

Normas Para El Ayuno Y La Abstinencia



Como el miércoles de ceniza, el viernes santo, 30 de marzo, son días de abstinencia y de ayuno. También se debe abstenerse los viernes (no comer carne) durante la Cuaresma.

Esta no es sólo una forma de penitencia, sino también una oportunidad de hacer un balance o evaluar nuestra vida espiritual. Todas las personas a partir de los 18 años de edad y los que no hayan cumplido los 59 años de edad, deben ayunar. Se permite comer una vez durante el día de ayuno, también pueden comer dos veces para mantener la energía, según la necesidad de cada individuo. Sin embargo, estas dos comidas no deben igualar a la cantidad de una comida completa.

No se puede comer entre comidas, pero está permitido tomar líquido, incluyendo leche y jugos. La abstinencia se debe cumplir desde los 14 años de edad en adelante.

En los días de abstinencia, no se debe comer carne, pero si la salud o la habilidad para cumplir su trabajo se ve seriamente afectado, la ley no lo obliga. Si se tiene alguna duda sobre la práctica del ayuno o de la abstinencia, consulte el párroco.

Nuestro Servicio De Reconciliación (Confesiones) 28 de febrero a las 7 PM



Para prepararse bien a celebrar la Pascua, vengán el rito comunal del sacramento de reconciliación, con confesiones particulares, el último miércoles de este mes. Tendremos cinco padres confesores, por lo menos 3 de quienes entienden

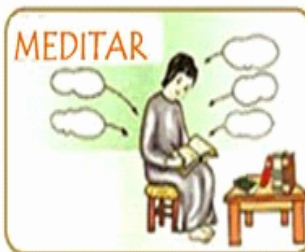
español. Se urge la asistencia de adultos, jóvenes y chicos, inclusive chicos que van a hacer su primera Confesión.

Programa cuaresmal: “Vive la Eucaristía”



Su urgen todos los fieles tomar parte en grupos para compartir la fe con adultos o jóvenes, leer y meditar de las lecturas usando

el método de rezar que se llama “Lectio Divina”. Abajo son los cuatro pasos de este método:



Vive La Eucaristía grupos ya formados: Para juntarse a un grupo de adultos o jóvenes favor llame o Rocío, o Sara o Karina.

CORRESPONSABILIDAD: 1ro. de Cuaresma



Las aguas del Bautismo nos hacen partícipes de la nueva alianza en Cristo. La carta pastoral de los obispos sobre la

Administración de Nuestro Tiempo, Talento y Tesoro como Bienes de Dios nos recuerda que hay una obligación fundamental que surge del sacramento del bautismo... que la gente ponga sus dones, sus recursos – a sí mismos – al servicio de Dios y a través de la Iglesia.



“The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan.” (Mark: chapter 1)



St. Mary Catholic Church

332 S. Lee St., Americus, GA 31709
Telephone: (229) 924-3495

Pastor: Father Fran Gillespie SJ (“Padre Paco”)
email: fgillespie@diosav.org

Bookkeeper: stmaryamericus@gmail.com
Parish Web Page: www.stmaryamericus.com
Office Hours: Tuesday-Friday: 9:00 A.M. - 1:00 P.M.
February 18, 2018 1st Sunday of Lent

Nuestra Misión: Nosotros, los feligreses de la Iglesia Católica Santa María en Americus, Georgia, compartimos nuestra diversidad mientras abarcando nuestro Bautismo común adorando a Dios, celebrando la Eucaristía, honrando María, difundiendo la Palabra, y sirviendo a los demás.

Mission: We, the parishioners of St. Mary Catholic Church in Americus, Georgia, share our diversity while embracing our common Baptism by worshiping God, celebrating the Eucharist, honoring Mary, spreading the Word, and serving others.

SACRAMENTAL INFORMATION

Clases de Preparación Bautismal - Por favor llame la oficina parroquial para registrarse por las pláticas pre-bautismales a menos un mes antes del Bautismo.

Clases de Preparación de Matrimonio - Las parejas necesitan comunicarse con el Padre por lo menos seis meses antes de la fecha de la boda.

Sacramento de la Unción de un Enfermo - Si alguien está enfermo, llame el párroco para recibir este sacramento (favor, no esperar al último momento).

Confesión/Reconciliación - Sábado 4:00 pm a 4:30 pm o llame el párroco por una cita particular.

SACRAMENTAL INFORMATION

Baptismal Preparation Class - Contact the pastor by phone /email to register for a pre-Baptism class at least a month ahead of a Baptismal date.

Marriage Preparation - Contact the pastor at least 6 months before expected wedding date.

Sacrament of the Anointing of the Sick - Those quite ill, hospitalized, or facing surgery who wish the Sacrament of the Anointing of the Sick, please contact the pastor sooner rather than later.

Confession/Reconciliation - Saturday 4:00 pm to 4:30 pm or call Fr. Fran for an appointment.

HORARIO DE LAS MISAS

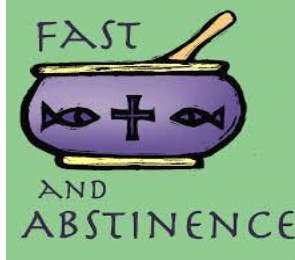
Sábado: 5:30 PM (Ingles)
Domingo: 9:30 (Ingles); 11:30 (Español)
Martes a Viernes a las 12:00 (ingles) en la capilla

SCHEDULE OF WEEKLY MASSES

Saturday: 5:30 pm - English
Sunday: 9:30 (English); 11:30 (Spanish)
Tuesday thru Friday, 12 Noon, in chapel (English)

Diocesan Office for Protection of Children & Youth (912-201-4074); toll free hotline is (888) 357-5330

FAST & ABSTINENCE



1) ABSTINENCE on all Fridays of Lent, and on Good Friday and Ash Wednesday. No meat may be eaten on days of abstinence. Catholics 14 years and older are bound to abstain from meat. Invalids, pregnant and nursing mothers are exempt.

2) FAST on Good Friday and Ash Wednesday. Fasting means having only one full meal to maintain one's strength. Two smaller, meatless and penitential meals are permitted according to one's needs, but they should not together equal the one full meal. Eating solid foods between meals is not permitted. Catholics from age 18 through age 59 are bound to fast. Again, invalids, pregnant and nursing mothers are exempt.

3) Friday Abstinence Outside of Lent. By way of reminder, Fridays throughout the year are designated days of penance. The Church's Canon Law states Friday is a day of abstinence from meat throughout the year. The American Bishops have allowed us to choose a different form of penance rather than abstaining from meat, but there must be some form of penance, for Friday is the day we commemorate Christ's suffering and death. The bishops stress that "[a]mong the works of voluntary self-denial and personal penance...we give first place to abstinence from flesh meat" (US Bishops).

Living The Eucharist (LTE) Underway



The LTE groups began this week and look forward to prayerfully sharing these six weeks of Lent. Current groups are listed below. For more

info contact LTE Coordinator Lynn Ingle at : lynn.ingle@mga.edu. If you have not yet done so, consult: www.livingtheeucharist.org

LTE GROUPS ALREADY MEETING
 Sunday morning, c. 11 AM (Calcutt's home)
 Monday evening, 6:30; (McGowan's home)
 Tuesday at 1 PM, (C. Campbell, hall classroom)
 Friday evening, 6:30, (M. Turner's home)

Jesus, led by the Holy Spirit, spent the original



Lent of 40 days fasting and praying then was tempted by the devil. He emerged from His Lent with such spiritual pay-offs as graced knowledge of the wiles of the Devil (who would tempt him again), clearer knowledge

of God's Will for him and greater resolve to do it. This Lent, the same Holy Spirit is prompting the faithful of St. Mary's to similarly commit to observing Lent's 40 days. By increased praying, penance and charitable works done with purer intention and with more devotion, and by knowing where we are vulnerable to the devil's temptations, we hope to emerge at Lent's end favored with similar spiritual payoffs that Jesus enjoyed.

Traditional Devotion: Stations of the Cross



In addition to participating in the new diocesan program of "Living The Eucharist", which holds priority for this and the next two Lents, the traditional devotion of the Stations of the Cross will be available twice for all who

wish to set aside more time for praying in Lent. The schedule follows:
FRIDAY Stations of the Cross (in English):
Morning: Exposition of Blessed Sacrament starts at 11 in the chapel; 11:30, one Station selected for our Lectio Divina; Mass follows at Noon;
Evening: 6:00-7:00 PM in the church (Stations only)

WEDNESDAY Via Cruces (Stations in Spanish):
 6:25 PM -7:10 PM; from 7:15 to 7:30
 Exposition of the Blessed Sacrament

Measuring The Effect of the LTE Program?

Were the following scientific research design to be implemented to assess the effect of our Lenten program of Living The Eucharist (LTE), what would be the expected findings between two groups of parishioners, i.e.. the "treatment" group and the "control" group? Both groups would be tested pre- and post-Lent on basic levels of Catholic religiosity.

Research Design Where R =random assignment, O₁=Pre-tests, O₂=Post-tests, X=treatment i.e. LTE.
 R O₁ X O₂
 R O₁ O₂
 Hypothesis: X Group scores > Control group's.

Lenten Spiritual Exercising: Lectio Divina



LECTIO DIVINA
 Reading the Scripture
 Reflecting on the Meaning
 Responding through Prayer
 Resting in God
 Responding in Action

Lectio Meditatio Oratio Contemplatio Operatio

Following the directive of our Bishop, Gregory Hartmayer, all parishioners are expected to participate in the Lenten program "Living The Eucharist" (LTE), the goals of which have been described the past two months in our parish bulletin. With the start of Lent this week on Ash Wednesday we enter into participating in LTE.

One of the essential means for achieving the goals of LTE is doing the spiritual exercise called "Lectio Divina". Indeed, a lasting benefit, a great take-away, from our participating in LTE during the six weeks of Lent will be our becoming adept at performing this age old form of prayer.

What is this form of prayer called Lectio Divina?
 The answer can be found in your hands and in your view. That is to say, in your hands because it is clearly summarized in pages 29-33 of your LTE "Small Group Participant Booklet". It is in your view because it is presented in a video by the same name on the LTE website to which you have been directed these past two months, namely: www.livingtheeucharist.org

Can I participate in LTE if I can't make a group?
 Some few parishioners cannot see their way to join a LTE group due to reasons of work schedule, travel, or health. So yes, in such circumstances, one can still profitably use their "Small Group Participant Booklet" and pray Lectio Divina on their own. The idea is for all of us, adults, youth and children, to participate in this Lenten program "Living The Eucharist".

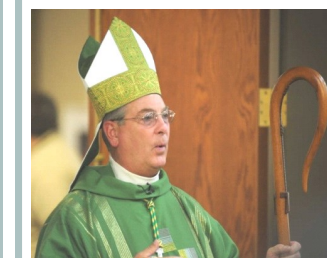
Weekend	Offertory	Budget/Presupuesto	Surplus/(+Sobre)Deficit/(—Falta)	2nd Collection
February 4	\$3,202	\$2,925	\$ 277	
February 11	\$2,312	\$2,925	\$ 613	Eastern Europe Church \$561
February 18				
February 25				

Lent is a time for repentance and the sacra-



mental way of manifesting our desire for this is by going to Confession, preferably by participating in our Communal Penance Service. These services involve adults, youth and children eligible to go to confession. They also have on hand an ample number of confessors (bilingual priests included). To properly prepare oneself all are asked to consult an Examination of Conscience guide ahead of time. Lenten Communal Penance Services for our own and neighboring parishes follow:

February 28 Wednesday St. Mary, Americus
March 13 Tuesday St. Theresa, Cordele
March 14 Wednesday St. Teresa, Albany



Bishop Hartmayer Grateful To St. Mary's

For the fourth year in a row our parishioners have not only met but exceeded the amount the Bishop asked us to contribute to his annual appeal. For this he expresses, through its pastor, his gratitude to St. Mary's. The final figures for the 2017 BAA are presented below, including the figure for the anonymous diocesan benefactor's matching gift for new contributors and for those who raised their previous BAA contribution.

St. Mary's 2017 BAA goal:	\$13,901
Total we actually contributed	\$15,427
Percent of Goal:	111%
Percent of Parishioners participating	51% (includes ten 2nd collections for BAA from the 8:30/10:30 Spanish Mass)
Am't contributed including matching gift	\$17,258
Adjusted percent of goal	124%