



The Cathedral of  
**ST. EUGENE**

2323 Montgomery Drive  
Santa Rosa, CA 95405  
(707) 542-6984

### PASTORAL STAFF

Rev. Frank Epperson, Rector  
Rev. Alan Acevedo, Parochial Vicar  
Rev. Jeffrey Keyes, In Residence  
Deacon Mike Heinzelman  
Deacon Gary Moore  
Deacon Russ Bowden

### TELEPHONE NUMBERS

Email Comments/Suggestions to:  
[cathedralresponse@gmail.com](mailto:cathedralresponse@gmail.com)

Parish Office Phone	542-6984
Parish Office Fax	542-1621
Religious Education	326-3408
Finance Council – Marty McCormick	526-1700
Choir Directress – Pam Zieminski	578-8848
School Office – Sharon Jeffrey	545-7252
Preschool Office – Sharry Caesare	528-9133
Homeschool Academy– Jessica Warner	206-5579

### PARISH OFFICE HOURS

Monday – Friday – 9:00 a.m. to 4:00 p.m.  
Entrance is located at SW corner of Rectory

### WEBSITES

Parish: [www.steugenes.com](http://www.steugenes.com)  
School: [www.steugenesch.org](http://www.steugenesch.org)

### REGISTRATION IN THE PARISH

Our warmest welcome to all who worship in our community. If you are not registered in the parish, please complete a registration card. Cards are available at church entrances or at the parish office.

### MARRIAGES & BAPTISMS

Please contact the office at least 12 months in advance for weddings and 3 months in advance for baptisms. Check the parish website for more information.

### ANOINTING OF THE SICK

Please call the parish office when a parishioner is home bound or hospitalized to arrange for Holy Communion and Anointing of the Sick.



### MASS TIMES

Daily Mass: 6:45 and 8:00 a.m.  
Saturday: 8:00 a.m.; 4:30 p.m. & Sp.6:30 p. m.  
Sunday: 7:30, 9:00 & 10:30 a.m.  
12:00 noon and 5:30 p.m.  
Tuesday Latin Mass: 5:30 p.m.  
Sunday Latin Mass: 1:30 p.m.

### CONFESSIONS

3:30 – 4:30 p.m. Saturday or by appointment

### PERPETUAL ADORATION

**Perpetual Adoration** is in the Chapel of the Sacred Heart of Jesus. To sign up for your hour with our Lord, call Annette (English) at: 542-3635 or Maria Vega (Spanish) at: 710-5094

**Benediction of the Most Blessed Sacrament** is held in the chapel every First Friday following 8:00 a.m. Mass. *During this time of Covid-19, Benediction is not being held.*

### DEVOTIONS

**Recitation of the Rosary** is Monday – Saturday at 7:30 a.m. in the Cathedral

**Chaplet of Divine Mercy** is Saturday after the 8:00 a.m. Mass in the Cathedral

### CATHEDRAL SHOPS

**Cathedral Thrift Shop** Hours: Tues & Wed. 9:30 am – 2:30 pm

**Cathedral Books & Gifts** Hours: Wed-Sat 8:30-4:30 & Sun 8:30-1:30, Closed Mon/Tues - Phone: 542-0250

## EIGHTH SUNDAY IN ORDINARY TIME – FEBRUARY 27, 2022

### PARISH CALENDAR

#### SUNDAY FEBRUARY 27

Masses – Cathedral – 7:30 am, 9:00 am, 10:30 am, 12:00, 1:30 pm (Latin) & 5:30 pm  
RCIA & RCIF – School – 10:30 am

#### MONDAY FEBRUARY 28

Morning Masses – Cathedral – 6:45 & 8:00 am

#### TUESDAY MARCH 1

Morning Masses – Cathedral – 6:45 & 8:00 am  
Women of the Word – PLC (Hope Rm) – 9:30 am  
PSR – School – 3:45 pm  
Latin Mass – Cathedral – 5:30 pm

#### WEDNESDAY MARCH 2 – ASH WEDNESDAY

Masses – Cathedral – 6:45 & 8:00 am; 5:30pm (EF/Latin),  
6:30 pm Spanish (Becker Ctr.) & 7:00 pm  
Bible Study – PLC Hope Room – 6:00 pm  
Outdoor Rosary – Fatima Grotto – 6:00 pm

#### THURSDAY MARCH 3

Morning Masses – Cathedral – 6:45 & 8:00 am

#### FRIDAY MARCH 4

Morning Masses – Cathedral – 6:45 & 8:00 am  
Stations of the Cross – Cathedral – 2:00 pm; 6:00 pm; 7:00 pm (Spanish)

#### SATURDAY MARCH 5

Morning Mass – Cathedral – 8:00 am  
Sunday Vigil Masses – Cathedral – 4:30 p.m. & 6:30 p.m. (Spanish)

### SECOND COLLECTION

#### ~NEXT WEEKEND~

There is no Second Collection this weekend, February 26 & 27. Next weekend, March 5 & 6, our Second Collection will be for the Tuition Assistance Program. There will also be a collection taken on Ash Wednesday. *Please see box to the right for more details.*    -->    -->    -->

#### ~ANNUAL DIOCESAN MINISTRY APPEAL~

The Annual Diocesan Ministry Appeal will be conducted in two weeks. Our parish target this year is \$47,267.00. St. Eugene's receives 100% of funds raised over that amount. With your help, we can assure the continued support of many important programs that help individuals and parishes throughout our diocese – the Catholic education of our children, the education of our Seminarians, Religious Education, Youth Ministry, Clergy Formation and more. Please respond generously when you are asked to make a pledge on the weekend of March 12 & 13.

### Hearing Aid Users, Switch to T-Coil

#### ADMINISTRATION

#### For the Week of: 02/13/22

Sunday Donations Received:	\$10,848.
2nd Collection : Religious Education	\$3,356.

#### ~CATHEDRAL BOOKS & GIFTS~

March 2nd is Ash Wednesday, the first day of the season of Lent. Did you know that the practice of receiving ashes dates back to the fifth century and became a universal Christian practice by the 11th century? To honor and to assist you in observing Lent, our special of the month for March is 25% off any book that has the word "Lent" in the title. We have prayer books for Lent, Stations of the Cross and more. Let's make this time of Lent holy and spiritually enriching. God bless you all! The shop hours are: Wed-Sat from 8:30 am-4:30 pm & Sun 8:30 am-1:30 pm. We are closed Mon./Tues. Please feel free to call us at: (707) 542-0250.

#### ~ CREDIT CARD DONATIONS ~

Consider paying your parish contributions on line using your credit card. You can process a one-time gift or you create an account. Once you establish an account, you can set up recurring entries to automatically process your donations. You can also pay your 2<sup>nd</sup> collections by credit card. From the STEUGENES.COM website, press the GIVE button in the upper right corner. Then press GIVE ON LINE NOW. If you would like assistance setting up your account, contact [bookkeeper@steugenes.com](mailto:bookkeeper@steugenes.com) and we can walk you through the process.

#### ~ASH WEDNESDAY COLLECTION~

On Ash Wednesday, 3/2/22, the Diocese of Santa Rosa will take up the Collection for the **Church in Central and Eastern Europe**. This Collection makes funds available for grants that provide pastoral care and a cultural and spiritual education for people who live in areas formerly under the control of the Soviet Union. The Dioceses of the U.S. take up this Collection as a way for Catholics in the United States to stand in solidarity with those who face the enormous task of rebuilding the Church in Central and Eastern Europe. We are very much aware of our own local needs. In fact, we rely on grants from Catholic agencies to fund some of our own programs. *Generosity to this collection for the Church in Central and Eastern Europe is a way for us to give thanks to God for the abundance with which we have been blessed.*

The bulletin item deadline is Thursday @ 3:00pm for the Sunday after next bulletin. E-mail items to: [office@steugenes.com](mailto:office@steugenes.com). We reserve the right to edit or omit items.

## MASS INTENTIONS

<b>Saturday</b>	<b>February 26</b>
8:00 am	Rosemarie Cook, living
4:30 pm	Colette Richomme, deceased
6:30 (Sp)	Juana Maldonado, deceased
<b>Sunday</b>	<b>February 27</b>
7:30 am	People of St. Eugene's
9:00 am	Rev. Gabriel Barrera, living
10:30 am	Daniela Pelaez, living
12:00 pm	In Thanksgiving
1:30 pm (EF)	The Finn & Green Family, living & deceased
5:30 pm	Nicholas La Mantia, deceased
6:00 pm (Newman Ctr.)	Gildardo Luna Torres, living
<b>Monday</b>	<b>February 28</b>
6:45 am	Kathleen Haberkorn,, deceased
8:00 am	Paula Epperson, deceased
<b>Tuesday</b>	<b>March 1</b>
6:45 am	Peg Buckley, living
8:00 am	Robert Moore, deceased
5:30 pm (EF)	Lisa Tran, living
<b>Wednesday</b>	<b>March 2 – Ash Wednesday</b>
6:45 am	Lilian Penate, living
8:00 am	Robert Moore, deceased
9:20 (Sch)	Lauretta Chipley, deceased
5:30 pm (EF)	Jason & Jasman De Guzman, living
6:30 pm (SP in Becker Center)	Familia Avila Ocaña, living & deceased & Holy Souls in Purgatory
7:00 pm	Antonio H. Ordonez, living
<b>Thursday</b>	<b>March 3</b>
6:45 am	Jesus Olvera, deceased
8:00 am	Claudia & Mykola Skrypka, & Rick Boike, deceased & Holy Souls in Purgatory
<b>Friday</b>	<b>March 4</b>
6:45 am	Vanessa Sarmiento, living
8:00 am	Robert Moore, deceased
9:20 am (Sch)	Esperanza Chavez, deceased
7:00 pm (SP)	Antonio Delgado, deceased
<b>Saturday</b>	<b>March 5</b>
8:00 am	In honor of and in reparation for the offences against the Immaculate Heart of Mary & the Sacred Heart of Jesus and for the living & deceased members of the Russell & Rinaldi Families.
4:30 pm	Ryan Edward Shaklik, living
6:30 pm (Sp)	Juana de la Cruz Garcia & Miguel de Jesus Carrillo de la Cruz, deceased

## SPIRITUAL ACTIVITY

### ~LENT BEGINS~

Please see our schedule for Ash Wednesday Masses and Stations of the Cross (each Friday) in the Parish Calendar Section of this bulletin.

### ~INTERNATIONAL ROSARY CRUSADE~

Join us in solidarity with an international prayer effort begging the Mother of God for help in this unprecedented, global crisis of division and strife brought on by a two-year pandemic. People around the world are praying the Rosary in a public place every Wednesday at 6:00 p.m. Join us at the Fatima Statue and grotto outside the east entrance of the Cathedral **every Wednesday at 6:00 p.m.**

### ~40 DAYS FOR LIFE~

The Santa Rosa "40 Days for Life" campaign will begin on (Ash) Wednesday, March 2, and last until April 10th. with us in front of the Planned Parenthood building on Sonoma Avenue. We will kick-off the campaign with refreshments and fellowship in the Parish Life Center Charity room after the 5:30 pm Latin Mass on Tuesday, March 1st. If you are interested in joining us, please call Judy at (707) 477-8937; (for donations) call Mary at (707) 321-8948 or for a Spanish speaker, call Theresa at (707) 795-8890.

### ~LITURGY Q & A~

*Why do we use incense at Mass? (Part 2)*

"Incense is one of the gifts given to the newborn Savior by the wise men. It is an offering to be given only to the Divinity. . . The altar is incensed, not because we worship it, but insofar as it represents Christ; the relics because they are part of saints who once received the Body and Blood of Christ while living. The celebrant is incensed only insofar as he takes the place of Our Lord and represents Him and offers the Sacrifice in His Name and by His power . . . The ministers are incensed because they recall Him Who came in the form of a slave and was found as a man. The people are incensed because they are the temples of the Holy [Spirit]." (Fr. James W. Jackson, *Nothing Superfluous*)

## IN MEMORIAM

### †Michael Philip Diepenbrock†

Please remember Michael Philip Diepenbrock and his family and friends in your prayers and Masses. He passed away on 02/12/22. "Eternal rest grant unto him, O Lord, and let perpetual light shine upon him." *May he rest in peace.*

### ~PLEASE PRAY FOR~

Those who are ill need your support and prayers: Tristan Humble, Samuel Agius, Sandy Torti Wilcox, Marjorie Miles, Amelia Lansangan, Gail Brown, Leo Del Santo, Emeline Jane Smith, Rosalind Britto, Ken Davis, Rita Wyatt, Karen Mills, Eileen Carol, Nancy Amador, Patrick Welter, Cristeta Marentes, Jesus Navarro, Michael Boland, Stephen Warner, Thomas Patrick, Aida Catapang, Bob Goldman, Pat Davenport, Joan Cosgrove, Paulita Castro, Jean L. Alfano, Theresa Pham, Rainey Olson, Michele Otten, Pauline Goslovich, Mary Gonzales and Nick Sidjakov.



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### 2022 Lenten Regulations for the Diocese of Santa Rosa

“The Lenten Season has a double character, namely to prepare both catechumens and faithful to celebrate the paschal mystery. The **catechumens**, both with the Rite of Election and Scrutinies, and by catechesis, are prepared for the celebration of the sacraments of Christian initiation; the **faithful**, ever more attentive to the Word of God and prayer, prepare themselves by penance for the renewal of their baptismal promises. (*From: The Order of Prayer in the Liturgy of the Hours and the Celebration of the Eucharist*)

#### The current discipline is as follows:

- Ash Wednesday and Good Friday are days of **fast** and **abstinence**, that is, limited to a single, full meal and abstinence from meat.
- The other Fridays of Lent are days of **abstinence** from meat.
- The law of **fasting** permits only one full meal a day, but it does allow the taking of some food in the morning and a second light meal at noon or in the evening, as you prefer. Persons who have completed their eighteenth year to the beginning of their sixtieth (60) year are obligated to fast. The law of **abstinence** from meat applies to all persons who have completed their *fourteenth* year of age.

However, it is highly recommended that children from ages *seven* to *fourteen* years also follow the law of **abstinence**.

- All Catholics are encouraged to receive Holy Eucharist frequently during Lent and to receive the Sacrament of Penance so that all may be prepared to celebrate more fully the paschal mystery. Those who have received their first Holy Communion are to receive Holy Communion during the Easter season.
- The determination of these days of obligatory penance, as listed above, should not be understood as limiting the occasions for Christian penance. This penance is to help us see and shorten the distance between our present lives and the life God wants for each of us. “Penance should not be only internal and individual but external and social.” (Constitution on the Sacred Liturgy #110)

**Marriages** may be celebrated with Mass and the nuptial blessing should always be given. It is, however, contrary to the spirit of penance during Lent to plan an elaborate wedding with lavish decorations.

**Confirmation at the Easter Vigil:** (1) Canon Law grants to pastors and parochial vicars the faculty to administer the Sacrament of Confirmation, within their proper parish, to any adult or child over the age of seven years on the occasion of his/her baptism or received into full communion with the Church. (2) Any **adult** over the age of eighteen years who is already a baptized Catholic is to be **Confirmed** by the Bishop on the occasion of his pastoral visit to the parish to administer the Sacrament of Confirmation to those under the age of eighteen years or on the Solemnity of Pentecost at the Cathedral of St. Eugene in Santa Rosa. (3) For a pastoral reason the Bishop may grant the faculty to a priest to Confirm an adult who is already a baptized Catholic on a date approved by the Bishop but **not** at the Easter Vigil. However, for validity the priest is to request in writing the faculty from the Bishop giving his reasons, and the name and age of each candidate. Please Note that the *National Statutes for the Catechumenate #27* states that “*The celebration of the Sacrament of Penance with candidates for Confirmation and Eucharist is to be carried out at a time **prior** to and **distinct** from the celebration of Confirmation and the Eucharist.*”

# MY CATHOLIC FAITH

## ON WORDS AND THEIR MEANINGS

### ~FROM THE PASTOR~

There is an interesting sub-text in our readings this weekend. In our first reading from Sirach we read, "When a sieve is shaken, the husks appear; so do one's faults when one speaks." We also read, in the Gospel of Luke, "... from the fullness of the heart, the mouth speaks." I am focusing on this topic today, because so often we condemn (and rightly so) sins of the flesh or sins of greed, pride, etc. and we forget just how lethal sins of speech can be. The words that we use can have serious repercussions, so we must always be careful to choose our words wisely, both when we speak and when we write. Generally, the sin of gossip is the one pointed out as a sin of the tongue. Of course, we all know how deadly gossip can be. I was reminded, however, of a different way in which words can be deadly when I read about a tweet from the USCCB that caused a Twitter storm. The Tweet was: "Here are seven attitudes we can all adopt as we continue our synodal journey together." The tweet then went on to list the seven attitudes: "innovative outlook, inclusivity, open-mindedness, listening, accompaniment, and co-responsibility." Now, we all know by now, that our Church has been thoroughly infected with the scourge of Political Correctness and these words underscore it. "Innovative outlook", could that possibly be a nice way of saying, "dump tradition and try something totally new?" Or, "inclusivity." Is that a round about way of saying, "Since we are all sinners, let's not offer any fraternal correction to anyone anymore and simply say, "I'm okay, you're okay!" I could go on and on, but I think you get the gist of what I'm saying. Words concern me because we are starting to see how dangerous the whole idea of "hate speech" is. Recently, in Finland, two Christian leaders were put on trial for publicly stating the Bible's teachings on sex and marriage. Both have had to defend in court their decision to write and publish, respectively, a pamphlet explaining Christian teachings about sex and marriage. In the trial's opening arguments ... "Finnish prosecutors described quotations from the Bible as

hate speech." Essentially, the Bible is on trial! (<https://thefederalist.com/2022/01/25/finnish-government-puts-christianity-on-trial-calls-the-bible-hate-speech/>) That is frightening! As Lent approaches, I think it may behoove all of us to pray for strength and courage regarding what might be in our immediate future. Jesus tells us in Mathew 5:37: "All you need to do is to say 'Yes' if you mean 'Yes' and 'No' if you mean 'No.' Anything beyond this comes from the evil one." Let us not fall into the error of using political correctness or subterfuge when it comes to speaking the Truth. Let us tell the Truths of our Faith in a clear and courageous manner. Let us not be afraid to say that living together before marriage is wrong; to say that homosexual relations are sinful and are an affront to God and that abortion is murder. Let us not be afraid to say that Jesus established only one Church. Let us say that we do not fear the courts of man, but only the holy tribunal of God. May you all have a fruitful and holy Lent, and remember ... pray for our Church and our country.

### ~THE SAINTS SPEAK~

*Truth suffers, but never dies. - St. Teresa of Avila*

*Proclaim the truth and do not be silent through fear. - St. Catherine of Siena*

*Unwittingly you have pursued falsehood thinking it to be the truth. If you had been taught the truth first you would have been found effortlessly tending toward salvation, just as you now effortlessly lean toward perdition.' -- St. Norbert, to the people of Antwerp*

*The truth is not always the same as the majority decision. - Pope John Paul II*

*The greatest kindness one can render to any man is leading him to truth. - Saint Augustine*

*America, it is said, is suffering from intolerance - it is not. It is suffering from tolerance. Tolerance of right and wrong, truth and error, virtue and evil, Christ and chaos. Our country is not nearly so overrun with the bigoted as it is overrun with the broadminded.*

*Ven. Fulton Sheen*

MI FE CATOLICA

**SOBRE LAS PALABRAS Y SUS SIGNIFICADOS  
~DEL PASTOR~**

Hay un subtexto interesante en nuestras lecturas de este fin de semana. En nuestra primera lectura del Eclesiástico leemos: "Cuando se agita un colador, aparecen las cáscaras; también lo hacen las faltas de uno cuando uno habla." También leemos, en el Evangelio de Lucas, "... de la plenitud del corazón habla la boca". Me estoy enfocando en este tema hoy, porque muy a menudo condenamos (y con razón) los pecados de la carne o los pecados de avaricia, orgullo, etc. y olvidamos cuán letales pueden ser los pecados de palabra. Las palabras que usamos pueden tener serias repercusiones, por lo que siempre debemos tener cuidado de elegir sabiamente nuestras palabras, tanto cuando hablamos como cuando escribimos. Generalmente, el pecado del chisme es señalado como pecado de la lengua. Por supuesto, todos sabemos lo letales que pueden ser los chismes. Sin embargo, me acordé de una manera diferente en la que las palabras pueden ser mortales cuando leí sobre un tuit de la USCCB que causó una tormenta en Twitter. El Tweet fue: "Aquí hay siete actitudes que todos podemos adoptar mientras continuamos juntos nuestro camino sinodal". Luego, el tuit enumeró las siete actitudes: "perspectiva innovadora, inclusión, apertura mental, escucha, acompañamiento y corresponsabilidad". Ahora, todos sabemos a estas alturas, que nuestra Iglesia ha sido completamente infectada con el flagelo de la Corrección Política y estas palabras lo subrayan. "Perspectiva innovadora", ¿podría ser una buena forma de decir "deshacerse de la tradición y probar algo totalmente nuevo?" O, "inclusividad". ¿Es esa una forma indirecta de decir: "Ya que todos somos pecadores, no ofrezcamos más ninguna corrección fraternal a nadie y simplemente digamos: "¡Estoy bien, estás bien!" Podría seguir y seguir, pero creo que entiendes la esencia de lo que estoy diciendo. Las palabras me preocupan porque estamos empezando a ver cuán peligrosa es toda la idea del "discurso de odio". Recientemente, en Finlandia, dos líderes cristianos fueron juzgados por declarar públicamente las enseñanzas bíblicas sobre el sexo y el matrimonio. Ambos han tenido que defender ante los tribunales su decisión de escribir y

publicar, respectivamente, un folleto explicativo de las enseñanzas cristianas sobre el sexo y el matrimonio. En los argumentos iniciales del juicio... "Los fiscales finlandeses describieron citas de la Biblia como El discurso del odio." Esencialmente, ¡la Biblia está en juicio! ¡Eso es aterrador! A medida que se acerca la Cuaresma, creo que nos corresponde a todos orar pidiendo fortaleza y coraje con respecto a lo que podría ser en nuestro futuro inmediato. Jesús nos dice en Mateo 5:37: "Todo lo que necesitas hacer es decir 'Sí' si quieres decir 'Sí' y 'No' si quieres decir 'No'. Cualquier cosa más allá de esto viene del maligno". No caigamos en el error de utilizar la corrección política o el subterfugio a la hora de decir la Verdad. Contemos las Verdades de nuestra Fe de manera clara y valiente. No tengamos miedo de decir que la convivencia antes del matrimonio está mal; decir que las relaciones homosexuales son pecaminosas y son una afrenta a Dios y que el aborto es un asesinato. No tengamos miedo de decir que Jesús instituyó una sola Iglesia. Digamos que no tememos los tribunales de los hombres, sino sólo el tribunal santo de Dios. Que todos tengan una Cuaresma fructífera y santa, y recuerden... oren por nuestra Iglesia y nuestro país.

**~LOS SANTOS HABLAN~**

*La verdad sufre, pero nunca muere. - Santa Teresa de Ávila*

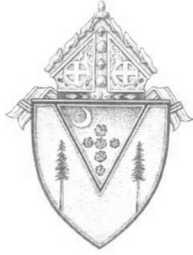
*Proclamad la verdad y no os quedéis callados por miedo. - Santa Catalina de Siena*

*Sin darte cuenta has perseguido la falsedad creyendo que es la verdad. Si te hubieran enseñado primero la verdad, te habrías encontrado tendiendo sin esfuerzo hacia la salvación, tal como ahora te inclinas sin esfuerzo hacia la perdición.' -- San Norberto, al pueblo de Amberes*

*La verdad no es siempre la misma que la decisión de la mayoría. - Papa Juan Pablo II*

*La mayor bondad que uno puede brindar a cualquier hombre es conducirlo a la verdad. - San Agustín*

*Estados Unidos, se dice, sufre de intolerancia, no es así. Está sufriendo de tolerancia. Tolerancia del bien y el mal, la verdad y el error, la virtud y el mal, Cristo y el caos. Nuestro país no está tan invadido por los intolerantes como lo está por los de mente abierta. - Venerable Fulton Sheen*



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## Regulaciones para la Cuaresma del 2022 en la Diócesis de Santa Rosa

“El tiempo de Cuaresma tiene un doble carácter, principalmente para preparar a los catecúmenos y a los fieles para celebrar el misterio pascual. Los **catecúmenos**, con el Rito de la Elección y los Escrutinios y por la catequesis son preparados para la celebración de los sacramentos de la iniciación cristiana; los **fieles**, por una mayor atención a la Palabra de Dios y a la oración, se preparan ellos mismos por la penitencia para la renovación de las promesas bautismales. *Tomado de El Orden de la Oración en la Liturgia de las Horas y la Celebración de la Eucaristía.*

### La disciplina actual es como sigue:

- Miércoles de Ceniza y Viernes Santo son días de **ayuno y abstinencia**, esto es, limitarse a una sola y completa comida y abstenerse de comer carne.
- Los demás Viernes de Cuaresma son días de **abstinencia**
- Las leyes del ayuno permiten una sola comida al día pero es posible tomar algo ligero en la mañana o según se prefiera, al mediodía o la noche. Las personas en buen estado de salud entre 18 y 60 años de edad están obligadas a ayunar.
- Las leyes de **abstinencia** de comer carne obligan a los mayores de 14 años. Sin embargo es altamente recomendable que niños entre 7 a 14 años también cumplan con la práctica de la abstinencia.
- A todos los católicos se les recomienda recibir la Santa Comunión frecuentemente durante la cuaresma y recibir el sacramento de la Penitencia de manera que puedan estar preparados para celebrar más conscientemente el Misterio Pascual. Aquellos que han recibido su Primera Comunión, deben recibir la Santa Comunión durante el tiempo Pascual.
- La determinación de los días obligatorios de penitencia, como está arriba, no debe ser entendida como limitante de la práctica de la penitencia. La penitencia es para ayudarnos a ver y acortar la distancia entre nuestras vidas presente la vida que Dios quiere para cada uno de nosotros. “La penitencia del tiempo cuaresmal no debe ser sólo interna e individual, sino también externa y social.” (Sacrosanctum Concilium #110)
- Los **matrimonios** pueden celebrarse con la misa y siempre se debe dar la bendición nupcial. Sin embargo es contrario al espíritu de la cuaresma elaborar las bodas con muchas decoraciones o flores..

**Confirmación en la Vigilia Pascual:** (1) El Derecho Canónico da los señores Cura y a los vicarios parroquiales la facultad de administrar el Sacramento de la Confirmación en sus parroquias a cualquier adulto o niño/a mayor de siete años quienes hayan sido bautizados o hayan sido recibidos en completa comunión a la Iglesia. (2) Para cualquier adulto que haya sido bautizado católico, el sacerdote deberá pedir las facultades correspondientes del Obispo, para su validación, y así poder administrar el Sacramento de la Confirmación. Solo los adultos mayores de dieciocho años entran en esta categoría. Cuando el Sacerdote solicite el permiso para Confirmar deberá presentar por escrito las razones porque lo solicita, y además deberá enviar al Obispo el nombre y la edad de ese/a candidato/a. Cualquier otro joven menor de dieciocho años deberá ser confirmado cuando el Obispo visite pastoralmente a las Parroquias. Por favor, note que el párrafo 27 de el *National Statutes for the Catechumenate* establece que “*La celebración de el sacramento de la penitencia con los candidatos de la Confirmación y Eucaristía se debe hacer en un momento adecuado anteriormente y **distinto** del momento de la celebración de la Confirmación y la Eucaristía*”.

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