongs." The disproportionate death of people of color from poor healthcare, poverty, abortion, crime and violence, judicial bias, and more cries out for major reform. Support life in all its diversity by more about racial injustice as a prolife issue. TODAY'S READINGS: *Deuteronomy 30:15-20; Luke 9:22-25 (220). "For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it."*

Friday, Feb 19, 2021
FRIDAY AFTER ASH WEDNESDAY; DAY OF ABSTINENCE
Make abstinence a healthy habit
The wisdom of making Lenten Fridays meatless has endured for centuries. We now understand that meat consumption at current levels is not only unhealthy, but unsustainable. Ever more Amazonian rain forests are cleared for grazing. Hundreds of activists have been gunned down trying to protect this biodiverse land and its poor settlers against the interests of powerful ranchers and loggers. Among the martyrs is Sister Dorothy Stang, SNDdeN, whose death 15 years ago brought new attention to the plight of the farmers and the devastation of the Amazon for the sake of beef. Why not extend your meat abstinence beyond Lenten Fridays? TODAY'S READINGS: *Isaiah 58:1-9a; Matthew 9:14-15 (221). "Would that today you might fast so as to make your voice heard on high!"*

Saturday, Feb 20, 2021 **SATURDAY AFTER ASH WEDNESDAY**
Off to a good start?
This is only the fourth day of Lent, and already we had a day of fasting and abstinence on Wednesday and another day of abstinence yesterday. During Lent back in the Middle Ages, Catholics weren't supposed to eat anything before 3 p.m. In the monasteries, that was the hour the "Nones" prayers were recited. So no eating until after Nones. But the monks would move the Nones hour up to 12 o'clock so they could eat earlier. That's how the 12 o'clock hour got the name "noon." While we can eat at any hour today, every day is a good day to control our appetites. What hunger stands between you and a peaceful heart? Can you put it on pause at least for a day? TODAY'S READINGS: *Isaiah 58:9b-14; Luke 5:27-32 (222). "I have not come to call the righteous to repentance but sinners."*

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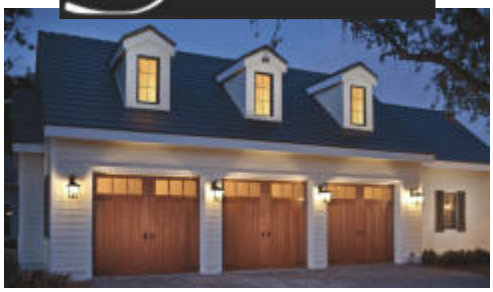
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