



Fifth Sunday  
in Ordinary Time  
February 9, 2020

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

Last week we celebrated the Feast of the Presentation of the Lord and the Purification of the Blessed Virgin. With that celebration, the Christmas cycle is now complete, and our eyes turn towards Lent and the joyful celebration of Easter. Indeed, Mary and Joseph didn't offer a lamb because Jesus would offer himself as the lamb of sacrifice from the altar of the cross.

In two-and-a-half short weeks will be Ash Wednesday and with it the beginning of Lent and its call to continuing conversion in our lives. During those forty days, we are invited to fast, pray, and give alms. Over the next weekends, I will devote my pastor's column to each of these spiritual disciplines in the hopes that Lent and its practices do not catch us off-guard. This week: fasting.

In an 1888 article on fasting, Holy Cross Father Daniel Hudson highlighted the constant emphasis of the Church on this spiritual practice. Among the several Fathers of the Church he quotes, are Saint Leo and John Chrysostom: "*Fasting,*" says St. Leo, "*gives strength against sin, represses evil desires, repels temptation, humbles pride, cools anger, and fosters all the inclinations of a good will, even unto the practice of every virtue.*" One Father more, the great St. John Chrysostom, shall give us his authoritative teaching on this important subject: "*Fasting purifies the mind, calms the senses, subjects the flesh to the spirit, renders the heart humble and contrite, disperses the clouds of concupiscence, extinguishes the heat of passion, and lights up the fire of chastity.*"

He continues, *How strongly do all these sentiments of the Fathers of the Church contrast with the notions and language of men in the days in which we live!* (Remember he is writing in 1888—

how much more so is this true in our days!) *One might almost suppose, at the first glance, that we belonged not only to a different age, but to a different Church. And yet the Church has never ceased, on her part, to inculcate on her children the duty of fasting; and in willing obedience to her, multitudes in every age have sanctified their souls. Open the life of any saint or servant of God, and all of them, in their manifold variety of person and character and holiness, will be found to practice fasting as one of the principal means of their spiritual progress. Yes, the tradition and the practice endure to this day with the children of the Church, and will endure unto the end of time. But it is still true, nevertheless, that the spirit of penance has so far decreased, that a very large and, we fear, an increasing proportion of the faithful, from one cause or another, or without cause at all, fail to observe the law of fasting.*

While the law of the Church only requires us to fast—that is to take only one full meal during the day and, additionally, up to two small meals or snacks—on Ash Wednesday and Good Friday, we will be all the better for going 'above and beyond.' It has been said that fasting is the engine that drives the spiritual life. This Lent don't just take on something positive; join in the constant tradition of the Church and set yourself up for success: find something to fast from, to give up (and not broccoli!), something that will be a sacrifice and will leave you feeling hungry. Freeing up this space in our stomachs makes us seek our satisfaction in the Lord and the grace he wants to give us in this holy season.

Let's start making our plans for Lent now so that we can spend our forty days growing closer to the Lord.

May God bless you all,  
Father McQuaide

### Masses/Services for the Week

#### Saturday, Feb. 8

4:00 PM Fr. Leonard R. Klein

#### Sunday, Feb. 9 (Fifth Sunday in Ordinary Time)

8:00 AM Parishioners

11:00 AM Michael Sarnecky

*(Intentions for Feb. 10 thru 13 will be celebrated at Priests' Study Days)*

#### Monday, Feb. 10 (M, Saint Scholastica, Virgin)

12:10 PM Richard Henderson

#### Tuesday, Feb. 11 (m, Our Lady of Lourdes)

12:10 PM Nancy Schumann

#### Wednesday, Feb. 12

12:10 PM Margaret and George Seitz

#### Thursday, Feb. 13

12:10 PM Sr. Kathleen Cevette, D.C. (L)

#### Friday, Feb. 14 (M, Saints Cyril, Monk, and Methodius, Bishop)

12:10 PM Herbert Skirvin

#### Saturday, Feb. 15

4:00 PM Fred Furry

#### Sunday, Feb. 16 (Sixth Sunday in Ordinary Time)

8:00 AM Parishioners

11:00 AM Jim and Sonya Brake

### 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.

### Diocesan Priests Study Days

The priests of the Diocese of Wilmington will be spending these days away together for study and ongoing formation. No daily Masses will be held at the Cathedral from Monday, February 10 to Thursday, February 13. Please keep the priests in prayer.

### Birthday Wishes

Prayers and warm wishes for the following parishioners who have birthdays this week: **February 10:** Jeffrey Neville, James Cantarera; **February 12:** Kathy Blackwelder; **February 13:** Teresa Moore; **February 14:** Val Dobson, Sean Hamilton

### Book of Sacred Liturgy Fifth Sunday in Ordinary Time

February 9, 2020

Readings/Responsorial Psalm Pg. 263

O God Beyond All Praising #950

Eat This Bread #914

Holy, Holy, Holy #364

### Word of Life

“As disciples of Jesus, we are called to become neighbors to everyone (cf. Lk 10:29-37), and to show special favor to those who are poorest, most alone and most in need. In helping the hungry, the thirsty, the foreigner, the naked, the sick, the imprisoned—as well as the child in the womb and the old person who is suffering or near death—we have the opportunity to serve Jesus.”

—Pope Saint John Paul II, *Evangelium vitae*, 87.  
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### You're Invited:

**Father McQuaide's Installation as Rector/Pastor**  
Bishop Malooly will install Father McQuaide as Rector of the Cathedral and Pastor of Saint Mary of the Immaculate Conception and Saint Patrick in one celebration on Saturday, February 22 at 4 p.m. at the Cathedral of Saint Peter. A light reception will immediately follow in the Cathedral School gymnasium. So that we have enough food, please RSVP at <http://www.cathedralofstpeter.com/Rector>

### Catholic Forum

Listen to *Catholic Forum* on Relevant Radio 640 AM on Saturday mornings at 11 AM or anytime online at [cdow.org/CatholicForum](http://cdow.org/CatholicForum) or search *Catholic Forum* on Apple, iHeartRadio and Spotify podcasts. Next Saturday, February 15, author Donna Marie Cooper will discuss her new book, “Reclaiming Sundays.”

### Mass Book

Our 2020 Mass Book is available. Please call the Rectory to schedule dates.

### Reminder!



**Cathedral of St. Peter's  
Mardi Gras  
Fundraiser Celebration  
Back by Popular Demand!**



**Great Refreshments  
and Lots of Fun!**

**Sunday, February 23  
12 Noon to 2 pm**

Join us in the Cathedral Rectory for a  
*Fundraiser to Benefit our Parish!*

No Admission Charge

All Are Welcome!

RSVP 654-5920 or [cathedralstp@comcast.net](mailto:cathedralstp@comcast.net)