# INSTITUTE OF CHRIST THE KING SOVEREIGN PRIEST

**At Holy Family Catholic Church: 338 W. University Blvd., Tucson**

March 14th, A.D. 2021 - Fourth Sunday of Lent

VERITATEM FACIENTES IN CARITATE - LIVING THE TRUTH IN CHARITY

## *Saint Joseph's Feast Day*

March 19th

St. Joseph Day of Prayer

*In the Year of St. Joseph*

7:00am Lauds
7:30am Confessions
8:00am Low Mass with Organ
9:00am Exposition of the Blessed Sacrament & Rosary
9:00am - 3:00pm Eucharistic Adoration *
Benediction followed by
3:00pm Stations of the Cross
4:00pm Confessions
5:00pm Vespers
6:00pm High Mass,
Procession & Devotions to St. Joseph

**Sign-up for holy hours is available at the back of the church & via Flocknote*

Thinking of the grandeur of Saint Joseph, consider the words, "Lord, look with favorable eyes on the good and upright of heart." [cf. Ps 36:11] I would like to say a few words about this saint whom we love so much because he has cultivated love in every heart. My God, how good and upright this great saint must have been if the Lord gave him the lofty privilege of being entrusted with His mother and His Son! With these two responsibilities, he could have been envied by the angels. Could anyone in all heaven possess any greater privilege than this? Who is there among the angels who could be compared with the Queen of Angels? And who can compare with the Son of God Himself? Yet Saint Joseph was closer to them than anyone else.

*St. Francis de Sales, Letters 671; O. XV, p. 33*

## 4th Sunday of Lent ~ "Laetare"

Dom Prosper Gueranger from *The Liturgical Year*

This Sunday, called from the first word of the Introit *Laetare* Sunday, is one of the most solemn of the year. The Church interrupts her Lenten mournfulness; the chants of the Mass speak of nothing but joy and consolation; the Organ, which has been silent during the preceding three Sundays, now gives forth its melodious voice...instead of purple, Rose-colored Vestments are allowed to be used. The Church's motive for introducing this expression of joy in today's Liturgy, is to encourage her Children to persevere fervently to the end of this holy Season.

We now come to the explanation of another name given to the Fourth Sunday of Lent, which was suggested by the Gospel of the day. We find this Sunday called in several ancient documents, the *Sunday of the Five Loaves.* The miracle alluded to in this title not only forms an essential portion of the Church's *instructions* during Lent, but it is also an additional element of today's joy. We forget for an instant the coming Passion of the Son of God, to give our attention to the greatest of the benefits He has bestowed on us; for under the figure of these Loaves multiplied by the power of Jesus, our Faith sees that *Bread which came down from heaven, and given life to the world'* [St. John 6:33]. *The Pasch,* says our Evangelist, *was near at hand;* and, in a few days, our Lord will say to us: *With desire I have desired to eat this Pasch with you* [St. Luke 22:15].

Before leaving this world to go to His Father, Jesus desires to feed the multitude that follows Him; and in order to do this, He displays His omnipotence. Well may we admire that creative power which feeds five thousand men with five loaves and two fishes, and in suchwise that even after all have partaken of the feast *as much as they would,* there remain fragments enough to fill twelve baskets. Such a miracle is indeed an evident proof of Jesus' mission; but He intends it as a preparation for something far more wonderful; He intends it as a figure and a pledge of what He is soon to do, not merely once or twice, but every day, even to the end of time; not only for five thousand men but for the countless multitudes of believers. Think of the millions who this very year, are to partake of the banquet of the Pasch; and yet, He whom we have seen born in Bethlehem, *(the House of Bread,)* He is to be the nourishment of all these guests; neither will the Divine Bread fail. We are to feast as did our fathers before us; and the generations that are to follow us shall be invited as we now are to come and taste how sweet is the Lord [Ps. 33: 9].

But observe, it is in a *desert place,* (as we learn from St. Matthew, [Mt 14:13]) that Jesus feeds these men who represent us Christians. They have quitted the bustle and noise of cities in order to follow Him. So anxious are they to hear His words, that they fear neither hunger nor fatigue; and their courage is rewarded. A like recompense will crown our labours, – our fasting and abstinence – which are now more than half over. Let us, then, *rejoice,* and spend this day with the light-heartedness of pilgrims who are near the end of their journey. The happy moment is advancing when our soul, united and filled with her God, will look back with pleasure on the fatigues of the body which, together with our heart's compunction, have merited for her a place at the Divine Banquet.

# Holy Family Parish

*Ordinary Form of the Roman Rite,*
**"English Mass"**

*Mail:* 338 W. University Blvd, Tucson, AZ 85705

*Tel:* **(520)623-6773**

Email: **holyfamilyparishtucson@gmail.com**

*Office closed to Public (per Diocesan Protocol)*

*Parish Staff*
Canon Jonathon Fehrenbacher, *Parish Administrator*
Mrs. Sylvia Cordova, *Office Mgr & SEP Compliance Officer*
sylvia@hfc.phxcoxmail.com

**FOR DONATIONS**, please make check out to
***Holy Family Parish* and mail or drop into the collection**
Or donate securely online through the Diocese of Tucson:
www.cathfnd.org/hope

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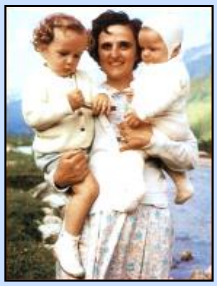
|---|---|---|---|---|
| **Sat 3/13** | **4th Sunday of Lent** | **4:00 p.m.** | Parishioners | Rev. Jim Shea, C.Ss.R. |
| **Sun 3/14** | | **7:00 a.m.** | † Alice Ortiz | Rev. Abram Dono, S.T. |
| **Sat 3/20** | **5th Sunday of Lent** | **4:00 p.m.** | Parishioners | Rev. Jim Shea, C.Ss.R. |
| **Sun 3/21** | | **7:00 a.m.** | † Delia Ramirez | Rev. Abram Dono, S.T. |



# Saint Gianna Oratory

*Extraordinary Form of the Roman Rite,*
**"Traditional Latin Mass"**

***Mailing Address:*** Saint Gianna Oratory
P.O. Box 87350, Tucson, AZ 85754

***Telephone:*** (520) 883-4360

*Office Hours*: Wed & Fri: 9am– 4pm
*(NB: St. Gianna Oratory office is not located at the church)*

***Email:*** stgianna.tucson@institute-christ-king.org

*Oratory Staff*
Canon Jonathon Fehrenbacher, *Rector*
Mrs. Teri Gauger, *Oratory Secretary*
Mr. Matthew Lancaster, *Music Director*

***Website & Online Bulletin:*** saintgianna.net

**"Join our Flocknote"** from our website to sign-up for Sunday Masses and receive email updates on other important information.

**FOR DONATIONS: 1)** Please write check to ***Institute of Christ the King*** and mail or drop into the collection.
**2)** or donate securely using the DONATE button on our website

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|---|---|---|
| **Sun. 3/14**<br>8:45 am Low Mass<br>11 am High Mass<br>**1 pm Low Mass** | **Laetare Sunday**/ 1st class / Rose<br>Mass (*Laetare, Jerusalem*): *Comm. pro Papa, Credo, Pref. Of Lent*<br>*Preparatory Novena to St. Joseph* | Canon Fehrenbacher<br>*by SGO*<br>Canon Fehrenbacher<br>*by the Mossburg Family*<br>Michael Boulware<br>*by the Bennett Family* |
| **Mon. 3/15**<br>6:00 pm Low Mass | **Lenten Feria** / 3rd class / Violet<br>Proper Mass (*Deus, in nomine*): *Comm. pro Papa, Pref of Lent*<br>*Preparatory Novena to St. Joseph* | Fr. Michael Malain, FSSP<br>*by James & Sallyanne Fisher* |
| **Tue. 3/16**<br>8:00 am Low Mass | **Lenten Feria** / 3rd class / Violet<br>Proper Mass (*Exaudi*): *Comm. pro Papa, Pref of Lent Prep. Nov. to St. Joseph* | † Sara L. Monreal<br>*by George Hoge* |
| **Wed. 3/17**<br>5:00 pm Low Mass<br>6:00 pm Adoration and Confessions | **Lenten Feria** / 3rd class / Violet<br>Proper Mass (*Cum sanctificatus*): *Comm. pro Papa and St. Patrick, Pref of Lent Preparatory Novena to St. Joseph* | Poor Souls in Purgatory<br>*by Heidi Van Beek* |
| **Thur. 3/18**<br>8:00 am Low Mass | **Lenten Feria**/ 3rd class / Violet<br>Proper Mass (*Laetetur cor*) : Comm. *pro Papa and St. Cyril of Jerusalem, Preface of Lent Preparatory Novena to St. Joseph* | † Joseph & Theresa Cousins<br>*by Mr. & Mrs. Thomas Taleck* |
| **Fri. 3/19**<br>See page 1 | **SAINT JOSEPH** / 1st class / White<br>Mass (*Justus*): *Gloria, Comm. Of the feria,, Credo, Pref of St. Joseph, Last Gospel of the feria Litany of St. Joseph* | Volunteers at SGO<br>*by Lourdes Orozco*<br>† JoAnn E. Nese<br>*by Frank De La Ossa* |
| **Sat. 3/20**<br>8:00 am Low Mass | **Anniversary of the Installation of the Pope**/ 2nd class / White<br>Mass (*Statuit ei*): *Gloria, Comm. of the feria,, Pref of Lent, Last Gospel of the feria Litany of St. Joseph* | Special Intention<br>*by George Hoge* |
| **Sun. 3/21**<br>8:45 am Low Mass<br>11 am High Mass<br>**1 pm Low Mass** | **Passion Sunday**/ 1st class / Violet<br>Mass (*Iudica me*): *Comm. pro Papa, Credo, Pref. of the Holy Cross*<br>*Litany of St. Joseph* | Deceased Priests & Bishops<br>*by Mr. & Mrs. Thomas Taleck*<br>† David Moya<br>*by Mary Lou Higgins*<br>† Wayne Hale<br>*by Dori Downs* |

## *UPCOMING:*

**March 22, Feast of St. Benedict*, 6:00pm High Mass**
*Patronal Feast of the Institute of Christ the King, thus a plenary indulgence may be gained under the usual conditions for assisting at Holy Mass at the Oratory*

*(*As St. Benedict's Day, March 21, falls on Sunday this year, the feast is transferred to Monday.)*

**March 25, Annunciation of the Blessed Virgin Mary, 6:00pm High Mass;** 5:30-5:50pm Confessions

*(No 8:00am Low Mass & no morning confessions on Thurs, March 25)*

**Angelus Press *1962 Roman Catholic Daily Missals*** are available for sale: $35. Please contact the Oratory office to arrange to purchase one.

**DIOCESE OF TUCSON 2021 ANNUAL CATHOLIC APPEAL**

*Living our Faith through Acts of Charity:* **Persevering in HOPE**

Each year, at this time, we are encouraged to consider the needs of our Church and of the Diocese as one family in Christ. Every family is invited to make a gift to the 2021 Annual Catholic Appeal. You may have received the Annual Catholic Appeal mailing from Bishop Weisenburger. *Please return your response by May 31, or as soon as you are able.*

**Goal for Holy Family Parish: $12,300**
**Goal for St. Gianna Oratory: $16,340**
**Participation goal: 100%**

On behalf of those served by the ministries, programs, and services funded by the Appeal, we thank you for your gifts.

**Text ACA to 41444 ~ OR ~ visit:**
**www.cathfnd.org/donate**

## Please Remember in Your Prayers:

***Deceased:*** Blanca Zapata; Marion Ethridge; Alice Gallardo; Alice Aversa; George Thurman; Clare Soto; Janice Hackert; John Moorehouse; Doug Brunner; Josie Rivera; William Brown; Esther Vargas; Rebecca Felix; Yvonne Sturm; Marie Yappel; Connie Urschel; ***Healing:*** Lana Wilson; Maria Acosta; Dr. Winston Ryan; Berne & Jim Yee, Anne Forrestl, Barbara Mayerle, Mike & Debbie Silva; Albert Chambers; Nan Arena; Richard Jamison; Arlene Gallardo; George Hoge; Sue Williams; Ray Grillo; Michael Burdi; Sadie & Greg Schuller; Kenneth Snyder; Guadalupe de Vega; Mickie Roudebush & family; Frankie Verdugo; Carol Wray; James Larson; Nancy Gorman; Bill Halstead; Josie Castillo; Nick Lepore; Beverly Bolton; Margaret Bradbury; Thaddeus Stypa; Colleen Gallegos; Joseph Hann; Rosario Archer; Nancy Olson; John Deckert; Jeff Bennett

# From the Rector's Desk

*Dear Faithful,*

The Sacred Scriptures are rich in calls for penance for sin and conversion of heart. "*Despisest thou the riches of His goodness, and patience, and longsuffering? Knowest thou not, that the benignity of God leadeth thee to penance?" (Romans2:4)* Because of His goodness, God patiently leads us to a conversion of heart. Penance is so important for our salvation that Our Lord says to ALL: *"No, I say to you: but unless you shall do penance, you shall all likewise perish." (Luke13:3)*

**This Lent, come to the throne of God's Mercy by making a good Confession! Avoid the crowds and don't wait until Holy Week for Confession!** Don't wait for a Penitential Service - we have daily Confession. We need His Grace to uproot our sins and vices, to make proper reparation and penance for our faults. "Our misery is the throne of God's Mercy," says our beloved St. Francis de Sales.

**5 Tips for a good Confession:**

1) Pray to the Holy Ghost to illuminate you on your sins, vices, and predominant faults. Pray to help arouse your contrition at offending God and pray for His Grace so that you can more effectively amend your life.
2) Consult a good examination of conscience to arouse your contrition.
3) Remember: all unconfessed mortal sins must be confessed in kind and number.
4) Be clear, frank, contrite, honest and sincere in confessing your sins.
5) After doing your "penance," pray for His grace to help you avoid the near occasions of sin and work on the virtues to oppose your faults.

Be assured of my priestly prayers for you all at the altar of Our Lord and from the throne of His Mercy!

*In Christ the King,*

*Canon Jonathon Fehrenbacher*

**Sat. March 20— 9:00am—Noon**
***VOLUNTEERS NEEDED!***

Veiling statues & holy images for Passion Sunday & deep cleaning the church for Easter

**PLEASE SIGN UP TO HELP!**
*(Pizza provided!)*

## *SAINT JOSEPH*
### *Spouse of the Blessed Virgin Mary*

***INTROIT:*** *Psalm 91: 13, 14* The just shall flourish like the palm tree: he shall grow up like the cedar of Libanus: planted in the house of the Lord, in the courts of the house of our God. It is good to give praise to the Lord: and to sing to Thy name, O Most High. Glory be...

C***OLLECT:*** We beseech Thee, O Lord, that we may be helped by the merits of the Spouse of Thy most holy Mother, so that what we cannot obtain of ourselves, may be given to us through his intercession. Who livest and reignest.

***EPISTLE:*** *Ecclesiasticus 45: 1-6* Beloved of God and men, whose memory is in benediction. He made him like the saints in glory, and magnified him in the fear of his enemies, and with his words he made prodigies to cease. He glorified him in the sight of kings, and gave him commandments in the sight of his people, and showed him His glory. He sanctified him in his faith and meekness, and chose him out of all flesh. For He heard him and his voice, and brought him into a cloud. And He gave him commandments before His face, and a law of life and instruction.

***GRADUAL:*** *Ps. 20: 4, 5* Lord, Thou hast prevented him with blessings of sweetness: Thou hast set on his head a crown of precious stones. *V.* He asked life of Thee: and Thou hast given him length of days for ever and ever.

***TRACT:*** *Ps. 111:1-3* Blessed is the man that feareth the Lord: he shall delight exceedingly in His commandments. V. His seed shall be mighty upon earth: the generation of the righteous shall be blessed. V. Glory and wealth shall be in his house: and his justice remaineth forever and ever.

***GOSPEL:*** *Matthew 1: 18-21* ***+Continuation of the Holy Gospel according to St. Matthew*** Now the generation of Christ was in this wise. When as his mother Mary was found with child, of the Holy Ghost. Whereupon Joseph her husband, being a just man, and not willing publicly to expose her, was minded to put her away privately. But while he thought on these things, behold the Angel of the Lord appeared to him in his sleep, saying: Joseph, son of David, fear not to take unto thee Mary thy wife, for That Which is conceived in her, is of the Holy Ghost. And she shall bring forth a Son: and thou shalt call His name Jesus. For He shall save His people from their sins.

***OFFERTORY:*** *Ps. 88: 25* My truth and My mercy are with him: and in My name his horn shall be exalted.

***SECRET:*** We render Thee, O Lord, the debt of our service, humbly entreating that Thou wouldst preserve Thy gifts within us through the intercession of blessed Joseph, the Spouse of the Mother of Thy Son Jesus Christ our Lord; on whose holy festival we offer to Thee the sacrifice of praise. Through the same Lord.

***COMMUNION:*** *Matthew 1: 20* Joseph, son of David, fear not to take unto thee Mary thy wife: for That Which is conceived in her is of the Holy Ghost.

***POSTCOMMUNION:*** Come to our assistance, we beseech Thee, O merciful God; and through the intercession of blessed Joseph Thy confessor, graciously preserve Thy gifts about us. Through our Lord.

***LAST GOSPEL*** (of the Feria) *Luke 4: 38-44* +
At that time, Jesus rising up out of the synagogue, went into Simon's house. And Simon's wife's mother was taken with a great fever, and they besought Him for her. And standing over her, He commanded the fever, and it left her. And immediately rising, she ministered to them. And when the sun was down, all they that had any sick with divers diseases, brought them to Him. But He laying his hands on every one of them, healed them. And devils went out from many, crying out and saying: Thou art the Son of God. And rebuking them He suffered them not to speak, for they knew that He was Christ. And when it was day, going out He went into a desert place, and the multitudes sought Him, and came unto Him: and they stayed Him that He should not depart from them. To whom He said: To other cities also I must preach the kingdom of God: for therefore am I sent. And He was preaching in the synagogues of Galilee.

## FOURTH SUNDAY IN LENT *"Laetare"*

***INTROIT:*** *Is. 66: 10, 11; Ps. 121: 1* Rejoice, O Jerusalem: and come together all you that love her: rejoice with joy, you that have been in sorrow: that you may exult, and be filled from the breasts of your consolation. (Ps) I rejoiced at the things that were said to me: we shall go into the house of the Lord. Glory be. Rejoice, O Jerusalem…

C***OLLECT*** Grant, we beseech Thee, almighty God, that we who are justly afflicted for our deeds, may be relieved by the consolation of Thy grace. Through Our Lord.

***EPISTLE:*** *Gal. 4: 22-31* Brethren: It is written that Abraham had two sons; the one by a bondwoman and the other by a free woman. But he who was of the bondwoman was born according to the flesh; but he of the free woman was by promise: which things are said by an allegory. For these are the two testaments. The one from Mount Sinai, engendering unto bondage: which is Agar: for Sinai is a mountain in Arabia, which hath affinity to that Jerusalem which is above, is free, which is our mother. For it is written: Rejoice, thou barren that bearest not: break forth and cry, thou that travailest not: for many are the children of the desolate, more than of her that hath a husband. Now we, brethren, as Isaac was, are the children of promise. But as then he that was born according to the flesh, persecuted him that was after the spirit: so also it is now. But what saith the Scripture? Cast out the bondwoman and her son: for the son of the bondwoman shall not be heir with the son of the free woman. So then, brethren, we are not the children of the bondwoman but of the free: by the freedom wherewith Christ has made us free.

***GRADUAL:*** *Ps. 121: 1, 7* I rejoiced at the things that were said to me: we shall go into the house of the Lord. Let peace be in Thy strength: and abundance in Thy towers.

***TRACT:*** *Ps. 124: 1-2* They that trust in the Lord shall be as Mount Sion: he shall not be moved for ever that dwelleth in Jerusalem. Mountains are round about it: so the Lord is round about His people, from henceforth now and for ever.

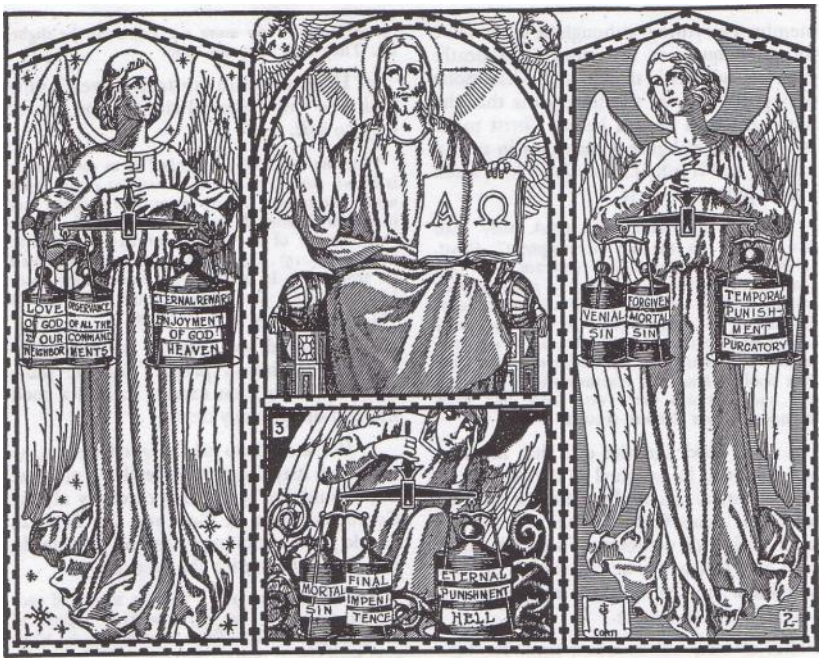
***GOSPEL:*** *Jn. 6: 1-15* ***+Continuation of the holy Gospel according to St. John*** At that time Jesus went over the sea of Galilee, which is that of Tiberias: and a great multitude followed Him, because they saw the miracles which He did on them that were diseased. Jesus therefore went up into a mountain and there He sat with His disciples. Now the pasch, the festival day of the Jews, was near at hand. When Jesus therefore had lifted up His eyes, and seen that a very great multitude cometh to Him, He said to Philip: Whence shall we buy bread that these may eat? And this He said to try him: for He Himself knew what He would do. Philip answered Him: Two hundred pennyworth of bread is not sufficient for them, that every one may take a little. One of His disciples, Andrew, the brother of Simon Peter, saith to Him: There is a boy that hath five barley loaves and two fishes; but what are these among so many? Then Jesus said: Make the men sit down. Now there was much grass in the place. The men therefore sat down, in number about five thousand. And Jesus took the loaves, and when He had given thanks, He distributed to them that were set down: in like manner also of the fishes, as much as they would. And when they were filled, He said to His disciples: Gather up the fragments that remain, lest they be lost. They gathered up therefore, and filled twelve baskets with the fragments of the five barley loaves which remained over and above to them that had eaten. Now those men, when they had seen what a miracle Jesus had done, said: This is of a truth the Prophet that is to come into the world. Jesus therefore when He knew that they would come to take Him by force and make Him king, fled again into the mountain, Himself alone.

***OFFERTORY:*** *Ps. 134:* 3, 6 Praise ye the Lord, for He is good: sing ye to His name, for He is sweet: whatsoever He pleased, He hath done in heaven and in earth.

***SECRET:*** Look favorably upon these present Sacrifices, we beseech Thee, O Lord, that they may profit us unto both devotion and salvation. Through Our Lord.

***COMMUNION:*** *Ps. 121: 3, 4* Jerusalem, which is built as a city, which is compact together: for thither did the tribes go up, the tribes of the Lord, to praise Thy name, O Lord.

***POSTCOMMUNION:*** We are constantly filled with Thy holy mysteries, O merciful God: grant, we beseech Thee, that we may celebrate them with sincere homage and always receive them with steady faith. Through Our Lord.




# Fasting and Abstinence: RULES AND PRACTICE

*Fasting is an aid to prayer, as the pangs of hunger remind us of our hunger for God.*

**Fasting: Catholics between the ages of 18 and 59 are obliged to FAST on Ash Wednesday and Good Friday. Fasting has been defined as the partaking of only one full meal and of two smaller meals which if added together would not exceed the main meal in quantity. It is gravely forbidden to eat anything between these three meals! No snacks are allowed.**

**Abstinence: In addition, all Catholics 14 years and older are obliged by Canon Law to ABSTAIN from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. On these days in Lent it is NOT allowed to substitute the obligation to abstain from meat by a different sacrifice. The sacrifice of abstaining from meat on the above mentioned days reminds us of the bloody sacrifice of Christ on the cross.**
*[From USCCB website: Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs, all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, and shellfish are permitted.]*

**Children:** Children, however, can and even should be invited to voluntarily abstain from meat on those days as an expression of self denial & as an act of penance. Before the new regulations concerning fasting & abstinence were promulgated by Pope Paul VI (Apostolic Constitution *Poenitemini* Feb.17, 1966), the age, from which Catholics were obliged to abstain from meat on those mentioned days in Lent, was the age of reason, namely the age of 7.

**Encouragements:** Aside from these minimum penitential requirements, Catholics are encouraged to impose some personal penance on themselves at other times, like prayers, time in adoration before the Blessed Sacrament, almsgiving, fasting, spiritual or corporal works of mercy, etc. Before all else we are obliged to perform the duties of our state in life. **When considering further mortifications, it is prudent to discuss the matter with one's confessor or spiritual director.** Any deprivation that would seriously hinder us in carrying out our work, as students, employees, or parents would be contrary to the will of God and thus should not be undertaken. Mortifications, being corporal or spiritual, need to be accomplished with prudence and serve our purification of weaknesses, imperfections, attachment to sin, vices and thus our growth in all four cardinal virtues of prudence, justice, fortitude and temperance as well as in the three theological virtues of faith, hope and charity.

***The USCCB in its letter of Nov. 18, 1966**, "strongly recommends" to us the practice of penance on all weekdays of Lent (Sundays of Lent and Solemnities/Feasts of First Class like the Feast of St. Joseph or the Feast of the Annunciation, even if they fall on a Friday in Lent, are exempt from Fasting and Abstinence). Let us do with the grace of God what is possible for us and our spiritual life will be rejuvenated.*

**Exceptions for Fasting and Abstinence:** Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing mothers according to need for meat or nourishment, are excused from the law of fast and abstinence. The same holds true for the poor who have nothing else to eat that day.

**Fasting Prayer:** ***Grant, we beseech Thee, almighty God, that Thy servants who discipline the body by fasting from food, may strive after righteousness by abstaining from sin. Through Christ our Lord. Amen.***