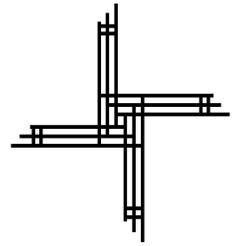


# St. Bridget Catholic Church



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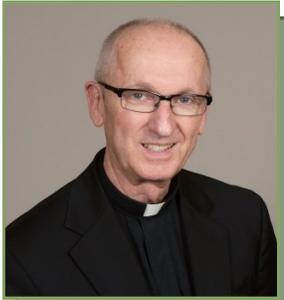
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## From the Pastor



This Lent, St. Bridget again has the "Little Black Books" available to help you in your Lenten reflections. Give just six minutes a day the Sunday before Ash Wednesday through Easter Sunday for one of the Church's oldest traditions of prayer - called "lectio divina" (sacred reading). In this form of prayer, we take a Scripture passage and spend some quiet time reading it with God at our side. We listen for God to speak to us through the words, guiding us to thoughts and reflections that sometimes seem to come from nowhere. I would like to share with you the first devotional from the "Little Black Book" about prayer.

### Prayer

Lent is a time of prayer, fasting and almsgiving.

There's nothing tricky about prayer. It's simply tuning in to God's presence - and God is always present. Not simply alongside me, but within me at the deepest part of who I am.

I never have to get God's attention. I have God's total attention. Always. Everywhere.

I never have to make an appointment with God. I'm "first on the list." My appointment is always "right now."

When I call God, I never get voicemail. It's direct.

To draw near to God, I don't have to travel anywhere. God does all the traveling.

I don't have to figure out the right words to get started. God is already speaking to me. All I have to do is turn off the "mute" button.

The reason I pray is to become more who I am. I'm made in the image and likeness of God. When I pray, I become more and more like God.

Try it. I can use words if I wish. But I can also just sit quietly with God. It's a fine way to spend a few minutes.

-from the Little Books, Diocese of Saginaw, Inc.

## Behind the Scenes Small Christian Communities - Awaken Your Complacent Spirit

For many years, 60 to 80 parishioners have gathered together in small groups, called Small Christian Communities (SCC) during Lent to expand their knowledge and faith while also getting to know each other. Groups, averaging 8 people, meet on Tuesday, Wednesday and Thursdays at 10 a.m. and 7 p.m. and depending on interest at other times, for the six weeks of Lent (Ash Wednesday, March 1 through Easter, April 16).

This year groups will use the Sunday By Sunday discussion materials published by the Sisters of St. Joseph in St. Paul. The first week begins with the question, "How do we awaken our often complacent spirits?" followed by a discussion guide for the scripture of the First Sunday of Lent. The following 5 weeks lead us through prayer, gaining a deeper understanding of the Sunday scripture and discussion of how we apply the teachings to our daily lives.



## Welcome to St. Bridget

We would like to welcome these new parishioners (since November 2016) to our St. Bridget Family. We are excited to have you journey with us!

- ☞ Bobbi Flynn
  - ◆ Madeline
- ☞ MarJory and Stephen Sagstetter
- ☞ Jean Ingalls
- ☞ Emily and Bennie Berg
  - ◆ Bailey
- ☞ Norman and Mary Matzek
- ☞ Susan and Dennis Schendel
- ☞ Shirley Nickel
- ☞ Gene and Marie Kraay
- ☞ Jason and Lori Hoefft
  - ◆ Kayla and Anika
- ☞ Gary and Mary Cottrell
  - ◆ Joseph and Marguerite
- ☞ Kurt and Emily Palma
  - ◆ Ivan
- ☞ Eugene and Donna Andrlé
- ☞ Angela and Craig Gasior
  - ◆ Kallie, Maxwell, Grant
- ☞ Penny and Michael Hucovski
- ☞ Timothy and Julie Schinkten
- ☞ Aaron and Tara Richert
  - ◆ Grayson
- ☞ Terrance Ewy

AN ILLUSTRATED GUIDE TO

# LENTEN FASTING & ABSTINENCE

PRESENTED BY JONATHAN TEIXEIRA FOR THE FOCUS BLOG



### WHAT

#### ABSTINENCE



**NO MEAT**  
Mammals or Fowl



**FISH IS OK**  
So are Amphibians and Reptiles



**ASH WEDNESDAY**



**GOOD FRIDAY**

### FASTING



**1 REGULAR MEAL**

**+**



**2 SMALLER MEALS**  
that together do not equal the regular meal in size



**NO SNACKS**

### WHEN

## FASTING AND ABSTINENCE



**FRIDAYS IN LENT**

### WHO



**CATHOLICS**  
**14+**  
ARE OBLIGED TO PRACTICE ABSTINENCE



**CATHOLICS**  
**18-58**  
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.

### PLEASE NOTE

These guidelines are the minimum requirements for Lenten sacrifices. All are encouraged to impose some sort of personal penance or act of charity or piety on top of these minimums.

You could increase the number of days you practice fasting and/or abstinence, or abstain from a favorite food or activity for all of Lent. You could add things, such as committing to read the Bible for 20 minutes a day.

**As in all things, Lenten penance and mortification calls for prudence.**

It is wise to consult your spiritual director before undertaking additional Lenten practices.

**INTERESTING NOTE:**  
Canon 1250 names Fridays all year long as penitential days which should be marked by some sort of sacrifice and penance. While abstinence from meat is a traditional sacrifice, Canon 1253 leaves the decision for the particular sacrifice up to the local conference of Bishops. The United States Conference of Catholic Bishops has obtained permission from the Holy See for Catholics in the USA to substitute a different penitential, or even a charitable, practice for abstinence from meat during the year, if they so choose.  
Abstinence from meat is obligatory during Lent everywhere.

# Staff Spotlight: Mary Gribble, First Grade Teacher at St. Bridget Parish School

## Tell us about what you do at St. Bridget.

Each day I do my best to bring enthusiasm and excitement into my first grade classroom. I work to inspire curiosity in my students and supply them with instruction to fit the needs of the individual as well as the whole group.

## Why do you choose to teach at St. Bridget?

I chose my teaching position at St. Bridget's because I love Catholic education and first graders! It was a great opportunity that I couldn't pass up!

## Tell us about your family.

My husband Phil and I have two amazing children who make us proud every day. Hanna just graduated from the University of St. Thomas and is working as an Analyst for BMS Intermediaries in Edina, MN. Our son Graden is a second year Cadet at the Air Force Academy in Colorado Springs, Co.

## Tell us how your classroom celebrated Catholic Schools Week.

The first grade class celebrated Catholic Schools week with smiles on their faces the entire week! We started the week wearing our jammies to school and spent the day working with our favorite stuffed animals. We LOVED jumping and playing on the inflatables that visited our school. Mass with the Bishop was very special along with preparing the Birthday Bags for the River Falls Food Pantry as our school-wide service project. We ended the week dressed as our favorite super hero and eating lunch with a special super hero in our lives.



## Behind the Scenes (continued from front page)

We encourage you to give yourself and your parish a gift this Lent. Share in awakening your complacent spirit. Everyone is truly welcome. Your level of participation is up to you. Each group will have a convener who will start things off and make sure that the discussion is shared by everyone who wishes to participate.

Sign up will be available after Masses on February 18/19. Sign-ups can also be made on the website at [www.saintbridgets.org](http://www.saintbridgets.org), by email to [recept@stbparish.com](mailto:recept@stbparish.com), or at the parish office. Morning groups will begin March 1 and evening groups on March 2. Group lists will be available after Masses the weekend of February 25/26, however new signups can be added where there is space available.

A special thanks to Nancy Parlin, Sue Fritz, John and Dorothy Maule, Scott Bents, Jim and Donna Miller, Jim and Ann Coady, Tom and Betsy Westerhaus, Jerry and Barb Liddell and the many other parishioners who help to make this program possible through both leadership and participation. We appreciate you!

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## **Save the Date: Be sure to mark your calendar for these upcoming events!**

### **-Tuesday, February 28, 2017: Seventh Annual Pancake Supper**

The annual pancake supper will take place from 4 p.m. to 7 p.m. Free will offering. Proceeds benefit area homeless.

### **-Tuesday, February 28, 2017: Ash Wednesday Anticipatory Mass at 5:15 p.m.**

### **-Wednesday, March 1, 2017: Ash Wednesday Mass at 9 a.m. or 7 p.m.**

**-Stations of the Cross** are prayed all Fridays during Lent at 7 p.m., March 3 through April 7, 2017.

### **-Monday, March 27, 2017: Communal Penance**

The communal penance service will begin at 7:00 p.m. Several priests will be available for private confessions for those who desire one to one confession.

### **-Sunday, April 2, 2017: Baptism Class for Your First Child**

Class begins at 1:00 p.m. in the Garden View Room at St. Bridget. To register, email [recept@stbparish.com](mailto:recept@stbparish.com) or call St. Bridget church office.

### **-Thursday, April 13, 2017: Holy Thursday Mass at 7 p.m.**

### **-Friday, April 14, 2017: Good Friday Service at noon, Evening Vespers at 7 p.m.**

### **-Saturday, April 15, 2017: Easter Vigil at 7:30 p.m.**

### **-Sunday, April 16, 2017: Easter Sunday Masses at 7 a.m., 9 a.m., 11 a.m.**

### **-Monday, June 5 to Friday, June 9, 2017: Vacation Bible School (VBS)**

Stay tuned to future bulletins for more information about our VBS program.

### **-Saturday, June 24 to Saturday, July 1, 2017: High School Mission Trip**

Keep our high school youth and adult leaders in prayer as they travel on mission to Cairo, IL.

## **St. Bridget Parish Mission Statement**

*St. Bridget Catholic Church is a Christian Community which exists to continue the mission of Jesus Christ under the guidance of the Holy Spirit.*

*As such, we are committed to working for the coming of God's Kingdom.*

*We accomplish this through worship, community life, Christian education and service to those who are in need.*

