



Seventh Sunday  
in Ordinary Time  
February 23, 2020

Dear Members and Friends of the Cathedral, Saint Mary of the Immaculate Conception, and Saint Patrick,

In this space for the past two weeks, I have written about the Lenten disciplines of fasting and almsgiving. Today, as we continue to look forward to the coming season of Lent, I'd like to suggest our focus turn to the final pillar of that holy season: prayer.

Without prayer, fasting and almsgiving are merely actions we do out of habit without much meaning. Prayer is our conversation with God. It is through prayer that we find the strength to fast. It is through prayer that we develop a closer, more intimate relationship with God. This relationship makes us so grateful for the blessings he has bestowed upon us that we eagerly give to those less fortunate than us. The Church, in its wisdom, understands that prayer is essential to any action we as disciples of Christ may undertake.

As Christians, we should already be praying each day; why then does the Church invite us focus of prayer anew each Lent? Well, like a loving mother, she knows that we need reminding from time to time—just ask those people who made a New Year's Resolution to get to the gym each day! So, too, in the spiritual life, it is easy to grow lazy and complacent. Lent is the time when we are called to go deeper, mirroring the forty days our Lord spent in the desert in prayer.

If you aren't praying every day, make that part of your Lenten discipline—five minutes at the start or end of your day. If you're already there, great, go deeper go from five minutes to ten or fifteen. Whatever level of prayer you are currently at, Lent is the opportunity to hear the call to continuing and ongoing conversion in our lives to Christ.

But, what are we meant to do in our private prayer? The short answer is whatever helps lead you to greater communion with Christ. The long answer is that process of ongoing conversion takes many forms. Reading from the Scriptures, meditating with the mysteries of the Rosary, Stations of the Cross, time in front of the Blessed Sacrament, mental prayer, intercessory prayer, and so many other forms are available to you from the rich tradition of our Church.

Besides private prayer, you may want to join our parish communities in some of our liturgical and devotional prayer. In addition to Sunday Mass, try to come to a daily Mass or two throughout the week as your schedules allows. Besides our regular daily Masses at the Cathedral (Mon. to Fri. at 12:10 p.m.) and at Saint Patrick (Mon., Wed., and Fri. at 8 a.m. and Tues. and Thurs. at 5:30 p.m.), we will be adding a weekly Wednesday night Mass at Saint Mary of the Immaculate Conception at 7 p.m. with Stations of the Cross following. Additionally, Stations of the Cross will be offered at Saint Patrick every Friday at 7 p.m. And there is the regular weekly holy hour offered at the Cathedral each Friday from 11 a.m. to 12 noon.

Do not wait until Ash Wednesday to come up with your Lenten program. Decide today what you are going to do. Parents should sit down with their children and make sure that they too have come up with a serious plan of action. Have a family meeting tonight and decide together to make this Lent the best Lent ever. Meet as a family every Sunday during Lent and review your program; be accountable to each other. If you make this a great Lent you will notice the difference on Easter Sunday.

May God bless you all,  
Father McQuaide

### Masses/Services for the Week

#### Saturday, Feb. 22

4:00 PM Parishioners

#### Sunday, Feb. 23 (Seventh Sunday in Ordinary Time)

8:00 AM Frances Licki

11:00 AM Ann Gronboldt

#### Monday, Feb. 24

12:10 PM Bob Siter

#### Tuesday, Feb. 25

12:10 PM Margaret and George Seitz

#### Wednesday, Feb. 26 (Ash Wednesday)

12:10 PM Vy. Rev. Leonard R. Klein

#### Thursday, Feb. 27

12:10 PM Robert Siter

#### Friday, Feb. 28

12:10 PM Francis Lynch

#### Saturday, Feb. 29

4:00 PM Parishioners

#### Sunday, Mar. 1 (First Sunday of Lent)

8:00 AM Margaret J. Seitz

11:00 AM Timothy Moran

### Pray for the Sick

Darlene Bargelski, Facenda Burton, Michael Dineen, Joe Dulin, Cal Fuhrmann, Jaxon Gardner, Valencia Giannantonio, Ann Hagan, Jane Hurlock, David Kidd, Rita Lynam, Bill Marshall, Francesca Olivere, Alice Goetz O'Neill, Teresa Rodriguez, Earlene Roles, Howard Scott and Cheryl Smith.

### Birthday Wishes

Prayers and warm wishes for the following parishioners who have birthdays this week: **February 22:** Sandra Callahan-Rogers, Loretta Haugh; **February 23:** Ellen Barrosse-Antle; **February 26:** Kerryanne Smiley

### Reminder

This Sunday is the Cathedral's Mardi Gras Fundraiser to benefit our Parish from 12 noon to 2 p.m.. We will have live entertainment, wine, soda and lots of finger food! All are invited; bring your checkbook!!

### Book of Sacred Liturgy

#### Seventh Sunday in Ordinary Time

February 23, 2020

Readings/Responsorial Psalm Pg. 267

Come Christians Join to Sing #1022

I Am the Bread of Life #912

Now Thank We All Our God #974

### Word of Life

"The essence of our identity is that we are created in God's image and likeness and loved by Him. Nothing can diminish the priceless worth of any human life. Every person is **cherished**."

—USCCB Secretariat of Pro-Life Activities  
2018-19 Respect Life Reflection

### Congratulations to Father McQuaide

Prayers and best wishes go to Father McQuaide on his installation this weekend as Rector of the Cathedral and Pastor of Saint Mary of the Immaculate Conception and Saint Patrick.

### Ash Wednesday Schedule

February 26

Cathedral of St. Peter  
(Main Church)

12:10 PM

St. Patrick

8:00 AM 12:10 PM 5:30 PM

7:00 PM (Latin)

St. Mary

7:00 PM

### Lenten Fasting Guidelines:

1. Abstinence on all the Fridays of Lent, and Good Friday.
  - A) No meat may be eaten on days of abstinence.
  - B) 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:
  - A) 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.
  - B) Catholics from ages 18 through 59 are bound to fast. Again, invalids, pregnant and nursing mothers are exempt.
  - C) Of course, fasting and abstinence can be observed as a spiritual discipline by those who are not required by law to do so.