



WEDNESDAY, FEBRUARY 10

ASH WEDNESDAY; DAY OF FAST AND ABSTINENCE

Lent is a communal act

Lent is an annual opportunity for deep soul-searching. What have I done, and what have I failed to do, to live up to my Baptism? Yet the repentance and conversion called for in this season is a communal decision, not a private one. Together we gather to accept our ashes. Publicly, we remind our fellow citizens that life is short and fragile every step of the way. In our practices of self-denial, greater attention to prayer, and generous almsgiving, we inspire each other with the courage to go the distance these 40 days.

TODAY'S READINGS: *Joel 2:12-18; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18 (219)*. "Gather the people, notify the congregation; assemble the elders, gather the children."

THURSDAY, FEBRUARY 11

THURSDAY AFTER ASH WEDNESDAY; FEAST OF OUR LADY OF LOURDES

Follow me

It's fitting that the day designated as the World Day of the Sick coincides with the liturgical calendar's feast dedicated to Our Lady of Lourdes. Lourdes had no claim to fame in 1858, but it was home to a young Bernadette Soubirous. Life in Lourdes changed that year, however, when Mary, the mother of God, appeared repeatedly to Bernadette and, in time, the apparitions and healings gained the attention of the world. Today, 6 million pilgrims travel yearly to Lourdes seeking healing in the spring waters that it is said Our Lady revealed to Bernadette. In solidarity with the pilgrims, offer your day on behalf of those who have lost their health, their livelihood, or their hope.

TODAY'S READINGS: *Deuteronomy 30:15-20; Luke 9:22-25 (220)*. "Whoever wishes to be my follower, must take up his cross each day and follow in my steps."

FRIDAY, FEBRUARY 12 FRIDAY AFTER ASH WEDNESDAY; DAY OF ABSTINENCE

Why no meat?

Walk down the aisle of any supermarket these days and you'll find that meat abstinence is no hardship in a world of infinite variety. But it was more difficult back in the second century when the church was already recording the practice of abstaining from meat on Fridays to observe the day of Christ's crucifixion. By the 13th century, Aquinas argued that meat, milk, and eggs incite lust, and fasting bridles desire since all physical pleasures keep close company. The carnivore lifestyle may or may not be good for body and soul—but self-denial does express our willingness to meet Christ at the cross.

TODAY'S READINGS: *Isaiah 58:1-9a; Matthew 9:14-15 (221)*. "Would that today you might fast so as to make your voice heard on high!"

SATURDAY, FEBRUARY 13 SATURDAY AFTER ASH WEDNESDAY

Turn this thing around!

OK, so maybe Ash Wednesday came and went this past week while you were looking the other way. Here's the good news (yes, we still celebrate good news during Lent!): As long as you have breath to breathe it is never too late for what the Greeks called *metanoia*—we call it repentance but the literal meaning is more like the command "About face!" It's about turning your life around and heading in a better direction. We all have traveled a few highways and byways best left behind. If you're on one now, stop in your tracks, turn around, and get your *metanoia* on!

TODAY'S READINGS: *Isaiah 58:9b-14; Luke 5:27-32 (222)*. "Those who are healthy do not need a physician, but the sick do."



Saint Anthony Church

15 Church Street
White River Jct. Vermont

Fifth Sunday in Ordinary Time – February 7, 2016

Father Raphael Nyabenda
Deacon John P. Guarino

Bishop of Burlington: Most Rev. Christopher J. Coyne
Bishop Emeritus: Most Rev. Kenneth A. Angell

Parish Office

Hours

Monday, Tuesday, Thursday, Friday
11:00 AM – 4:30 PM
Closed on Wednesday

Secretary: Mrs. Joanne Collins
Telephone: 802-295-2225
Office e-mail: Info@SaintAnthonyChurchWRJ.org
Website: www.stanthonyvt.org

Mass Schedule

Weekend: Saturday 5:00 PM
Sunday 8:00 & 10:30 AM
Weekday: Monday - Thursday 8:00 AM
Holy Days: 8:00 AM & 5:30 PM

Rectory Chapel

Adoration of the Most Blessed Sacrament
Monday, Tuesday, Wednesday, and Thursday from 8:30 AM – 6:00 PM
Friday from 11:00 AM – 4:30 PM

Religious Education

Coordinator: Mrs. Julie Hamilton, 295-3989, juliehamilton130@comcast.net

Sacraments

Reconciliation: Saturday from 4:00 – 4:45 PM
Baptism: Parents must come to the rectory to get the necessary forms at least a month in advance.
Marriage: Couples must contact the parish at least 6 months in advance.

SUNDAY, FEBRUARY 7, 2016

FIFTH SUNDAY IN ORDINARY TIME

All in the family

During Black History Month, parishes today celebrate National Day of Prayer for African-American and African Families. For more than a quarter-century, this day has been an opportunity to recognize and support the African-American community, which is part of a larger call, reflected in Luke's gospel, for justice and unity in troubled times. When violence and hate rear up in ugliness, turn to your one family, to which each and every one of us belongs in Christ. You and your parish can strengthen and love all your members.

TODAY'S READINGS: *Isaiah 6:1-2a, 3-8; 1 Corinthians 15:1-11; Luke 5:1-11 (75)*. "Do not be afraid; from now on you will be catching men."

MONDAY, FEBRUARY 8

FEAST OF JOSEPHINE BAKHITA, VIRGIN

End injustice with prayer and action

A Catholic sister and former slave, Saint Josephine Bakhita is for many a companion in the fight against human trafficking. Her feast day coincides with the U.S. Bishops' Day of Prayer for Survivors and Victims of Human Trafficking. In 2013 when this day was inaugurated, Bishop Eusebio Elizondo called upon the church to "lift our voices loudly in prayer, hope, and love for trafficking victims and survivors" and emphasized awareness and action on their behalf. Visit the [U.S. Bishops' website](http://www.usccb.org/bishops) for information on how you can be part of the solution.

TODAY'S READINGS: *1 Kings 8:1-7, 9-13; Mark 6:53-56 (329)*. "The LORD intends to dwell in the dark cloud."

TUESDAY, FEBRUARY 9

Conserve and recycle

Pope Francis' 2015 encyclical *Laudato Si* sends an urgent message that invites you to change your ways and take better care of the earth. The document is a strong testament to our Catholic belief that all creation comes forth from God's goodness and is itself good. God gave us the gift of this home, where we live and breathe, and charged us to take good care of it. This Lent, do something each day to protect this precious gift.

TODAY'S READINGS: *1 Kings 8:22-23, 27-30; Mark 7:1-13 (330)*. "This people pays me lip service but their heart is far from me."



Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

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Mass Intentions

Saturday, February 6	5:00 P.M.	Fredo Guarino 19 th anniversary by the family
Sunday, February 7	8:00 A.M.	The People of Saint Anthony Parish
	10:30 A.M.	Skip Culver by family
Monday, February 8	8:00 A.M.	Weekday Mass
Tuesday, February 9	8:00 A.M.	Edward, Kenneth, Frances, Ansel Jordan anniversary by family
Ash Wednesday, February 10	8:00 A.M.	Weekday Mass (<i>Ashes will be distributed</i>)
Thursday, February 11	8:00 A.M.	Michael Collins by Joann & Ray de Reyna
Saturday, February 13	5:00 P.M.	Dorilla LaRose by Fleury, Kramer & LaRose families
Sunday, February 14	8:00 A.M.	Marthe Toutain birthday remembrance by granddaughter
	10:30 A.M.	The People of Saint Anthony Parish



Kristine Lapierre	Sylvia Dolan
Harold Fournier	Sean Hamilton
Mary Mayette	Vicky Chambers
Richard Temple	Rose Temple
Michael Temple	James Dubuque
Fr. Adrien Pelletier, S.M.	John George

Sanctuary Lamps will burn for:

Saint Anthony
Parishioners
& friends



Sacrificial Giving Report

To meet our expenses we need:	\$ 3,700.00
Offertory collection January 30-31:	\$ 3,250.00
Catholic Education (2 week total):	\$ 997.00
January Fuel:	\$ 808.00
January Repairs:	\$ 271.00

Thank You for Your Support of Saint Anthony Church

Please also remember others who are in need of our prayers.

Names will be published in our bulletin for one month. If you would like to renew your prayer request after one month, please call the rectory office at 295-2225 or contact us by email at Info@SaintAnthonyChurchWRJ.org

Low Gluten Altar Bread: If you require a low gluten host for communion, come to the altar with the Extraordinary Ministers of Holy Communion. The celebrant will give you the consecrated low gluten host from a separate paten.

Haven: The top five needs for this week include soup, rice, tuna, milk, and cheese. Non-perishable items may be left in the basket at the top of the stairs. Thank you.

St. Anthony Parish would like to welcome all those who are visiting with us this weekend.

Religious Education: On February 7-Class for grades 1-8, 9:00 to 10:15 am; grades 9 & 10 4:00 to 5:30 pm (due to Super Bowl). On February 28-Class for grades 1-8, 9:00 to 10:15 am; grades 9 & 10, 5:00 to 6:30 pm.

Third Order of Mary: The next meeting will be Sunday, February 7 at noon at the home of Marilyn White, 35 Stacy Lane, White River Jct. You are cordially invited to join. Please call Marilyn White (802) 295-3507 with questions.

Lent Starts this Week: Lent begins February 10 with Ash Wednesday. Ashes will be given at 8:00 a.m. daily Mass. While not a holy day of obligation, all Catholics are encouraged to attend Mass to start the season of Lent.

GUIDELINES FOR LENT

- The time of Lent is to be observed by Catholics as a special season of prayer, penance and works of charity.
- Ash Wednesday and Good Friday, in particular, are the most important penitential days of the liturgical year. They are days of both fast and abstinence. All Fridays in Lent are days of abstinence.
- The rule of **fasting** states that only one full meal a day can be taken. Two small meals, "sufficient to maintain strength", are allowed, but together they should not equal another full meal. Eating between meals breaks the fast, but drinking liquids does not. The rule of fasting obliges all Catholics from 18 to 59.
- **Abstinence** refers to the eating of meat. The common estimation of the community is used to determine what falls under the category of meat. The rule of abstinence binds all Catholics 14 years or older.
- The **substantial** observance of the laws of fast and abstinence is a serious obligation.
- Self-imposed fasting on the other weekdays of Lent is recommended. Abstinence on all Fridays of the year is also highly recommended.
- Parents and teachers should see to it that, even those who are not bound by the laws of fast and abstinence because of age, are brought up in an atmosphere that is conducive to a sense of penance.

Lenten Almsgiving: During the season of lent, we often seek additional opportunities to support those in our community who are in need both through our prayers and our financial help. Saint Anthony Parish provides donations to the food shelf at the Haven on an ongoing basis. We publish the weekly list of needs in the bulletin and collect donations in the basket at the entrance to the church. This parish project helps year round. We also have a Poor Fund that allows us to provide financial assistance for emergency needs such a fuel, shelter, clothing and other essentials. Although there will be no special collections for this purpose, if you are looking for a way to do something extra this Lent, a donation to replenish our Poor Fund would allow us to continue to provide for these needs. A check made out to Saint Anthony Church marked "Poor Fund" will insure your donation is used for this purpose. Thank you for your generosity.

Minister & Counter Schedules: Requests for the upcoming schedules will include March, April, and May, and should reach the office by Sunday, February 14th. You may e-mail or phone our office, or drop a note in the mail or in the collection basket. This schedule will include Holy Week and Easter. The times for those Liturgies are pending. If you would like to be scheduled, please let us know. **Thank you for your service to Saint Anthony Church!**

Knights of Columbus Dinner: On Saturday, February 13, 2016 a Chicken Cordon Bleu Dinner will be held in St. Anthony Parish Hall from 5:00-6:30 p.m. The cost is \$12.00 for adults, \$6.00 for children, preschoolers free. If you can help by making a pie or dessert, serving at the dinner, or helping with cleanup, please call Dan at 802-356-3527.

Second Collection: Next week, we will take up the Collection for the Church in Latin America. Catholics in Latin America and the Caribbean face many challenges, including violence and a lack of both clergy and lay leadership to witness to the gospel message. These young people, at high risk for violence, often lack an education in values and critical-thinking skills. To address this need, the parish designed a youth enrichment program. Funded by the Collection, this program gives the youth an opportunity to share their faith and break the cycle of violence in their neighborhoods. Please give generously to next week's Collection.

Bible Study: Adult Catholic Bible Study: "In the New the Old is revealed - in the Old the New is concealed" (Saint Augustine). Have you ever wanted to dig a little deeper into Scripture and the Holy Bible? Does the History of God's Salvation plan for humanity, recorded in His Word, call you to a deeper understanding? Looking for something special for Lent that will make Scripture "come alive and personal"? **Now is your time!** This Lent, Saint Anthony Church will be hosting an evening of Catholic Bible Study. This series of guided weekly meetings will be based on the highly successful *Great Adventure - Bible Timeline Story of Salvation* study set by Ascension Press. Call the parish office or contact Chris Noble at 619-865-2680, or chris.d.noble@gmail.com for details.