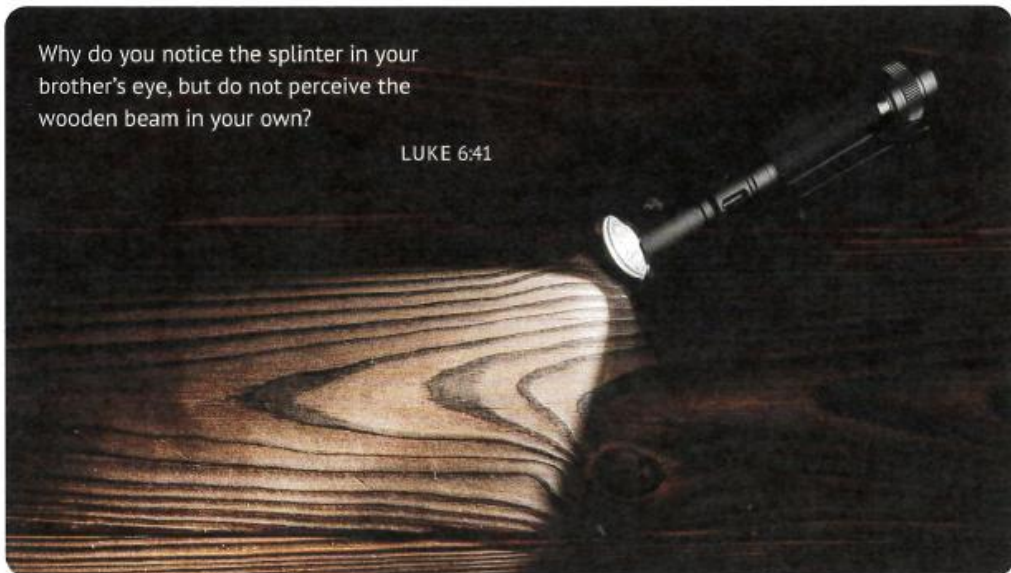




Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own?

LUKE 6:41



Blindsided

FR. JOSEPH JUKNIALIS

There are days when the darker side of who we are rises up and slaps us in the face. One evening, I decided to go to see a film. I bought a ticket, made my way into the theater, and found a seat that would give me an unobstructed view of the screen, one that had patrons on either side of the open seat in front of me. Fairly sure that no one would sit in front of me, I felt good about my maneuver. A few minutes before the film began, a group of four walked down the aisle, looking for a string of open seats in the crowded theater. One of them stopped at my row and asked if I would move down a seat. Immediately, I realized my predicament. If I moved, I'd be behind someone tall, with my vision of the screen blocked.

I'd spend the film gazing through someone's head. I said no. The woman who had asked was taken aback, said so, and then moved on. Just as quickly, I found myself shocked by my own selfishness. Where had that come from? Was I really not who I thought I was? I discovered that there are hidden pieces of who we are that seldom come to light, and when they do, we cringe. If we are fortunate, the Lenten journey we begin on Ash Wednesday might reveal to us what it is that lives in our hearts. ●

Reflect

What can I do for Lent that may help me see myself more clearly?

Welcome to The Good Shepherd Pastoral Unit



St. Bernard's, 43 Botsford St., Moncton, NB E1C 4W9
Phone: (506) 857-0425 Email: sbhf@rogers.com
Office hours for next week:
Monday - Thursday: 9 AM – 12 noon & 1 – 4 PM.
CLOSED on Fridays.
Website: www.stbernardschurch.ca



St. Vincent's, 63 Charlotte St., Sackville, NB, E4L 2Y5
Phone: (506) 536-1460 Email: stvince@nbnet.nb.ca
Office hours: Monday & Thursday @ 10 AM- 2 PM



St. Clement's, 14 Church St., Port Elgin, NB E4M 2C9
Phone: (506) 538-2262 Email: stclement.stbartholomew@gmail.com
Office hours: call office to verify

The Good Shepherd Pastoral Unit

St. Bernard's PMT

Priest Administrator	Fr. Damian Nwachukwu	sbhf@rogers.com
Assistant Priest	Fr. Carlos Jacinto	sbhf@rogers.com
Liturgy	Darlene McGraw	darlenemcgraw@rogers.com
Catechetics	Lorella Dunnett	Lorella_st.bernards@hotmail.com
Social Justice	Claudia McCloskey	
Adult Faith	Andrew Wilson	

St. Bernard's Parish Staff

Pastoral Associate/ liturgy	Darlene McGraw	darlenemcgraw@rogers.com
Receptionist / Bookkeeper	Giredine Aguidi	sbhf@rogers.com
Catechetical Coordinator	Lorella Dunnett	Lorella_st.bernards@hotmail.com

St. Vincent's Parish Staff

Parish Secretary	Lorraine Horyl	
Catechetical Coordinator	Cathy Crinnion	

St. Clement's Parish Staff

Parish Secretary	Pam Van Egmond	
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Mass times / Intentions:				
St. Bernard's				
Mon.	Mar. 3	9:30 AM	Late Dr. Bob Sloan & Elmeri	Frank Quinn
Tues.	Mar. 4	9:30 AM	Late Greg Murphy	Fred & Blanche Begin
March 5 Ash Wednesday		9:30 AM	Late Cornelia Evers	St Bernard's CWL
		7:00 PM	Late Carol Ann Bryant	St Bernard's
Thurs.	Mar. 6	9:30 AM	Late Alma Barrieau	Mellie Wright
Fri.	Mar. 7	9:30 AM	Late Elisabeth Levi	Hector & Cecile Caissie
Sat.	Mar. 8	4:00 PM	Late Liam Gosselin	Janice Freeman
Sun.	Mar. 9	11:00 AM	For the People	
St. Clement's				
Mar. 5 - Ash Wed.		5:15 PM	For our benefactors	
Sat.	Mar. 8	4:00 PM	Special intentions	Joanne Carroll
St. Vincent's				
March 5 Ash Wednesday		7:00 PM	Special Intention Fr. Allison Carroll	Lowell and Roberta Brine
Sun.	Mar. 9	9:00 AM	Deceased Members of MacPhail Family	Bruce Moore

OFFERINGS

St. Bernard's Offerings + PADs & online – February 22 & 23, 2025

Envelopes	\$4570	Loose	\$1017.30	Karing Kitchen	\$15	Capital Fund	\$188.25
ReConnect	\$10	Holy Land	\$20	Fr Carlos Ed. Fund	\$2100	New Year's Day	\$50

St. Clement's offerings – February 22, 2025

Envelopes	\$230
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St. Vincent's offerings + January 2025 PADs – February 23, 2025

Envelopes	\$995	Loose	\$30	Maintenance	\$85	Fuel	\$10
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Thank you for your generous and continued support!!!



***Don't forget to set clocks ahead one hour
at 2 am on March 9, 2025.***

2024 INCOME TAX RECEIPTS – Tax receipts for 2024 were distributed before and after mass on Sunday, February 23, 2025. If you were unable to attend mass on this day, please be assured that your receipt was mailed via Canada Post on Monday, February 24, 2025.

WITH DEEPEST
Sympathy

*A time to mourn...
sincere sympathies to the family of:*

all who mourn the loss of a loved one.



*Ecclesiastes 3
Under every season there is a time...
A time to heal..*

St. Bernard's

Patricia Devine	John Glynn	Peter Quach	Jerome Escalona	Kathleen Crosby	Walter Best
Claire Struble	Rosanna Faulkner	Belinda Sarmiento	Sofio & Maria Floreta Conson	Stella Alcalen	
David Little	Deacon Ed West	Irene Cucalon			

St. Clement's

McGraw Family	Sharon Cole	Olga Bateman	Genie Coates	Roger Collette
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St. Vincent's

Barb DeWitt	Leonard Burke	Deacon Frank Quinn	Leone Campbell	Art Chase
Vince Wood	Yvette Long			

As well as those who have died.



St. Bernard's Sacrament of Reconciliation regular schedule

Prior to Weekday Masses: Monday to Friday: 8:30 – 9:20 AM

Saturdays: 10:00 AM; First Friday of the month: 8:00 – 9:00 AM.



Please note: if you receive email pretending to be Fr. Damian, Fr Carlos or the parish staff, please don't reply; it's a scam.



St. Bernard's Catholic Women's League

On March 17th, St. Bernard's CWL invites parishioners to join us for a St. Patrick's Day coffee party in the church hall following the 9:30 am Mass. Refreshments will be served, and Irish music will be playing on the CD player. For those who wish, a free offering



bowl will be available for donations for CWL projects, including parish repairs.

Please follow parish directions concerning cancellations due to inclement weather.

We look forward to seeing you. *St. Bernard's CWL*



Ash Wednesday: March 5, 2025

St. Bernard's	9:30 AM & 7:00 PM
St. Clement's	5:15 PM
St. Vincents	7:00 PM

St. Bernard's



St. Bernard's Church Inclement Weather Policy

At least 1 hours before scheduled event:
Mass cancellation & any other closures will always be noted on:

Parish Website: www.stbernardschurch.ca

Parish Phone Message: by calling 506 857 0425

Facebook: facebook.com/gsmmoncton

Call ahead or check website before heading out.

MARK YOUR CALENDAR

Mark Your Calendar

Carmelites	2 nd Saturday of the month: 9:30 AM
Prayer Group	2 nd Saturday of month & last Saturday of month after 25 th @ 7:00 PM
RCIA meeting dates	1 st and 3 rd Saturday of each month – 10:00 AM
Baptism preparation	To be determined
Marriage Preparation	Friday & Saturday, May 30 & 31, 2025 (for more details see announcement in bulletin).



SESSIONS	LEVEL 1-3		LEVEL 4-6	
	Sun. @ 9:30 AM	Tues. @ 6 PM	Sun. @ 12:15 PM	Wed. @ 6 PM
13	March 9 th	March 11 th	March 9 th	March 12 th
14	March 23 rd	March 25 th	March 23 rd	March 26 th
15	April 6 th	April 8 th	April 6 th	April 9 th

Confirmation Prep. In-person session

Session # 5 Sun. March 9th at 2 PM_ Session # 6 Sun. April 6th at 2 PM

Session # 7th April 27th at 2 PM.

What God Has Joined

What God Has Joined: Preparing for Marriage in the Catholic Church

Marriage preparation is a requirement for marriage in the Catholic Church.

It is recommended that couples complete this preparation 6 months prior to their marriage date. This course discusses the important aspects of your relationship before you begin your lifelong journey together.

St. Bernard's will be facilitating a weekend marriage preparation program on the following dates:

Friday	May 30	7:00 to 9:00 PM
Saturday	May 31	9:00 AM to approximately 4:00 PM

Couples are required to attend both days.

Cost of course & book inclusive: \$ 100.00 per couple.

You must pre-register to attend by emailing darlenemcgraw@rogers.com.

Space is limited so please register early.

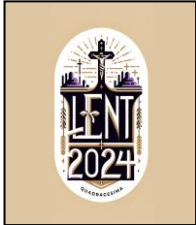
St. Bernard's



COUNTDOWN FOR LENT Ash Wednesday is approaching! Lent begins Wednesday, March 5, 2025

Lent is a time of repentance, change of heart, and prayer.

Ashes that are used to mark the beginning of Lent normally come from the palm branches that were blessed and distributed the previous Palm Sunday of the Passion of the Lord.



Season of Lent – Lent is the yearly celebration by the church of its corporate conversion in Jesus Christ. During Lent, the liturgy prepares catechumens to celebrate the Paschal Mystery by the various stages of Christian initiation. It also prepares the faithful for Easter as they recall their Baptism and do penance in preparation for the greatest Feast of the year. Lent has two major purposes: It recalls or prepares for Baptism and emphasizes a spirit of penance. Through forty days of closer attention to God's Word and more of more fervent prayer, believers are prepared to celebrate the Paschal Mystery. Lenten instructions stress these

baptismal and penitential themes. During Lent, it is important to teach the social consequences of sin as well as the fact that the heart of the virtue of penance is hatred of sin as an offence against God. The Church encourages penitential practices that are external and social, reflecting the circumstances of individuals and communities, as we pray and do penance for sinners.



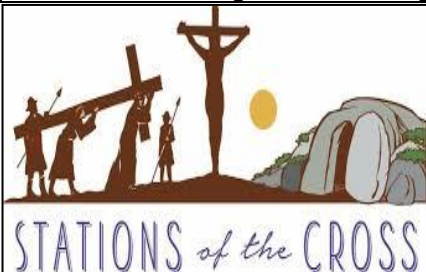
EVENING PRAYER

Christians are called in baptism to be people of prayer, to pray always, praising God and pleading for the world. We, as children of God, are encouraged to be more cognizant of prayer during the Lenten season. Why not try gathering with the faith community for Evening Prayer? It only takes up a half hour of your time. We follow the format for Evening Prayer that is offered in our Catholic Book of Worship.

All are welcome to gather for Evening Prayer at St. Bernard's on the following Thursday evenings during lent: March 6, 13, 20, 27, April 3 & 10 @ 6:30 PM.

The Way Of The Cross

We will pray the Way of the Cross **during the holy season of Lent on Friday evenings at 6:30 PM.** To make this prayer available to as many people as possible, we will celebrate it in different churches according to the following schedule:



March 7	Immaculate Heart
March 14	St. Augustine's
March 21	St. Bernard's
March 28	Immaculate Heart
April 4	St. Augustine's
April 11	St. Bernard's
April 18	Immaculate Heart



Ash Wednesday

Why do we wear ashes? Ashes symbolize sorrow and penitence. The early church ritualized this for those who had committed a serious or "capital" sin. These "penitents" would wear a penitential garment and have ashes sprinkled on them. Then they would be excluded from celebrating the Eucharist until the Easter Vigil. (Note that a person could be a penitent only once in a lifetime.) Although the order of penitents had declined, by 1091 all the faithful were encouraged to take on the practice of wearing ashes at the beginning of lent. Today we

continue this practice as an expression of "our human condition as affected by sin" (Ceremonial of Bishops, 253). We mourn for "our sin and ignorance" (Responsorial for Ash Wednesday) that has kept us from keeping to our baptismal promises. We are marked with ashes as a sign of our commitment to "turn away from sin and be faithful to the gospel" (Mk 1:15).

Where do the ashes come from? The rubrics for Ash Wednesday say that "the ashes used today come from the branches blessed the preceding year for Passion Sunday." Though there is no special rite for burning palm branches, many communities have made a tradition of preparing their own ashes during the weeks before Lent.

How long do I have to wear these ashes? There is no rubric that states that ashes need to be worn outside of the Ash Wednesday liturgy, though you'll see many smudged foreheads at work and on the streets on that day. The wearing of ashes is meant to be a sign of our inward conversion, and, as the Gospel of the day warns, not a way to gain applause. However, this could be a way to quietly evangelize our places of work and to find support from unknown fellow Catholics.

Is it a sin to not get ashes on Ash Wednesday? Some people believe that it is a sin to miss receiving ashes on this day. Some even believe that one would not go to heaven if he or she were not marked with blessed ashes. Neither is true. (Ash Wednesday is not even a holy day of obligation!) This of course does not mean that we shouldn't participate in this liturgy, nor does it mean that the symbol isn't important. Wearing ashes must reflect our desire to act from our baptismal promises. Saying "we believe" requires us to live dead to sin. Wearing ashes demands that we live alive for Christ.



Did you know...Ash Wednesday is a day of fasting & of abstinence from meat?

Christian fasting obtains its full meaning when we deprive ourselves of food in order to be more open for prayer, to share more in the suffering of those who are starving & to save money to give to the poor. The law of **abstinence** from meat binds those who are 14 & older; the law of fasting binds those from 18 to 59 years of age. Parents and educators are reminded of their duty to introduce children gradually to the understanding and practice of penance.

Knights of Columbus Council 1310 Monthly Breakfast - 84 Broadway Street, Moncton March 2 from 8:30AM - 12:30 PM. \$12 for adults, \$5 for children. Menu includes: bacon, ham, sausage, eggs, pan fries, baked beans, pancakes, toast, tea, coffee and juice. All are welcome!

St. Bernard's



First Friday Devotion at St. Bernard's Church - March 7th 2025

- 8:00 AM** – Exposition of the Blessed Sacrament, Sacrament of Reconciliation
9:00 AM – Prayer of Consecration to the Sacred Heart of Jesus, Benediction
9:30 AM – Holy Mass

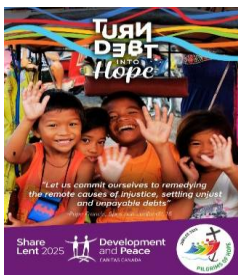


The Feast Light Gathering – March 2, 2025!

The Light of Jesus Ministry is a Filipino Catholic community committed to bringing God's love to everyone through vibrant worship, inspiring talks, and a welcoming faith family. As part of this mission, The Feast Light offers a smaller, intimate gathering where you can grow in faith and find encouragement for life's journey.

Join us on **Sunday, March 2, 2025** for our second Feast Light gathering at St. Bernard's Church. We begin with Mass at 11:00 AM (main church)

followed by **The Feast Light at 12:30 PM at the Parish Hall**. Our second talk for the topic **“Rock bottom: Life Strategies from Life Tragedies,”** will explore how your problems today are the ingredients for your miracle tomorrow. Come for an uplifting time of prayer, reflection, and fellowship. Everyone is welcome! Invite your family and friends and be blessed. See you there!



THIS LENT, TURN DEBT INTO HOPE

2025 is a Jubilee year. A year in which Pope Francis invites us to “forgive the debts of countries that will never be able to repay them.” (Spes non confundit, 16). Development and Peace — Caritas Canada is responding to this call through the global *Turn Debt into Hope* campaign. Here are a few ways you can join us:

1. Donating online at devp.org/give or during the Solidarity Sunday collection on April 6, the fifth Sunday of Lent. Your generosity helps support over 79 projects in 34 countries around the world!

2. Get the Mini-magazine and follow the Solidarity Calendar with your family. Discover all the resources at devp.org/lent/resources.

For more information, contact Development and Peace — Caritas Canada regional Office in Moncton at 506 801 0440 or by email: dpatlantique@devp.org.

World Day of Prayer - March 7

The World Day of Prayer is observed annually on the first Friday in March. It is an invitation for Christians to pause and pray together ecumenically. This recalls our Christian responsibility to be sensitive to the signs of the times so that we might bring a more authentically Christian dimension to the concerns of our world, our country, our community. Sponsored by the Women's Inter-Church Council of Canada and its national counterparts around the world, it is celebrated in approximately 165 countries.

To assist celebrations of the World Day of Prayer, services have been prepared for adults, youth, and children. Copies of these may be obtained from the Women's Inter-Church of Canada, phone (416) 929 – 5184; fax (416) 929 -4064; wicc.org.

St. Clement's

Ash Wednesday mass will be at 5:15 pm.

St. Vincent's

FAITH FORMATION at St. Vincent's

In-person catechism sessions take place on Sunday mornings following Mass. For any participant or volunteer inquiries for this program, including sacramental preparations, please contact Cathy Crinnion at ccrinnion@yahoo.ca or 536-4470. The Faith Formation schedule is as follows:

Sun Mar 9 th @ 10am	Elementary group session #12 – St. Vincent's hall
Sun Mar 9 th @ 6pm	<i>Sacrament prep: 1st Reconciliation session #2</i>
Fri Mar 14 th @ 5pm	<i>Sacrament of 1st Reconciliation</i>
Sun Mar 23 rd @ 10am	Elementary group session #13 – St. Vincent's hall
Sun Apr 6 th @ 10am	Elementary group session #14 – St. Vincent's hall
Sun Apr 27 th @ 10am	Elementary group session #15 – St. Vincent's hall
Sun May 4 th @ 10am	Elementary group session #16 – St. Vincent's hall
Sun May 11 th @ 9am	<i>1st Eucharist during Mass (for preparation times, contact Cathy)</i>

Primary group (grades 1-3) – please contact Cathy to discuss

ASH WEDNESDAY AT ST. VINCENT'S – will be celebrated on Wed., March 5, 2025, at 7 PM.

STORM CANCELLATIONS – Please note that if mass is cancelled for any reason, but mainly winter storms this time of year, a mass email will be sent out to all parishioners who have shared their email with the Parish Office. We realize there are some parishioners who do not have access to email, so we ask that if mass is cancelled, please call any parishioners you know who do not have email to alert them to the cancellation.

MASS INTENTIONS – We are in need of mass intentions for this year! As mass cannot be celebrated without a mass intention, please contact Lorraine at the Parish Office 506-536-1460 stvince@nbnet.nb.ca to arrange for a mass intention.

2024 INCOME TAX RECEIPTS – Tax receipts for 2024 were distributed before and after mass on Sunday, February 23, 2025. If you were unable to attend mass on this day, please be assured that your receipt was mailed via Canada Post on Monday, February 24, 2025.

WOMENS WORLD DAY OF PRAYER – you are invited to join women from Sackville and area at Sackville United Church on March 7, 2025, at 2:00 p.m. to celebrate Women's World Day of Prayer 2025.

The Women's World Day of Prayer is a global, ecumenical grassroots movement of Christian women. Its centrepiece is a church service in which the liturgy is prepared by women in a different country each year. It is celebrated worldwide on the first Friday in March. This year's Women's World Day of Prayer, with the motto "I Made You Wonderful", comes from the Cook Islands.

St. Vincent's

CHALICE DONATION – John Blakely reported that on February 20, 2025, a \$500 donation was forwarded to Chalice via the bank. This from money collected from the wooden Chalice box at the entrance to our church! John says “Thanks for all donations, large OR small and God bless them all”.

MASS CELEBRATION AT THE DREW NURSING HOME – On Monday, February 10, 2025, Fr. Carlos began celebrating Mass once per month at 3:00 p.m. with the residents of the Drew Nursing Long Term Care Home in Sackville. The following dates are also scheduled for Mass: Monday, March 10; Monday, April 7; Monday, May 5; and Monday, June 2. Everyone is invited to attend and celebrate mass with the residents of the Drew Nursing Home.

DONATIONS OF HOUSEHOLD GOODS – Thank you to all who have donated household items for the use of the Filipino newcomers in the past year.

As we very recently received a large gift of household furniture, we are currently putting a pause on accepting donations for the time being. However, if you have a kitchen table and chairs and/or like-new bedding for twin, double, or queen size mattresses, please be in touch with Lorraine at the Parish Office 506-536-1460 or stvince@nbnet.nb.ca.

SACKVILLE FOOD BANK – With the rising cost of groceries, many local families are struggling to put nutritious food on the table. If you are able, please contribute non-perishable food items to our local Food Bank. The donation basket is located on the right-hand side of the entrance of the church.



Trevor Droesbeck - 857-4879 or adultfaith@diocesemoncton.ca
Karen LeBlanc – 387-4198 or youth@diocesemoncton.ca

LENT GOES TO THE MOVIES

Our Mondays @ The Movies film discussion group will meet every two weeks over Lent to discuss Lenten themes in popular films. **March 10th – Close Encounters of the Third Kind;** **March 24th – A River Runs Through It;** and **April 7th– Thelma and Louise.** All discussions take place on Zoom at 10:00 am. Please contact Karen at 387-4198 or youth@diocesemoncton.ca to register. Everyone is welcome to join the discussion.

“ROADMAP TO INITIATION” R.C.I.A. FORMATION

Catherine Ecker will be offering a three-part series entitled “Roadmap to Initiation,” designed for those who are involved in parish R.C.I.A. (Rite of Christian Initiation of Adults) teams. It would also be of interest to anyone involved in sacramental preparation. These sessions will take place via Zoom on **March 10th, 17th, and 24th at 7:00 pm** to 9:00 pm. Contact Karen at 387-4198 or youth@diocesemoncton.ca to register.

Welcome back to SENIORS CONNECT!

Our next gathering will take place on **Thursday March 27th at 10:30 am** at Holy Family Church. We will have someone from the Alzheimer Society talking to us about “Understanding Behaviors”. Questions? Contact Karen LeBlanc at 387-4198 or email youth@diocesemoncton.ca.

OTHER DIOCESAN AND COMMUNITY NOTICES



DYING WITH CHRIST, LIVING WITH HOPE

is a 3-part series designed to engage Christians in conversations around death and dying. As a pastoral priority of Archbishop Desrochers, each parish in the diocese will be hosting the series at various times. All are welcome to register for any of the sessions taking place. Upcoming English sessions will be held on **March 21st at**

Immaculate Conception Parish in Rexton at 6:00 pm, and St. Augustine's will be hosting the series on the evenings of March 31st, April 7th, and April 14th at 6:30 pm. Registration is necessary and can be done online through the diocesan website or by scanning the QR code. You may also register by contacting Trevor at adultfaith@diocesemoncton.com or by calling 857-4879. *Dying with Christ, Living with Hope was created by the Christian Medical and Dental Association of Canada.*

ENLARGE YOUR TENT: HOW TO BE A WELCOMING CHURCH

Mark your calendars, St. Elizabeth of the Trinity invites everyone to join a conversation on hospitality and welcome on **Wednesday, April 23rd**, 7:00 pm at Holy Family Parish Hall (52 Falkland). ***Please note the originally publicized date of March 27th was incorrect.*** What does it mean to welcome someone? What is good hospitality? Grounded in the Vatican synodal document "Enlarge the Space in Your Tent," taken from Isaiah 54:2, we will pray, reflect on and discuss these themes. Contact Mark to register at 386-6178 or markmahoney@set@gmail.com.

Lenten Walk with the Lord – 40 Acts of Kindness:

Presenting an additional or optional way to enhance and enrich your Lenten commitment and experience. "Lenten Walk with the Lord" invites you to do one (1) simple act of kindness for each of the 40 days of Lent. There is a calendar which will be placed in the bulletin to help you keep track of your kindness along with some simple instructions to help guide you. For example, kindness can be as simple as a 'smile' and often begins at home.

Gospel Study Group March 6th and 7th :

Weekly in person or Zoom, Thursdays at St. Lawrence O'Toole 6:00pm followed by adoration at 7:00pm AND Fridays at St. Augustine's 11:00am, followed by Mass at 12:00noon and adoration. For information contact Charlie Farrell at 857-4223 or charlie.farrell@qasmoncton.com.

For 1st Sunday of Lent click on the following links and read:

Gregory the Great : <https://thedivinelamp.wordpress.com/2011/03/12/homily-on-the-gospel-for-the-first-sunday-of-lent-by-pope-st-gregory-the-great/>

Pope Francis : https://www.vatican.va/content/francesco/en/homilies/2016/documents/papa-francesco_20160214_omelia-messico-ecatepec.html



Stations of the Cross and Evening Prayer

Join us every Friday night during Lent (starting March 7th and ending April 11th) at 6:30pm for the Stations of the Cross followed by Evening Prayer at St. Augustine's Church. Experience this beautiful Lenten tradition as we walk in the footsteps of Christ, reflecting on His passion and sacrifice. All are welcome to participate in this meaningful time of prayer and reflection.

Dear Padre,

Does pregnancy qualify as an exemption from abstinence and fasting in Lent?

Yes, it does. Just to be clear, abstinence is not eating meat on the Fridays of Lent and applies to Catholics over the age of fourteen. On Ash Wednesday and Good Friday, Catholics between the ages of eighteen and fifty-nine are obligated to fast, that is, eat only one full meal and two smaller meals that do not add up to a full meal. In addition to children and elders, exemptions from these disciplines include pregnant or nursing women and the physically or mentally ill, including those with chronic illnesses, like diabetes.

It is presumed that mature Catholics will seek balance and integration in the practice of the faith and will routinely make careful, informed decisions and apply them to spiritual practice. Obviously, being informed and aware of what the Church teaches, why the Church teaches something, and how it is to be applied and understood will only enhance a person's discernment.

The health of an unborn baby is a clear responsibility and of the utmost importance. Maintaining a healthy and balanced diet during pregnancy and adjusting any habitual practices that may endanger the health of the baby should be a primary concern. While exempt from fasting and abstinence, a pregnant woman may want to observe Lent by adopting another penitential discipline, something that would do no harm to the baby but would still be in the spirit of Lent. ●



SHUTTER PRODUCTIONS / PEARLS

Fr. Thomas M. Santa, CSSR / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 3	March 4	March 5	March 6	March 7	March 8	March 9
<i>Weekday</i>	<i>Weekday</i>	<i>Ash Wednesday</i>	<i>Thursday after</i>	<i>Friday after Ash</i>	<i>Saturday after</i>	<i>First Sunday of</i>
Sir 17:20–24	Sir 35:1–12	Jl 2:12–18	<i>Ash Wednesday</i>	<i>Wednesday</i>	<i>Ash Wednesday</i>	<i>Lent</i>
Mk 10:17–27	Mk 10:28–31	2 Cor 5:20–6:2	Dt 30:15–20	Is 58:1–9a	Is 58:9b–14	Dt 26:4–10
		Mt 6:1–6, 16–18	Lk 9:22–25	Mt 9:14–15	Lk 5:27–32	Rom 10:8–13
						Lk 4:1–13



VATICAN MEDIA

A WORD FROM POPE FRANCIS

What Jesus says is true: we always find reasons for blaming others and justifying ourselves. And very often we complain about things that are wrong in society, in the Church, in the world, without first questioning ourselves and without making an effort to change.... Every fruitful, positive change must begin from ourselves. Otherwise, there will be no change.

ANGELUS, ROME, FEBRUARY 27, 2022