


AN ILLUSTRATED GUIDE TO
LENTEN FASTING & ABSTINENCE
PRESENTED BY JONATHAN TEJERINA FOR THE FOCUS BLOG

WHEN


ASH WEDNESDAY
GOOD FRIDAY
FRIDAYS IN LENT

FASTING AND ABSTINENCE


WHO



CATHOLICS 14+
ARE OBLIGED TO PRACTICE ABSTINENCE



CATHOLICS 18-59
ARE OBLIGED TO FAST



THOSE OUTSIDE THE AGE LIMITS
and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

AYUNO Y ABSTINENCIA

DÍAS DE AYUNO

- MIÉRCOLES DE CENIZA
- VIERNES SANTO

1 SOLA COMIDA FUERTE AL DÍA
También se permite tomar algo ligero por la mañana y por la noche

DESDE LOS 18 HASTA LOS 59 AÑOS

NO TIENEN OBLIGACIÓN LAS EMBARAZADAS O LOS ENFERMOS

DÍAS DE ABSTINENCIA

- MIÉRCOLES DE CENIZA
- VIERNES SANTO
- VIERNES DE CUARESMA (TODOS)

LA ABSTINENCIA CONSISTE EN NO COMER CARNE

A PARTIR DE LOS 14 AÑOS

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St. Columba's
ROMAN CATHOLIC CHURCH
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Phone: (973) 622-7712
E-mail: saintcolumba@hotmail.com

PARISH SERVED BY:
Rev. Andrés Codoñer-Contell, Pastor
Rev. Drazen Hosi, Vicar

SUNDAY MASS/ Misa Domini-cal
Saturday: 5:00 PM - Bilingual
Sunday: 8:00 AM - English
11:00 AM - Español

*St. Augustine's Church
170 Sussex Ave. Newark NJ
9:30AM - Sunday (Eng./Sp.)*

DAILY MASS/ Misa diaria
English: Tuesday, 6:00pm and Thursday, 9:00am
Español: Lunes, miércoles y viernes 6:00 pm

CONFESSIONS/ Confesio-nes
5:00 pm daily or by appointment.
Diario a las 5:00pm o por cita.

BLESSED SACRAMENT EX-POSITION/ Exposicion del Santisimo Sacramento
Friday/ Viernes, 4:00pm - 5:45pm

NEOCATECHUMENAL WAY
Word Liturgy:
Tuesday & Wednesday 82
Eucharist Liturgy:

7th Sunday in Ordinary Time February

Amen a sus enemigos, rueguen por sus perseguidores.

Si aman solamente a quienes los aman, ¿qué recompensa merecen?

SAN MATEO 5, 38-48

Love your enemies and pray for those who persecute you. For if you love those who love you, what recompense will you have?
Mt 5:38-48

**Ash Wednesday
February 23, 2023**

MASS INTENTIONS INTENCIONES DE LA MISA

Saturday, February 18, Sunday Vigil
 5:00 PM Dolores Rosado Nuestra Senora del Cisne

Sunday, February 19, Seven Sunday in Ordinary Time
 8:00 AM All Parishioners
 11:00 AM Miguel Moya Hipolito Nieves
 Jesse Garcia Sixto Jacobo Conza
 Maria Vega Pedro Conza
 Santos Cruz Vicente Conza
 Orlando Alvarado Vidal Francisco
 Juan Francisco Torres Aneudi Vidal Francisco

Monday, February 20,
 6:00 PM Lucila Mucha

Tuesday, February 21,
 6:00 PM

Wednesday, February 22, ASH WEDNESDAY
 7:00 AM (AT ST. AUGUSTINE'S) For All Parishioners (Both SC+SA)
 12: NOON
 6:00 PM Por todas las benditas almas del purgatorio
 7:00 PM

Thursday, February 23,
 9:00 AM For all blessed Soul in purgatory

Friday, February 24,
 6:00 PM Por los niños no nacidos por causa del aborto y por la conversión de sus padres.

Saturday, February 25, Sunday Vigil
 5:00PM Dolores Rosado

Sunday, February 26, First Sunday of Lent
 8:00 AM All Parishioners
 11:00 AM Miguel Moya Hipolito Nieves
 Maria Vega Vidal Francisco
 Santos Cruz Aneudi Vidal Francisco
 Orlando Alvarado

Daily Mass Readings

Sunday 02/19
7th Sunday OT
 Lv 19:1-2,17-18
 1 Cor 3:16-23
 Mt 5:38-48

Monday 2/20
 Sir 1:1-10
 Mk 9:14-29

Tuesday 02/21
 Sir 2:1-11
 Mk 9:30-37

Wednesday 02/22
 Jl 2,12-18
 2 Cor 5,20-6,2
 Mt 6,1-6.16-18

Thursday 02/23
 Dt 30, 15-20
 Lc 9,22-25

Friday 02/24
 Is 58,1-9
 Mt 9,14-15

Sunday 02/26
1st Sunday of Lent
 Gn 2,7-9;3,1-7
 Rom 5,12-19
 Mt 4,1-11



SERVICES FEBRUARY 22

7:00 AM - English
 AT ST. AUGUSTINE'S
 12NOON - Bilingual
 6:00 PM - Español
 7:00 PM - Español



MIERCOLES DE CENIZA DIA DE AYUNO Y ABSTINENCIA

Papa Francisco Audiencia General 15/2/23 Catequesis. El primer apostolado



Queridos hermanos y hermanas:

Continuamos el ciclo de catequesis dedicado a la pasión por evangelizar, y hoy reflexionamos sobre los primeros discípulos. Nos dice el Evangelio que «Jesús instituyó a Doce para que estuvieran con Él y para enviarlos a predicar» (Mc 3,14). Esto significa que “estar” con el Señor y “salir” a anunciarlo —podríamos decir, la *contemplación* y la *acción*— son dos dimensiones de la vida cristiana que siempre van unidas.

En el capítulo 10 del evangelio según san Mateo —les invito a que lo lean—, Jesús les dice a sus discípulos *porque* es necesario anunciar, *qué* es lo que se anuncia y *cómo* hay que hacerlo. El don de conocer a Jesús, que hemos recibido gratuitamente, también gratuitamente estamos llamados a compartirlo con los demás. Lo que anunciamos es el amor de Dios, que transforma nuestra vida. Y el modo de transmitirlo es con sencillez y mansedumbre, sin apegos a los bienes materiales y juntos, en comunidad. Nadie va solo, la Iglesia es misionera,

Pope Francis

General Audience 15/2/23

Catechesis. 4. The first apostolate

Dear brothers and sisters: In our continuing catechesis on apostolic zeal, the desire to share with others the joy of the Gospel, we now consider the calling of the twelve apostles, whom Jesus chose “to be with him and to be sent out to proclaim the Good News” (Mk 3:14). Both aspects of that call are essential, for only by closeness to Jesus do we learn to proclaim him and not ourselves, his word and not our own. As Jesus sends the apostles forth on mission, he tells them to share the gift that they themselves received, the unmerited gift of God’s redeeming love. Their message must be his own: that the kingdom of God is at hand and requires only that we receive it with open hearts. Jesus also tells the apostles that they are sent forth like sheep among wolves, to propose the Gospel above all by their witness of meekness, innocence and personal conviction, proclaiming Christ more by their actions than by their words. The Church, as “apostolic”, is entirely missionary; each of us, in Baptism, is called by Jesus to live in closeness to him and to be sent forth, in union with all our brothers and sisters, to bear witness to his Gospel before the world.