

A photograph of the St. John the Baptist Catholic Church building, featuring a prominent steeple with a cross on top. The building is made of light-colored brick and has a Gothic Revival architectural style. The sky is clear and blue.

# St. John the Baptist CATHOLIC CHURCH

*Corner of E. Lincoln  
and Hamlet Streets*

Church Mailing Address:  
168 E. Lincoln Street  
Columbus, Ohio 43215-1534

(614) 294-5319

Fax: (614) 294-4303

E-mail: [info@sjbitaliana.org](mailto:info@sjbitaliana.org)

**Msgr. Frank P. Lane,  
Parochial Administrator**

*(National Italian Parish ~  
Est. 1896)*

## **MASSES/MESSE:**

**Sunday:** 9:30 a.m. at St. John the Baptist  
**Monday & Tuesday:** 9:00 a.m. at St. John the Baptist  
**Wednesday:** 6:00 p.m. at St. John the Baptist

## **WEEKDAYS AND HOLY DAYS:**

(See Mass Schedule inside Bulletin)

## **PARISH OFFICE/STAFF:**

**Aggie Howard**, Bookkeeper, [ahoward@sjbitaliana.org](mailto:ahoward@sjbitaliana.org)

**Victoria Scruggs**, Secretary, St. John the Baptist

Office Hours, St. John the Baptist:

Monday-Friday, 9:00 a.m.-2:00 p.m.

Administration of both parishes is done through the office at St. John the Baptist – 168 E. Lincoln Street. Requests for copies of sacramental records, scheduling of Masses and other sacramental celebrations, hall rental and other non-emergency needs should be made during regular office hours or email [info@sjbitaliana.org](mailto:info@sjbitaliana.org). Please notify the Parish Office of any changes, such as address or telephone, etc., by calling during regular hours or email [info@sjbitaliana.org](mailto:info@sjbitaliana.org).

## **BULLETIN DEADLINE:**

Announcements must be submitted in writing  
by Tuesday at noon.

## **MUSIC MINISTRY:**

**Gina M. Bishop**, Music Director

**John C. Huffman**, Organist

## **PARISH MEMBERSHIP:**

We welcome you into our Parish Families.

Membership in the parish consists of two parts:

**Registration:** Please fill out form and return to Office.

**Participation:** As a member of the Church, you are accepting the responsibility of weekly worship as well as supporting God's work here through giving of yourself, your time and talents, and a worthy Sunday offering to show your love for God and your gratitude for His many favors.

## **RECONCILIATION/CONFESSIONE:**

One half-hour prior to weekend Mass or by request/appointment.

## **BAPTISM/BATTESIMO:**

Preparation is required for the reception of the sacrament.

Parents are encouraged to call the Rectory and set up an appointment before the birth of their child.

## **MATRIMONY/MATRIMONIO:**

Arrangements should be made at least six or more months in advance. A marriage preparation program is required.

## **SACRAMENT OF THE SICK/INFERMI:**

**In cases of emergencies, please call anytime. Please notify the Parish Office for Communion calls to the sick, shut-ins.** Due to privacy laws, if parishioners wish to be visited in the hospital, they should contact the Parish Office directly and give the information regarding the hospitalization. **If you are scheduled for surgeries or other medical procedures**, please contact the Parish Office in advance so that a priest can administer Anointing of the Sick prior to the procedure.



## ST. JOHN THE BAPTIST

Dear Friends in Christ,

### Lent

Throughout the long history of God's relationship with His people, there have always been times when the believing community tried to untangle its involvement in the everyday realities of life and re-engage with the God who delivered them from bondage. The Hebrews did so in the Passover and the Feast of First Fruits.

When the Old Covenant passed its heritage into the New Covenant, the Christian people retained that deep understanding of untangling the web of everyday life that they could get a closer look at and have a closer friendship with the Lord Jesus who saved us from the eternal bondage of Sin.

Some of the Ancients went into the Desert to come face to face with evil and reject it and choose the Good, the Lord – Jesus did this, John the Baptist did this, St. Anthony of the Desert did this as did many others. Few of us can go off to the desert to face evil and find God but, in our own way, we can use the season of Lent to do something similar. We have a tradition of depriving ourselves of some things that we desire and like – certain types of food, certain recreational activities, certain pastimes. It's a kind of quest for freedom from everyday dependencies, everyday personal entanglements. It's a step toward freeing ourselves sufficiently to get a better glimpse of God in our lives, a little strengthening of the Will to resist temptation, a small offering to the Lord in gratitude for our salvation.

In this movement toward a greater freedom, we might take the opportunity to get to daily Mass once in a while, we could pray more, we could visit the Blessed Sacrament a little more often, we could show up at Adoration at Sacred Heart on some Thursdays, we could pray the Rosary for the holiness and faithfulness of the Church, we could pray for those caught in the ghastly throes of war. We could do a lot with our little piece of freedom that sacrifice gives us. We could have a really good Lent!

Many Blessings!  
Msgr. Frank Lane

**Part-time Facilities Manager Position:** Looking for a part-time Facilities Manager for both **St. John the Baptist and Sacred Heart Churches**. Duties would be to maintain and oversee both churches. This would include ordinary maintenance, cleaning, dusting, mopping floors, changing light bulbs, minor plumbing and electrical work, removal of trash, and any other things that may need to be repaired or maintained. This would be approximately **25 hours a week**. If interested in the position, please contact the office for more information at **614-294-5319**. Thank you!

### MASSES FOR THE WEEK

**Sunday:** St. John the Baptist – 9:30 a.m.  
February 11 + **Chris Cua**  
*by Mike & Kerree Susi*  
Sacred Heart – 11:00 a.m.  
+ **Jim L.**

**Monday:** St. John's – 9:00 a.m.  
February 12 + **Richard Lumpe**  
*by Fr. Michael Lumpe*

**Tuesday:** St. John's – 9:00 a.m.  
February 13 + **Alex & Sharma Lee Pieramico**  
*by Mr. & Mrs. John McAvoy*

**Wednesday:** St. John's – 6:00 p.m.  
February 14 + **James "Buzz" Cockerell**  
*by Michael & Crystal Cockerell*

**Thursday:** Sacred Heart – 6:30 p.m.  
February 15 + **Frank W. Lane**

**Friday:** No Mass  
February 16

**Saturday:** Sacred Heart – 4:00 p.m.  
February 17 **Family of Mrs. Ruth Farthing**  
*by McCallum Family*

**Confessions:** St. John's – Sunday – 8:30 a.m.  
Sacred Heart – Saturday – 3:00 p.m.  
Sacred Heart – Thursday – 7:00 p.m.

**Adoration of the Blessed Sacrament:** Sacred Heart  
Thursdays 10:00 a.m. – 7:30 p.m.

Ash Wednesday, February 14, Mass Times  
Sacred Heart Church 10:30 a.m.  
St. John the Baptist 6:00 p.m.

The **Parish Office**: will be closed on **Monday, February 19, 2024**, in observance of **Presidents' Day** and will reopen **Tuesday, February 20th at 9:00 a.m.**

### LECTORS & EUCHARISTIC MINISTERS

	Sunday, February 11, 2024, 9:30 a.m.
<b>Lector 1 &amp; 2:</b>	Nick D'Alberto, Antonio D'Alberto
<b>Eucharistic Minister 1 &amp; 2:</b>	AnnMarie Pastore, Grechen Heininger,
<b>Eucharistic Minister 3, 4, 5:</b>	Sharon D'Alberto, Kurt Heininger, Margaret Panico-Harn
	Sunday, February 18, 2024, 9:30 a.m.
<b>Lector 1 &amp; 2:</b>	Gretchen Heininger, Kurt Heininger
<b>Eucharistic Minister 1 &amp; 2:</b>	Pat Rossetti, Ed Pagnanelli, Margi Baker,
<b>Eucharistic Minister 3, 4, 5:</b>	Andrea Myers, Al Iosue

**Blessed Sacrament & Marian Lights Intentions:**

**Marian Lights: Joyce Tisone**

*by Carl Tisone*

**Blessed Sacrament: Tony Solazzo**

*by Irene Solazzo & Family*

**PLEASE REMEMBER OUR KNOWN ILL  
AND ELDERLY IN YOUR PRAYERS\*\***

**\*\*If you know of any additions or corrections, please call the Parish Office. Due to privacy laws, we depend on your input. For Vienna D'Alberto who is residing at the Worthington Christian Village. Also, keep in your prayers, Laura Williams, Guy Williams, John Contino and Mrs. Fiorenza Frissora.**

**The Rosary before Mass on Sunday:** We begin the Rosary around 9:00-9:05 a.m., and it takes about 15-20 minutes to pray the Rosary. If you would like information on how to lead the Rosary, please contact **Kevin Koesters at 937-902-7446 or via email k.koesters32@gmail.com.** Leaders for February are:

February 11 Al Iosue  
February 18 Gary Bosco  
February 25 Kevin Koesters



**Congratulations to the family of Anthony and Chelsea Colant whose son, Domenic Michael Colant was baptized on Saturday, January 27th, 2024. May the Holy Spirit be with you all!**

**LENTEN SIMPLE SUPPERS:** The Altar Guild is organizing the Simple Suppers this year during Lent.

All Simple Suppers will be held in Marrapese Hall. They will be held on Wednesdays beginning, Ash Wednesday, February 14, and ending Wednesday, March 20. All Simple Suppers will be served immediately after the 6:00 p.m. Mass. A donation of \$10.00/person includes Soup, Salad, Rolls & Butter. All proceeds will be split between Holy Family Soup Kitchen and J.O.I.N. (Joint Organization for inner-City Needs). There will be no Simple Supper during Holy Week.

The sponsoring groups and dates for the Simple Suppers:

Wednesday, February 14 – The Columbus Italian Festival Executive Board  
Wednesday, February 21 – The Abruzzi Club  
Wednesday, February 28 – Le Donne  
Wednesday, March 6 – The Piave Club  
Wednesday, March 13 – The Altar Guild  
Wednesday, March 20 – Sacred Heart

**FESTA DI SAN GUISEPPE/ST. JOSEPH'S DAY**

**CELEBRATION BREAKFAST:** This year's Festa di San Guiseppe Breakfast will be Sunday, March 17, 2024, after the 9:30 a.m. Mass. The Altar Guild is sponsoring this event and will be selling tickets after Mass each Sunday. Tickets are \$15.00/person (children 6 and under are free). All tickets **MUST BE PURCHASED IN ADVANCE!** The menu includes scrambled eggs, bacon, sausage, pancakes, fresh fruit, juice, coffee and of course St. Joseph's Table.

Please bring a tray of cookies to share and be blessed as part of this year's St. Joseph's Table.

Bishop Watterson High School choirs will hold a free concert at Saint John the Baptist on Tuesday, February 13th at 7:00 p.m. All are welcome.

**APPLICATIONS AVAILABLE FOR THE FATHER CASTO  
MARRAPESE SCHOLARSHIP PROGRAM – DEADLINE**

**MONDAY, APRIL 1, 2024:** St. John the Baptist Italian Catholic Church announces the 2024 Father Casto Marrapese Scholarship Program. If you are a high school senior student of Italian descent, attending a central Ohio high school, and accepted to an accredited two or four-year college or university in the U.S. for the 2024-2025 academic years, you are encouraged to apply for this scholarship opportunity. Application information has been posted on Saint John's website [www.info@sjbitaliana.com](http://www.info@sjbitaliana.com) and has also been sent to central Ohio high school guidance counseling offices. All application materials (application form, activity listing, personal recommendation letter, school recommendation and transcript, and personal essay) must be received at St. John's no later than 2:00 p.m., Monday, April 1, 2024. For information, call St. John the Baptist Catholic Italian Church at 614-294-5319.

**New Italian Ancestry Research Workgroup... Uncover the Treasures within Your Italian Roots!**

**CIAO Columbus (Columbus Italian Ancestry of Ohio)** is a brand-new group dedicated to preserving Italian genealogy. Whether you are a beginner or an experienced researcher, join us as we embark on this exciting journey to explore our Italian Roots!

**Date: Sunday, February 18th**

**Time: 11:00 a.m.-1:00 p.m.**

**Place: Marrapese Hall**

**Here is a sneak peek of what to expect:**

- **Hands-On Experience:** Dive into the basics with interactive sessions and learn the ropes of exploring Italian genealogy.
- **Research Tips:** Discover tips for researching Italian ancestors, including conquering language barriers, and understanding historical records.
- **Networking:** Connect with fellow enthusiasts who share the same passion for tracing their Italian roots. Share stories, strategies, and successes as we explore the fascinating world of our family history.

Join us on **February 18th** to begin your adventure in exploring your Italian family history!

**WEEKLY STEWARDSHIP AT ST. JOHN'S**

**February 04, 2024**

**Number of Envelopes used Sunday: 43**

Env:	\$ 1,885.00
Loose:	\$ 354.00
January EFT:	\$ 7,680.96
Total	\$ 9,919.96
Less Diocesan 8% Assessment	\$ - (793.60)
	\$ 9,126.36

	<u>Budgeted</u>	<u>Actual</u>	<u>Difference (\$)</u>
This Week:	\$3,000.04	\$ 9,919.96	\$6,919.92

**DONATION QR CODE AND WEBSITE INFORMATION**



Please help St. John the Baptist maintain this beautiful 125-year-old building with a donation by using the QR code to donate. Thank you!



## EVENTS FOR THE WEEK

2/11 Sunday	<b>SJB Mass – Msgr. Frank Lane – 9:30 a.m.</b> <b>SJB Altar Guild Meeting – 10:45 a.m.</b> after Mass – Marrapese Hall <b>KCC Mass – Fr. Francisco Kim – 12:00 p.m.</b> Meeting in Sala Hall – 1:00-3:00 p.m. <b>San Giovanni Dancers – 3:30-6:00 p.m.</b> Marrapese Hall
2/12 Monday	<b>SJB Mass – Msgr. Lane – 9:00 a.m.</b>
2/13 Tuesday	<b>SJB Mass – Msgr. Frank Lane – 9:00 a.m.</b> <b>Bishop Watterson High School Choirs</b> 7:00 p.m. – SJB Church
2/14 Wednesday	<b>SJB Mass – Msgr. Frank Lane – 6:00 p.m.</b> Simple Supper after Mass in Marrapese Hall <b>SJB RCIA Class – 7:00-8:30 p.m.</b>
2/16 Friday	<b>KCC Mass – Fr. Francisco Kim</b> 7:00-7:30 p.m.
	<b>Altar Guild Reminder – Every 2nd</b> <b>Sunday of the Month – Marrapese Hall at</b> <b>10:45 a.m.</b>
	<b>Le Donne Group – Meetings are the last</b> <b>Sunday of each month after Mass in</b> <b>Marrapese Hall – 10:45-11:15 a.m.</b> There are no meetings in June or July.
	<b>Padre Pio Group – Last Tuesday of the</b> <b>month. See bulletins for date and time.</b>
	<b>SJB Social Activity Counsel – Meets the</b> <b>4th Sunday of each month in the Library</b> <b>from 12:00-2:00 p.m.</b>
	<b>Italian Genealogy Workgroup – Sunday</b> <b>February 18th, 10:30-1:30 p.m.</b> <b>Marrapese Hall</b>

**SJB Collection Counters for Monday, February 12, 2024**  
Nick Persichetti and Aggie Howard

**SJB Collection Counters – Tuesday, February 20, 2024**  
David Ross and Aggie Howard



This is a newly formed **Italian Club for Young Adults. La prossima is a Young Adult Group** keeping the culture alive through the next generation. A vibrant club for young adults of **Italian descent.**

**PAVERS:** The front **Pavilion** of **St. John's Church** is covered with **Pavers**. These **Pavers** are available for purchase and engraving in remembrance of family members and loved ones. For more information, please call the office of **St. John's** at **614-294-5319**.

**The Catholic Times:** Do you read *The Catholic Times* online or receive the newspaper in the mail? *The Catholic Times* needs your support. Your annual subscriptions and donations allow *The Catholic Times* to continue its mission of providing news and information about the Diocese that you won't read anywhere else. You'll find news stories, features, sports, arts, insightful and entertaining columns, obituaries, photos, crossword puzzles and word searches. Sign up or renew online at [catholictimescolumbus.org](http://catholictimescolumbus.org) under the subscribe tab. Current subscribers also will receive a paper statement in the mail that can be returned to **The Catholic Times, Diocese of Columbus, 197 E. Gay Street** with a check for **\$26.00** or paid online at the website. Another option for new subscribers is to mail your **\$26.00** check and include the name and address for the subscription to **Diocese of Columbus – Catholic Times** to our office at **197 E. Gay Street, Columbus, OH 43215**. Your support and your readership are appreciated.

😊 Smile Break 😊

**Q: Why can't muggers catch Catholics during Lent?**

**A: They fast.**

**Proverbs 15:15: "For the despondent, every day brings trouble; for the happy heart, life is a continual feast."**

## AROUND US

**Liturgical Calendar:** The month of **February** is dedicated to the **Holy Family**. Between the events which marked Christmas and the beginning of Christ's public life, the Church has seen fit to recall the example of the Holy Family for the emulation of the Christian family. This year, the first half of **February** falls during the liturgical season of **Ordinary Time**. The remaining days of **February** are the beginning of **Lent**. The liturgical color changes from green to violet or purple — a symbol of penance, mortification, and the sorrow of a contrite heart.

**The Holy Father's Intentions for the Month of February 2024: We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.**

**ST. PADRE PIO RELIC AT THE COLUMBUS CATHOLIC WOMEN'S CONFERENCE:** The glove of St. Padre Pio will be displayed for veneration at the upcoming Columbus Catholic Women's Conference in February. Scan the QR code to register for the conference.





**Catholic Cemeteries of Columbus Spring Cleanup Begins**

**March 1:** It's getting close to **spring** and that means time for the **Catholic Cemeteries of Columbus Spring Cleanup!** Families wishing to retain any personal keepsakes should gather them by **March 1, 2024**, when **Cemetery** field staff will begin cleanup around graves and mausoleums. If you have questions, please contact our cemetery offices: **St. Joseph/Mt. Calvary at 614-491-2751; Resurrection at 614-888-1805; or Holy Cross at 740-927-4442.**

**Ash Wednesday: February 14:** At the beginning of **Lent**, on **Ash Wednesday**, ashes are blessed during **Mass** after the homily. The **blessed ashes** are then "**imposed**" on the faithful as a sign of conversion, penance, fasting and human mortality. The ashes are made from the palms used at the previous **Passion Sunday** ceremonies.

**Church Regulations Regarding Fasting and Abstinence**

**During Lent:** Abstinence from meat (beast or fowl) is to be observed by all **Catholics** fourteen years and older on **Ash Wednesday** and on all **Fridays** of **Lent**. This obligation prohibits the eating of meat, but not eggs, milk products or condiments of any kind, even if made from animal fat. The law of fasting on **Ash Wednesday** and **Good Friday** applies to all **Catholics from age 18 through age 59**. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Those who are ill or pregnant may be dispensed from their obligation.

**Lenten Practices:** **Prayer, fasting, and almsgiving** are the three pillars of **Lenten practices**. **Prayer** is our necessary communication with **God**, reminding us of our very intimate relationship with **God**, our creator. **Fasting** can help us curb our body's appetites and put our soul in control. **Fasting** does not have to be limited to avoiding food. We can also fast from different forms of entertainment and our over-reliance on the smartphone. **Lent** can be an opportunity to give up these forms of escape and replace them with some good spiritual reading. **Almsgiving** is the third pillar. When we give alms, we are reminded that the monetary resources that we have are the result of **God's** blessings which are meant to be shared, especially with the poor. – **Father Kitzmiller**

*"Jesus reveals to us that God is not a detached master who speaks to us from on high. He is a loving Father who draws near to us, comes into our homes, wants to save and liberate us, and heals us from every ill of body and spirit."* @Pontifex

*Returning Love for Love:  
A Pilgrimage to the Heart of Jesus*

**MAY 31 – JUNE 9, 2024**

To commemorate the 350th anniversary of the revelations of the Sacred Heart of Jesus at Paray-le-Monial, a Jubilee Year has been declared, beginning on 27 December 2023 and continuing through 27 June 2025, the Solemnity of the Sacred Heart.

Please consider joining the Diocese of Columbus and Bishop Fernandes on this extraordinary pilgrimage to France during the Jubilee Year.

**PILGRIMAGES**  
BY CORPORATE TRAVEL

41780 W SIX MILE ROAD, SUITE 100, NORTHVILLE, MI 48169  
P: 866.468.1420 | [CTScentral.net](http://CTScentral.net)

**Today's Gospel:** The **Gospel** is from **St. Mark 1:40-45**.

We see both the divine power and the divine compassion of **Jesus** in this act of healing. His compassion for suffering humanity was also divine. It was out of compassion that He descended to man's level, becoming man, equal to us in all things except sin, to suffer with us and for us. By His human sufferings He made an atonement, a satisfaction for all the sins of the world—a satisfaction which all mankind could never make—to His heavenly **Father**, and so obtained for us **God's** pardon. At the same time, by joining our human nature to His divine nature, He brought us into the divine orbit and made us adopted children of **God** and heirs of the eternal life of the Blessed Trinity. But, due to the many times we unfortunately sin, nothing but the mercy of **God** can save us from our own folly. Fortunately, that mercy is available, if only we ask for it. What we sinners need is the faith and confidence of the leper in today's **Gospel** reading. He believed firmly in the power and the mercy of **Jesus**. "**If you will, you can make me clean,**" was his approach to **Jesus**. This should be our approach too. What folly for any **Christian** then, to commit sin and isolate himself from **God**. But it is greater folly still, to remain in this unclean state when the cure is so easily available to any sincere penitent.

—Excerpted from *The Sunday Readings* by Fr. Kevin O'Sullivan, O.F.M.



**Prayer:** *O God, who teaches us that You abide in hearts that are just and true, grant that we may be so fashioned by Your grace as to become a dwelling pleasing to You. Through our Lord Jesus Christ, your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen*



## HEALING HANDS

*Reflection on Mark 1:40-45*

"Go show yourself to the priest and offer for your cleansing what Moses prescribed." With this admonition, Jesus sends the healed leper off.

What Moses prescribed concerning leprosy is found in chapters 13 and 14 of Leviticus. Reading through these rather complex protocols, we discover that purification after leprosy includes some lengthy rituals involving "two live, clean birds, as well as some cedar wood, scarlet yarn, and hyssop." (Lv 14:4).

It is interesting to note that Jesus Himself did not follow any of these protocols, especially in touching the leper. There's an important lesson here in Jesus' action of healing – taking the risk of touching others with the healing and loving and forgiving power of God is more important than following any protocol.

This story is a good illustration of a key controversy in the Gospels, between Jesus and the religious leaders of His day, who were often offended by Jesus' exercise of His power because it challenged the system they maintained and their place and comfort in the community. Jesus was constantly pointing out that the law was made for the sake of the people, and not the other way around. He wanted the priests and other leaders to learn that people were always more important than the religious system. This is a good lesson for us as well.

~ Fr. Jay



## WEEKLY SCRIPTURE

### Sunday, February 11, 2024

*Sixth Sunday in Ordinary Time*

Lv 13:1-2, 44-46

Ps 32:1-2, 5, 11

1 Cor 10:31-11:1

Mk 1:40-45

### Monday, February 12, 2024

*Weekday*

Jas 1:1-11

Ps 119:67, 68, 71, 72, 75, 76

Mk 8:11-13

### Tuesday, February 13, 2024

*Weekday*

Jas 1:12-18

Ps 94:12-13a, 14-15, 18-19

Mk 8:14-21

### Wednesday, February 14, 2024

*Ash Wednesday*

Jl 2:12-18

Ps 51:3-4, 5-6ab, 12-13, 14 and 17

2 Cor 5:20-6:2

Mt 6:1-6, 16-18

### Thursday, February 15, 2024

*Weekday*

Dt 30:15-20

Ps 1:1-2, 3, 4 and 6

Lk 9:22-25

### Friday, February 16, 2024

*Weekday*

Is 58:1-9a

Ps 51:3-4, 5-6ab, 18-19

Mt 9:14-15

### Saturday, February 17, 2024

*Weekday*

Is 58:9b-14

Ps 86:1-2, 3-4, 5-6

Lk 5:27-32

Access Daily Readings from  
the New American Bible,  
Revised Edition (NABRE) online at  
<https://bible.usccb.org>

## OUR LADY OF LOURDES

*Saint of the Day: February 11*

*Patron Saint of: Relief from physical ills*

Bernadette was a sickly child of poor parents. Their practice of the Catholic faith was scarcely more than lukewarm. Bernadette could pray the Our Father, the Hail Mary and the Creed. She also knew the prayer of the Miraculous Medal: "O Mary conceived without sin."

During interrogations Bernadette gave an account of what she saw. It was "something white in the shape of a girl." She used the word *aquero*, a dialect term meaning "this thing." It was "a pretty young girl with a rosary over her arm." Her white robe was encircled by a blue girdle. She wore a white veil. There was a yellow rose on each foot. A rosary was in her hand. Bernadette was also impressed by the fact that the lady did not use the informal form of address (*tu*), but the polite form (*vous*). The humble virgin appeared to a humble girl and treated her with dignity.

Through that humble girl, Mary revitalized and continues to revitalize the faith of millions of people. People began to flock to Lourdes from other parts of France and from all over the world. In 1862, Church authorities confirmed the authenticity of the apparitions and authorized the cult of Our Lady of Lourdes for the diocese. The Feast of Our Lady of Lourdes became worldwide in 1907.

Lourdes has become a place of pilgrimage and healing, but even more of faith. Church authorities have recognized over 60 miraculous cures, although there have probably been many more. To people of faith this is not surprising. It is a continuation of Jesus' healing miracles – now performed at the intercession of His mother. Some would say that the greater miracles are hidden. Many who visit Lourdes return home with renewed faith and a readiness to serve God in their needy brothers and sisters.

Read the full article: "Our Lady of Lourdes" Franciscan Media, Franciscan Friars, [franciscanmedia.org/saint-of-the-day/our-lady-of-lourdes/](https://franciscanmedia.org/saint-of-the-day/our-lady-of-lourdes/). (Accessed January 29, 2024).



*Invest time each week to  
expand your vocabulary and  
deepen your faith.*

11 February 2024

## WORD OF THE WEEK

### Fasting \ˈfɑːstɪŋ\

Refraining from food and drink for religious purposes. Biblically, it implied not eating or drinking from morning till evening.

The Catholic Church defines **fasting** as one full meal a day, with two additional breaks. Catholics observe a eucharistic **fast** and abstain from food and drink one hour prior to receiving Holy Communion. They also **fast** annually on Ash Wednesday and Good Friday if in good health and between the ages of 21 and 59.

*Pronunciation:* <https://tinyurl.com/Take5-fasting>

### CONTEXT

Do you wish your prayer to fly toward God? Make for it two wings: **fasting** and almsgiving. —*Saint Augustine*

There's something about it that makes sense, Lent. You give something up, and everything's more joyful. —*Elaine Stritch*

When my stomach hungers from **fasting**, it is a reminder of the spiritual hunger my soul experiences at every moment of my existence. —*Bishop Robert Barron*

### WHY IT MATTERS

When we're self-sufficient, it's easy to forget that God is our ultimate source of life and hope. **Fasting** is a visceral reminder to trust in God. **Fasting** helps us to detach from worldly things not because they are bad but to remind us that God is the source of all gifts.

From the Catechism of the Catholic Church: "**Fasting** and abstinence . . . help us acquire mastery over our instincts and freedom of heart" (2043).

### RELATED WORDS

Abstinence | Sacrifice | Asceticism | Mortification

## QUESTION OF THE WEEK

### Why do we fast?

Why **fast**? Our survival requires us to eat and drink. When we refrain from these most basic activities, it reminds us that "we do not live by bread alone." **Fasting** provides us with an opportunity to affirm our faith in God's providential care.

**Fasting** as a spiritual practice falls into the category of sacrifice. As in other acts of religious sacrifice, **fasting** takes something away from us. **Fasting** stirs us to contemplate justice—many in this world go without food—and motivates us to pray in a deeper, richer way. Because we don't want to do it, **fasting** is regarded as a penitential practice: We do it in reparation for sin, ours and the world's.

When you think of everything **fasting** can do—encourage fidelity and humility, awaken the spirit of justice, enhance prayer, assist those who are tempted—the question becomes: Why *not fast*?

—*Alice Camille, from Questions Catholics Ask <http://tinyurl.com/QCA-fasting>*

## REFLECTION OF THE WEEK

ASH WEDNESDAY, DAY OF FAST AND ABSTINENCE  
(FEBRUARY 14)

### The spirit of our fasting

**Fasting**, prayer, and almsgiving are ancient spiritual practices that foster humility and charity. In the words of fifth-century Doctor of the Church Peter Chrysologus: "When you **fast**, see the **fasting** of others. If you want God to know you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give."

READINGS: Joel 2:12-18; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18 (219 <https://bible.usccb.org/bible/readings/021424.cfm>).  
"When you **fast**, do not look gloomy."

### FAITH IN ACTION

Use **fasting** as a way to see more clearly the things you've missed by inattention.



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