

OUR SEASON OF FASTING AND SACRIFICE BEGINS WEDNESDAY

Lent, our annual season of fasting and abstinence, begins this Wednesday, February 25. Everyone over 14 years of age is required to abstain from meat on Ash Wednesday and all the Fridays of Lent. Everyone over 18 and under 59 years of age is bound to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent is recommended. Fasting means only one meal for that day. Two additional meals, sufficient to maintain strength, may be taken but together they should not equal another full meal. Eating between meals is not permitted but liquids are allowed.

Pope John Paul each year encourages Catholics to offer up their Lenten sacrifices for world peace and greater respect for human life. We pray in a special way during this season for political leaders that they may have the courage to defend human life in all its stages. The continuing culture of death in the modern world—seen in the willingness to wage war, the willingness to accept abortion as a fact of life, the willingness to execute prisoners—make this season's sacrifices all the more important. Our Lenten sacrifices should also be offered up in reparation for the harm done to children and to

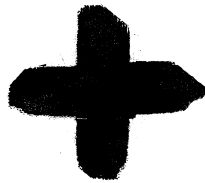
the church at large by clergy sexual misconduct.

People often wonder what they should “give up” for Lent. The following are some sacrifices that are recommended (in addition to the fasting and abstinence on Ash Wednesday and the Fridays of Lent): giving up alcoholic drink, needless television, video games, Internet use, useless movies.

Lent begins with Ash Wednesday when the celebrant puts ashes on our foreheads while using the ancient words “Memento, homo, quia pulvis es, et in pulvere m reverteris” (Remember, human, that you are dust, and to dust you will return). Sociologists have noted that this is one of the most popular symbols of our liturgical year. On this day, thousands of us come to church (although it is not a Holy Day of Obligation) to have ashes smeared on our faces, a blunt reminder that one day we will die. We wear those ashes on our faces for the rest of the day as a counter-cultural sign in a

world that idolizes youth and denies the reality of death.

ASH WEDNESDAY



SCHEDULE

WESTMINSTER PRESBYTERIAN CHURCH

(13TH & N STREETS)

10:00am Liturgy of Word

12 Noon Mass

2:00pm Liturgy of Word

5:00pm Mass

(Ashes distributed at all liturgies)

RITE OF SENDING FORTH FOR RCIA NEXT SUNDAY

Our RCIA participants will celebrate the Rite of Sending Forth this coming Sunday at the 9:30am Mass at Westminster Presbyterian Church. This rite is one of the steps converts go through on their road to becoming Catholics at the Easter Vigil. The purpose of the rite is to formally send those becoming Catholic to the Rite of Election presided over by the bishop on that same day at St Clare's in Roseville.

"My dear friends, you are about to set out on the road that leads to the glory of Easter," the priest will say at next Sunday's Mass. "Christ will be your way, your truth, and your life. In his name we send you forth from this community to celebrate with the bishop the Lord's choice of you to be numbered among the elect. Until we meet again for the scrutinies, walk always in his peace."

The list of this year's RCIA participants follows:

Catechumens: Lisa Baker, Kae Chao, Tara Firey, John Fogle, Jessica Morrow, Mandy Romo, Monica Sacluti, Matthew Whitehead, Amber Wood.

Teens & Children: Ayeshia Burgess, Kyhia Burgess, Kaitlyn Lane, Elsie Lopez, Veronica Lopez, Corina Ramos, Melecio Ramos, Alexandra Sabala.

Candidates for The Profession of Faith: Catherine Bowcock, Macon Carroll, Mark Dyer, Steven Glenn, Gary Grussing, Paulette Jones, Sharon Nicks, Kathrine Rivera.

Candidates: Jaime Castro, Adelina Hernandez, Victoria Morales, Ali Renazco, Raquel Sotelo, Tonya Summers, Melody Ulep.

MASSES FOR THE WEEK

MON 2/23/2003

St. Polycarp

Rdgs: Jas 3: 11-18; Mk 9: 14-29

7:00 am: All Souls

12:00 noon: All Souls

TUES 2/24/2003

(Fat Tuesday or Mardi Gras)

Rdgs: Jas 4: 1-10; Mk 9: 30-37

7:00 am: All Souls

12:00 noon: Rodolfo Corpuz

WED 2/25/2003

ASH WEDNESDAY

Rdgs: Joel 2: 12-18; 2 Cor 5: 20—6:2; Mt 6: 1-6, 16-18

7:00 am: All Souls (ashes distributed)

10:00am: Liturgy of the Word (ashes distributed)

12:00 Noon: All Souls (ashes distributed)

2:00pm: Liturgy of the Word (ashes distributed)

5:00pm: All Souls (ashes distributed)

THURS 2/26/2003

Lenten Weekday

Rdgs: Deut 30: 15-20; Lk 9: 22-25

7:00 am: All Souls

12:00 noon: Anna Mao Nguyen

FRI 2/27/2003

Lenten Weekday

Rdgs: Is 58: 1-9a; Mt 9: 14-15

7:00 am: All Souls

FR. MURPHY IN PHILIPPINES ON VOCATION WORK

Fr. Murphy will be in the Philippines Feb 26 to March 11 interviewing seminarians who have expressed a desire to work in the Sacramento diocese. Formerly director of vocations for the diocese, Fr. Murphy continues to be an associate director of vocations and is making this visit to the Philippines at the request of Bishop William Weigand. He will visit seminaries in Vigan and in Cebu, personally interviewing some 25 seminarians and consulting with faculty members before making recommendations to the bishop. The Diocese of Sacramento has been accepting one or two Filipino seminarians per year in recent years. Each candidate must spend at least two years in an American seminary plus one year in a parish before being ordained for the diocese.

CATHEDRAL YOUTH ATTEND ANAHEIM CONVENTION

Youth directors Diane Ortiz and John Ransom accompanied seven members of our Cathedral youth group to the youth convention in Anaheim this past week. The teenagers attended workshops on our Catholic faith, and participated in joyful liturgies with some 20,000 young people from around the nation. Also on the agenda was a BBQ on the San Clemente Beach. The trip was partly paid for by donations from Cathedral parishioners.

The following is a list of the youth group participants: Felicia Becerra, Angelica Carroll, Alyna Carroll, Mikeels Gomez, Silvia Pulida, Samantha Madaras, and Lisa Reese.