



SAINT PAUL CATHOLIC CENTER

171 S. Main Street, Hurricane, Utah 84737

Ph: (435) 635-6829 www.stpaulcatholiccenter.org

Sunday, February 26, 2023
FIRST SUNDAY of LENT

We welcome you to join our congregation of Saint Paul! Registration forms are available at the back of the church, near the entrance or contact Rae Crozier for more information.

Lent

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Rite of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.



Diocesan Development Drive (DDD)

Your gifts also help form the future priests of Utah and many other ministries, Catholic programs and services such as: Hospital, Marriage and Family Life, Persons with Disabilities, and Prison Detention ministries. Also, services such as, Diaconate Formation, Government Liaison, Liturgical Training, and Seminarian Training. Lest to mention, Archives of the Catholic Church in Utah, Financial Services, Marriage Tribunal and several more.

You can give your check to Rae Crozier, mail in your donation or donate online at: www.dioslc.org/ddd

PLEASE SUPPORT THE DDD

LECTORS SCHEDULE

February 26	<i>Ray White</i>
March 5	<i>Toni Foran</i>
March 12	<i>Charlotte Green</i>

EUCCHARISTIC MINISTER SCHEDULE

February 26	<i>Sylvia Borowiak</i>
March 5	<i>Mickie Bond</i>
March 12	<i>Lynn Spencer</i>

Prayer Requests

Let us pray for our Armed Forces and their families

<i>Bob Carter</i>	<i>Lola Reyna</i>
<i>Charlie Barr</i>	<i>Mark Borowiak</i>
<i>Jim Scarth</i>	<i>Richard McAfee</i>
<i>Kyle Hanson</i>	<i>Suzie Bledsoe</i>

CONTACT A PRIEST

Saint George Catholic Church

259 West 200 North
St. George, Utah 84770
(435) 673-2604

www.saintgeorgecatholics.com

- Reverend David Bittmenn, Pastor
- Reverend Tristan Dillon
- Deacon Dan Weber

BIBLE STUDY: Mondays at 12:30 p.m.

ROSARY: Mondays at 2:00 p.m.

COMMUNION SERVICE: Wednesdays at 9:00 a.m.

THE CHOSEN: Wednesdays at 6:00 p.m.

ADORATION: Wednesday, March 8th at 9:30 a.m.

SAINT PAUL CATHOLIC CENTER ADMINISTRATOR:

Rae Crozier (801) 389-1001

BULLETIN: Steve Muñoz (248) 520-4913

WEBSITE: Mark Borowiak - www.stpaulcatholiccenter.org

STATIONS OF THE CROSS

Fridays, at 6:00 p.m.

SNACKS and COFFEE

**Will Not Be Served After Mass
During Lent**



We are continuing to collect food donations for the Hurricane d Bank and the Springdale Elementary School.

CATHOLIC RULES FOR FASTING DURING LENT IN 2023

What Is Fasting?

In the Catholic Church, fasting is a practice in self-discipline with a penitential focus. In the context of Lent, it refers to reducing food intake and limiting how many meals we have.

What are the Lent fasting rules?

On Ash Wednesday and Good Friday, fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal. Additionally, Catholics may not eat meat on these two days—or on any Friday during Lent.

What are the Lent rules on abstinence?

In this context, abstinence refers to “abstaining” from meat on Fridays during Lent. Whereas Catholics fast on Ash Wednesday and Good Friday with just one large meal, Catholics must refrain from eating meat on other Fridays, though they can have three full meals.

At what age do you start fasting for Lent?

Those ages 18-59, in reasonable health, are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. Canon Law does mention that for young children not fasting, parents should still communicate the meaning and penance.

Who is exempt from fasting during Lent?

Children, adults with physical and mental illness, pregnant women and those nursing are all exempt. The USCCB stresses that “common sense should prevail” and that no one should jeopardize their health to fast.

When is fasting over?

Lent ends on Holy Thursday, but Lenten fasting (and personal commitments) usually continues until Easter. Papal document Paschalis Solemnities recommends this in order that we “with uplifted and welcoming heart be ready to celebrate the joys of the Sunday of the resurrection.”

Can you eat meat on Good Friday?

On the one hand, Good Friday is part of the Easter Triduum, which marks the end of Lent. However, since Good Friday itself is a day of abstinence, it's best to abstain from meat, as in the Fridays of Lent. “ Ultimately, it's a personal decision.”

“The Holy Catholic Church, it's a beautiful thing!
(Steven 7:53)

Happy Birthday!

Rosa Rutter – Feb 27th

Ray White – Feb 28th

SAINT PAUL GETS HVAC UPGRADE

This past Monday, Saint Paul had two of its three Heating, Ventilation, and Air Conditioning units replaced to include thermostats and hot water heater.



Work on the new storage building continues just about every day. The shortage of resources have caused a number of delays, however slowly but surely, it's all coming together. This week several new metal shelving units were installed. Also, many thanks to Susan Copado and Gloria Muñoz for their hard work last week moving bins, boxes, cleaning walls, sweeping and mopping floors.

A LITTLE SUNDAY HUMOR! Provided by: Steve



★ So, Daffy Duck and Elmer Fudd break into a distillery. Daffy turns to Elmer and says: “Is this Whiskey?” Elmer says: “Yeth, but not as whiskey as wobbing a bank!!”

★ I discovered a strange new trend at work today. People are putting names on bags of food in the fridge. Today I had a tuna sandwich named Kevin!