

# St. Frances Cabrini Catholic Church

12001 69th Street East, Parrish, FL 34219

THE FIRST SUNDAY OF LENT

WWW.sfxcparrish.com

Home@sfxcparrish.com

941.776.9097

OFFICE HOURS

M,T, Th, F 9:00am-3:00pm

Closed Wednesday

"Fasting is directed to two things, the deletion of sin, and the raising of the mind to heavenly things."

- St. Thomas Aquinas



## SCHEDULE OF MASSES

**Daily Mass: T, W, TH, F - 8:30 AM**

**Saturday Vigil: 4:00 PM**

**Sunday: 9:30 AM & 11:00 AM**

Music Director and Rel. Ed. Coordinator:  
David Collins

## PARISH STAFF

Administrator: Fr. Joseph Gates  
Operations Manager: Richard Lind  
Sacramental Coordinator: Chris Malone  
Liturgy Coordinator: Lydia Herrera  
Maintenance & IT: Ernie Nolder  
Maintenance: Roger Rodriguez  
Data Entry: Tom Moline

# FEBRUARY 21 2021

God bless  
SEE YOU NEXT WEEK



## TODAY'S SCRIPTURE READINGS

First Reading: 23: Gn 9:8-15

Psalms 25:4-9

Second Reading: 1Pt 3:18-22

Gospel Reading Mk 1:12-15



### Tuesday

8:30am

Req. By:

2nd Int.

Req. By:

### Wednesday

8:30am

Req. By:

### Thursday

8:30AM

### Friday

8:30 am

Req. By:

### Saturday

4:00pm

Req. By:

### Sunday

9:30am

Req. By:

11:00am

## Mass Intentions

### FEBRUARY 23

+KIMBERLY STADTHER

Tony & Lucy Morell

+PATRICIA WERTZ

Cathy Barclay

### FEBRUARY 24

+KIMBERLY STADTHER

Sharon & Chuck Dietzle

### FEBRUARY 25

+POOR SOULS IN PURGATORY

### FEBRUARY 26

+PETE HERRERA

Wife, Lydia

### FEBRUARY 27

+BOB CREEL

Wife, Diane

### FEBRUARY 28

+MARY K. GULLO

Richard & Carol Valvo

PARISHIONERS

## RECEPTION OF THE SACRAMENTS

**Baptism:** For registered and active parishioners: Please contact the Church Office. Baptism instruction is required for Parents.

### **Reconciliation** (Confessions)

Saturdays 2:00-3:00 PM in Adoration Chapel  
Or by Appointment

**Weddings:** For registered and active parishioners: must be arranged with the pastor at least 6 months before the date desired. Please contact the Church Office for more details.

**Safe Haven Sunday** - Pornography is one of the leading causes of addictions, abuse, adultery, divorce, and even human trafficking: it is, in short, a pervasive evil inflicting grave wounds on our families. Pornography creates unsafe environments for children and confuses others about attitudes towards sex and marriage. It is a moral issue. For this reason, March 7, 2021, has been designated as Safe Haven Sunday in the Diocese of Venice. This day for awareness will give an opportunity to address the harmfulness of pornography in marriages, families, and culture, while providing helpful resources for all. Detailed information about the implementation of this program will be shared in the coming weeks through your Parishes. If you have any questions, please contact Carrie Harkey, Diocesan Coordinator of Family Life at [harkey@dioceseofvenice.org](mailto:harkey@dioceseofvenice.org).

# THE FIRST SUNDAY OF LENT

## Readings for the Week

**Monday THE CHAIR OF ST. PETER THE APOSTLE**

535:1P†5:1-4 Ps23:1-6 Mt16:13-19

**Tuesday ST. POLYCARP**

225: Is55:10-11 Ps 34:4-7,16-19 My 6:7-15

**Wednesday**

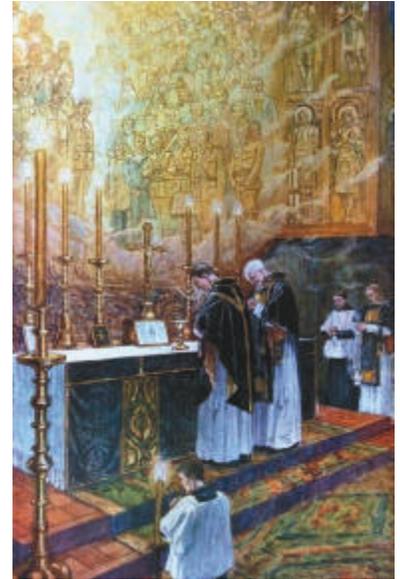
226: Jon 3:1-10 Ps 51:3-4,12-13,18-19 Lk11:29-32

**Thursday**

227: Est C:12,14-16,23-25 Ps138:1-3, 7c-8

**Friday**

228: Ez 18:21-28 Ps130:1-8 Mt 5:20-26



Every Friday in  
Lent.

\$10 a plate

5:00-7:00 PM



Drive Thru Only @ The Cabrini Center

40 Days for Life Kick-off  
Ash Wednesday, February 17

Greetings! My name is Ann Petryniec and I am the leader of our Culture of Life Team here at St. Frances Cabrini. Our Culture of Life Team is going to begin an off branch of 40Days for Life, called 40days for Life 365. Previously 40Days for Life was focused solely on abortion, but it has now grown to cover the Dignity of the aging as well. From Birth to a seasoned age, 365 days of the year!



I am reaching out because I need your help. If your willing to help, we pray once a month at Planned Parenthood in Sarasota. We offer carpool, pickup and driving services — so getting there won't be an obstacles. We've tried to do this in the past and have received very little response from the community, but like Joshua, I'm throwing that fleece out hoping members of the community might hear our prayer and join together for dignity of human life, from conception to natural death. If this is something you feel God calling you to, or , you would like more information, please reach out!

40 DAYS  
FOR LIFE. 365

My information is: Anna Petryniec, 727-510-3390, call or text, email [ampetryniec@gmail.com](mailto:ampetryniec@gmail.com).

God bless you for all you do.

Fondly in prayer, Anna

# THE FIRST SUNDAY OF LENT

The Liberating Power of Fasting: **BRIAN KRANICK**

*“Do you wish your prayer to reach God? Give it two wings, fasting and almsgiving.”*

**-St. Augustine, Discourse on the Psalms**

“What happened to fast and abstinence in the Church in the United States?” This was the question Pope John Paul II asked Msgr. Charles M. Murphy, the former Dean of the Pontifical North American College, in a conversation they had in Rome in 1980. Pope John Paul perceived what is readily apparent to us still today, the seeming collapse of the practice of fasting in the day-to-day lives of Catholics. This question is particularly relevant now in the midst of Lent as the Church unites herself “to the mystery of Jesus in desert.” (CCC 540) The Bible tells us that Jesus “fasted for forty days and forty nights, and afterwards He was hungry.” (Mt. 4:2) If we are to unite ourselves more closely with Christ, we need to rediscover this holy practice of fasting.

The Catechism lists fasting as one of the three pillars of penance in the Christian life. Fasting, prayer and almsgiving express our conversion, respectively towards oneself, God, and neighbor. (CCC 1434) Fasting is a critical part of our *metanoia*, our turning away from sin. We are in constant need of this conversion towards God. It was when Adam and Eve ate the forbidden fruit that Original Sin and concupiscence entered our human nature. Since then, as St. Paul eloquently wrote, “the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh.” (Gal. 5:17) This is our human predicament. The question we must ask ourselves is: Do our bodily desires and instincts rule our spirit, or does our spirit control our bodies? The mortification of the flesh, through fasting, offers a sort of “liberation of man” against this “wound inflicted on the dignity of our nature by intemperance.” (Paentiemini, II) Through fasting, we can cultivate this cardinal virtue of temperance, as moderation and self-control tame the unruliness of the flesh.

In the Old Testament, Nineveh turned away from their sins. The wickedness of the city had reached a point that God sent the prophet Jonah to warn them that in “forty days more and Nineveh shall be destroyed.” (Jnh. 3:4) However, the people of Nineveh believed Jonah and the words of God, so “they proclaimed a fast and all of them, great and small, put on sackcloth.” God reacted by not carrying out His threat against them. God showed Himself to be “a gracious God and merciful, slow to anger, and abounding in steadfast love, and ready to relent from punishing.” (Jnh. 4:2) It is an example for us. By fasting, we can demonstrate our humility before God by repenting of our sins and asking forgiveness. As the story of Nineveh shows, God readily accepts this act of contrition.

Jesus is our example *par excellence* on the vital spiritual importance of fasting. Scripture tells us that before He began His public ministry, He was “led by the Spirit into the desert to be tempted by the devil.” (Mt. 4:1) Just as the first Adam was tempted by the serpent and failed by eating the fruit, so the second Adam, Jesus, was tempted by Satan, and yet resisted him by not eating. Satan tempted Jesus to break His fast by turning stones into loaves of bread, at which Jesus countered him, “One does not live by bread alone, but by every word that comes forth from the mouth of God.” Jesus’ fast spiritually prepared His humanity to confront and resist the devil. This is reminiscent of the disciples, who were unable to cast out a demon from a boy. Jesus rebuked them for their lack of faith, and then, exorcised the demon.

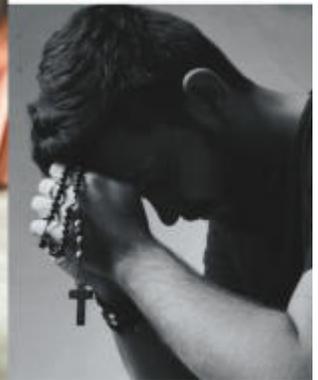
Later, when the disciples asked Jesus why they could not cast it out, He replied, “This kind cannot be driven out by anything but prayer *and fasting*.” (Mk. 9:29) Prayer and fasting are fundamental tools we have to overcome the devil and his minions, and temptation. Fasting is a powerful weapon.

This self-denial and mortification, as expressed in fasting, is also efficacious for the conversion of others. Sacrifice and prayer are the vicarious payment we make towards the redemption of another. It is the required “money,” if you will, offered on behalf of their “debt.” St. Paul captured this eloquently when he wrote, “Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ’s afflictions for the sake of His body.” (Col. 1:24) This remains the same for us. We know that our love and intercessory sacrifices for others will cover a multitude of sins. (Jas. 5:20)

Intercessory prayer and fasting is exactly the message of Fatima as well. Our Lady of Fatima said, “Pray, pray very much, and make sacrifices for sinners; for many souls go to hell, because there are none to sacrifice themselves and to pray for them.” Mary revealed that our prayers and sacrifices are truly efficacious reparations, in which we can even positively affect someone’s eternal destiny.



And he said unto them, This kind can come forth by nothing, but by Prayer and Fasting.” -Mark 9:29 It seems like many times we miss the whole essence of Fasting and Prayer, perhaps because we have started becoming comfortable with “This Kind”



# FEBRUARY 21, 2021

This Lent is the perfect opportunity for us to heed her words, heaven is waiting for our daily prayers, sacrifices, and fasts.

As Christians, we need to re-embrace this pillar of our faith and practice regularly the discipline of fasting. It is a transformational habit that would enliven the modern Church, liberate us from our intemperate desires, and bring us into a closer divine intimacy with God. It also draws us nearer to the hungry and the poor, in line with the Beatitudes of Jesus. Although Jesus forbade His disciples from fasting while He, the divine Bridegroom, was still here, He did exhort future generations, and for that matter, us, that once the Bridegroom was gone, "then they will fast." (Mt. 9:15) Some 2,000 years later, we continue our fast, at the behest of Jesus' Good News, "Repent, for the kingdom of Heaven is at hand." (Mt. 4:17)

Of course, fasting is not easy. It is a discipline that we must train our bodies to handle. We can accommodate fasting to our life situation. The important point is that we fast in some fashion, in union with the Church, particularly on Fridays in remembrance of Christ's Passion, whether just giving up meat, or strictly on bread and water, or somewhere in between the two. The ancient ascetic monks perfected the discipline of fasting in the desert. Yet, we can bring fasting into the hustle and bustle of our lives, and families, and homes, and Churches, to form an oasis of sanctity in our modern world. Let us renew our faith – and fasting – this Lent, and beyond.



## Thank you to our Donors!

The Staff of St. Frances Cabrini and myself would like to extend a humble 'Thank You' to all those who helped donate towards the continued beautification of our parish. Through your generosity we were able to raise the funds necessary for our statues and candle stands. Your generosity is most appreciated! Thank you Again!

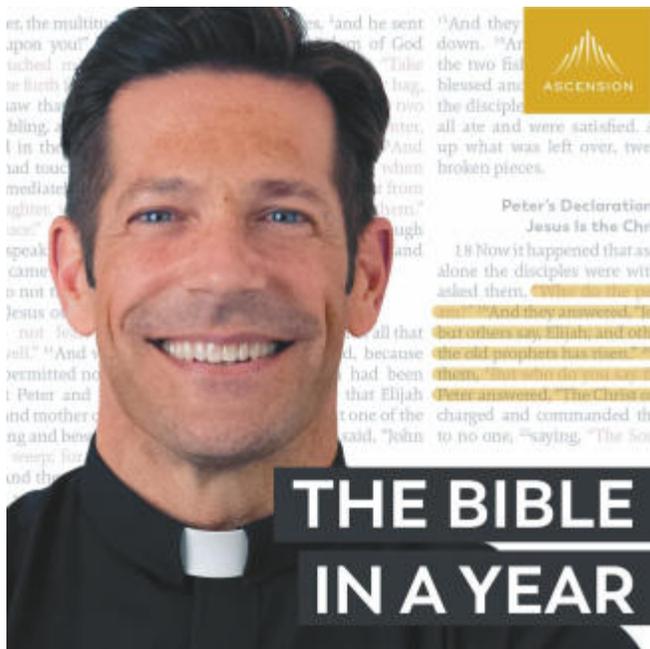
*- Fr. Joseph Gates*



FEBRUARY 21 2021

## Need a Lenten Practice?

Consider listening to the Bible in a Year



In The Bible in a Year podcast, Fr. Mike Schmitz walks you through the entire Bible in 365 episodes, providing commentary, reflection, and prayer along the way. Unlike any other Bible podcast, Ascension's Bible in a Year podcast follows a reading plan inspired by The Great Adventure Bible Timeline, a ground-breaking approach to understanding salvation history developed by renowned Catholic Bible scholar Jeff Cavins. For each period in the timeline, Jeff will join Fr. Mike for a special episode that will help you understand

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Read the ENTIRE Bible Feel more confident about your understanding of Scripture Experience the transformative power of God's Word in your daily life. Start seeing the world through the lens of Scripture Each 20-25 minute episode includes: Two to three scripture readings A reflection from Fr. Mike Schmitz A guided prayer to help you hear God's voice in his Word The Bible contains adult themes that may not be suitable for children - parental discretion is advised. Listen in the Car, at the gym, or even at home!

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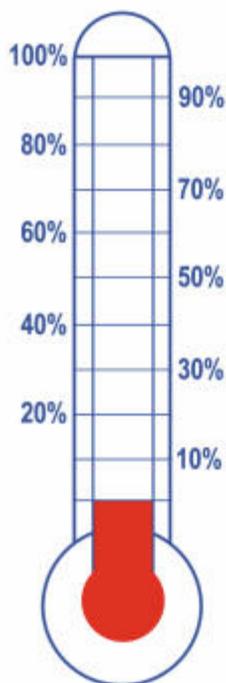
# THE FIRST SUNDAY OF LENT

## Catholic Faith Appeal 2021

In Scripture it is written, “Be generous, and you will be prosperous. Help others, and you will be helped.” (Proverbs 11:25) This affirms that God provides for those who care for their Brothers and Sisters in need. Having the willingness to share one’s blessings with others is an expression of our thankfulness and praise to God.

The Catholic Faith Appeal (CFA) is an act of kindness that directly supports various ministries, programs and outreach in the Diocese of Venice. Your participation in the CFA is a direct way to proclaim Christ’s Mission not only in word but also in concrete action. The Appeal helps bring the Gospel to life through evangelization and by providing those individuals and families in need with essential resources such as food, shelter, clothing and much more.

Your gift to the **2021 Catholic Faith Appeal** will continue to make a difference in supporting the charitable and pastoral initiatives in the Diocese of Venice. CFA Envelopes can be found in the Narthex, or you can go online at <https://dioceseofvenice.org/ways-to-give/cfa/> - Please be sure to list our Parish of St. Francis Xavier Cabrini at the bottom!



Our Goal

**\$164,000**

**Thank  
You!**

The CFA is a Diocesan contribution in which all the members of the churches in Southwest Florida work together to support the central services we all rely on as Catholics and active community members. There are several essential efforts that rely on the CFA:

- **Catholic Charities:** As a leading provider of social services, Catholic Charities supports over 40,000 people with programs like direct assistance to pay their utility bills, emergency intake programs for those that have become homeless, ending human trafficking in our backyard, citizenship assistance, and veteran housing.
- **Catholic Schools:** It costs a tremendous amount to provide a high-quality education, and the CFA supports the Catholic Schools in the area to ensure members of our community can have access to this faith-based education system through high school.
- **Vocations:** From the Seminarian programs that instruct our future priests and deacons to providing support for the 35 different women’s religious orders and 26 different communities of brothers and priests within the Diocese, the CFA ensures we provide for the education and well-being for those who have dedicated their lives in service to us and our faith.



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