

TODAY'S READINGS

Because he clings to me, I will deliver him. (Psalm 91:14)

Do you remember falling in love? The whole world seemed new, and you felt as if you were walking on air—all because someone had stolen your heart.

As exhilarating as that feeling is, it's just the beginning of a love story. As your relationship progresses, you learn that love isn't just a warm feeling. It also involves responsibility and hard work. In every relationship, situations come up in which you have to choose to protect and develop your love—and that often means a degree of self-sacrifice. It may mean turning down a promotion because it would take away more time with your family than would be healthy. It may mean caring for an aging parent or spouse who has become dependent on you for everything. It's in times like these that you are called to embrace a fuller meaning of love: selflessness.

In today's Gospel reading, Jesus enters the desert, where he is tempted by Satan. While each temptation is different, they all have the same goal of luring Jesus away from his commitment to love us "to the end" (John 13:1). Jesus chooses love.

This is a fitting topic for the feast day of St. Valentine. In the third century, the emperor Claudius II banned all marriages in Rome so that he could have more unattached men for his army. Valentine, a bishop, defied the emperor's order and married couples in secret. He was ultimately arrested, beaten, and beheaded. Valentine could have chosen self-preservation, but he sacrificed his life for love instead.

Today, consider the way that Jesus and many heroes of the faith have chosen love over personal gain or preservation. Think about the way their decisions have caused a ripple effect on the world. Then ask the Lord to show you how you can take the next step toward choosing love.

"Lord, help me remember to make my relationships a priority. Teach me how to love as you did, Jesus—fully and from the heart."

Taken from *The Word Among Us*, February 2016, Vol. 35, Number 3: Used with permission.

THIS WEEK'S READINGS

Sunday 14 Dt 26:4-10 / Rom 10:8-13 / Lk 4:1-13

Monday 15 Lev 19:1-2,11-18 / Mt 25:31-46

Tuesday 16 Is 55:10-11 / Mt 6:7-15

Wednesday 17 Jn 3:1-10 / Mt 11:29-32

The Seven Holy Founders of the Servite Order

Thursday 18 Est C:12,14-16,23-25 / Lk 7:7-12

Friday 19 Ez 18:21-28 / Mt 5:20-26

Saturday 20 Dt 26:16-19 / Mt 5:43-48

Sunday 21 Gn 15:5-12,17-18 / Phil 3:17—4:1 / Lk 9:28-36

WELCOME

Visitors to the Cathedral, we want you to know how welcome you are! Thank you for praying with us. Thank you also for your generosity, which helps us to celebrate our liturgies in a fitting and beautiful way, and to offer a wide range of services to needy people in the Washington, DC area. Enjoy your visit!

JUBILEE YEAR OF MERCY



First Sunday of Lent – Forgiving offenses is a wonderful Spiritual Work of Mercy to practice during Lent. As Jesus Christ instructs us in the Sermon on the Mount, "If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your

Father forgive your transgressions" (Matt. 6:14-15). These words immediately follow the "Our Father", stressing how important forgiveness is in following the will of God. Today and in the week to come, how can you share God's forgiveness and mercy with those around you, just as Christ instructs us? *Receive forgiveness yourself, that you may share it with others.* Find more at www.mercy.adw.org.

Did you know? St. Matthew's Cathedral is one of pilgrimage site to receive the plenary (total) indulgence for this Holy Year of Mercy! How can one do this? Here is some guidance:

1. Enter the Cathedral by the **Holy Door of Mercy** – near the Baptistry.
2. Receive the Sacrament of Reconciliation (Penance) within 20 days before or after entering the Holy Door.
3. Participate in Mass and receive Holy Eucharist within 20 days before or after entering the Holy Door.
4. Pray for the Intentions of Pope Francis (we do this at every Mass).
5. Make a Profession of Faith by praying the Apostles Creed (prayed at every Rosary) or Nicene Creed (prayed every Sunday Mass and Holy Day).
6. You can also offer this indulgence for someone who has died.

For more information please pick up the [Pilgrimage to the Holy Door brochure](#) available at the Cathedral entrances.



LIVING LENT

Lenten Fast and Abstinence – Ash Wednesday (**February 10**) and Good Friday (**March 25**) are days of fast and abstinence. All Catholics who have reached their 18th birthday and are less than 60 years of age are bound to observe the fast, by which they are limited to a single full meal during the course of the day. All Catholics who have reached their 14th birthday must observe days of abstinence, during which no meat may be eaten. Ash Wednesday, Good Friday and all Fridays of Lent are days of abstinence.

Catholic Relief Services Rice Bowl Program – Join our parish community and nearly 14,000 Catholic communities across the United States in a life-changing Lenten journey with CRS Rice Bowl. Pick up your family's rice bowl after any Mass next weekend, **February 13-14** and download the CRS Rice Bowl app! Remember, what you give up for Lent changes lives.

Stations of the Cross – The Via Crucis is a journey made in the Holy Spirit, that divine fire that burned in the heart of Jesus (cf Lk 1:49-50) and brought him to Calvary. The Stations of the Cross in the form adopted by Pope John Paul II will be prayed in English on Fridays of Lent at 6pm, followed by a Simple Lenten Meal, and in Spanish on Sundays of Lent at 2:15pm. Join us for this beautiful devotion, so fitting for Lent.

Wednesday Evening Confessions – This Lent all parishes in the Archdiocese of Washington and the Diocese of Arlington will offer confessions every Wednesday from 6:30 to 8pm. Confessions at St. Matthew's in English and Spanish will be heard from 6:30 to 8pm each Wednesday of Lent beginning **February 17**, in addition to our regular confession times (weekdays, 11am-Noon, Saturdays, 4-5pm, after the 1pm Spanish Mass on Sundays of Lent except March 6).

Midday Lenten Prayer with the Community of Sant'Egidio – The Community of Sant'Egidio in Washington, DC invites you to share their common prayer every Tuesday during Lent at 12:45pm in Saint Anthony's Chapel. "Prayer is never in vain; it rises ceaselessly to the Lord so that anguish is turned into hope, tears into joy, despair into happiness, and solitude into communion."



Lenten Prayers for Seminarians – Please take a moment to stop by the "Vocations Tree" at the Cathedral main entrance. The tree has cards for all 72 seminarians of the Archdiocese of Washington and the upcoming ordination class of permanent deacon candidates. You are invited to choose one (or more!) and pray for him each day during Lent. Make it a beautiful Lenten offering to the Lord to pray for these men who are called to give their lives to serve His people.

NEWS AND NOTES

Always God's Children Meeting - Always God's Children, the Cathedral parish's ministry to lesbian and gay persons and their family and friends, will meet on Sunday, **February 14** at 3:30pm in the West Conference Room. All are welcome.

English as a Second Language for Adults – Students may still register this week on Tuesday, Wednesday, and Thursday evenings from 6pm to 8pm, at St. Matthew's Education Center on 1726 N St. For more information, visit <http://www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes> or contact Dan Horning at stmattsesl@gmail.com.

Federal Holiday – Monday, **February 15** is Presidents' Day, a Federal holiday. The Cathedral will open at 7:30am and close at 1pm. Masses will be celebrated at 8am and 12:10pm. There will be no Confessions, and no Eucharistic Holy Hour. The Rectory offices will be closed. Our monthly **Eucharistic Holy Hour** is rescheduled to Monday, **February 22**.

Interested In Becoming a Lector? – An orientation and training session for prospective lectors at the Cathedral will be held Saturday, **February 20** in the North Conference Room from 9:30am to 1pm. We welcome registered parishioners and our "weekday parishioners"—members of other parishes who work downtown and attend weekday Masses at the Cathedral. Attendees also will be asked to audition in the Cathedral at a later date. Candidates who are invited to become lectors will be asked to commit to reading at Mass at least twice each month. To register for the session, call the Rectory at 202-347-3215 x517 by Thursday, **February 18**.

Annual Jubilarian Mass – This year's Jubilarian Celebration of marriage honoring couples married 25, 30, 35, 40, 45, 50 and 51+ years will be held Sunday, **June 19** at 2pm at the Basilica of the National Shrine of the Immaculate Conception. Cardinal Wuerl will preside at the Mass. Call 202-587-5143 to register by Friday, **April 1**.

PARISH CALENDAR

February 14 – 21

Sunday 14—First Sunday of Lent

Las clases de Catequesis, Catecumenado y Catequesis Familiar continúan a las 11:00 de la mañana.

Padre Rafael tendrá las confesiones después de la misa de 1 de la tarde.

El Vía Crucis se rezará (en español) a las 2:15 de la tarde. Always God's Children meets in the West Conference Room at 3:30pm.

RCIA dismissal is held at the 5:30pm Mass.

Monday 15—Presidents' Day, a Federal holiday. The Cathedral opens at 7:30am and closes after the 12:10pm Mass. Masses are celebrated at 8am and 12:10pm, and there are no Confessions. The Rectory offices are closed.

Eucharistic Adoration is not held this evening.

Tuesday 16—Midday prayer with the Sant'Egidio community is prayed in St. Anthony's Chapel following the 12:10pm Mass.

Legión de María se reúne a las 5:30 de la tarde hasta las 7 en el salón del Oeste.

Deacon Al Turner gives a talk at 7pm in the North Conference Room.

El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.

Wednesday 17—Confessions are heard from 6:30 to 8pm in English and Spanish.

RCIA meets at 7pm in the North Conference Room (newcomers welcome!).

Sacred Page, Sunday Scripture Reflections, meets at 7pm in the West Conference Room.

Thursday 18—The Faith Foundations Sacred Scripture class meets at 7pm in the North Conference Room.

The Knights of Columbus meet at 7:30pm in the West Conference Room.



Friday 19—Stations of the Cross are prayed at 6pm, followed by a Simple Lenten Meal served in the North Conference Room.

Saturday 20—Retiro de Cuaresma de 9:30 de la mañana en el salón de

conferencia de Norte.

Fr. Hurley's study on the Letter to the Romans meets at 10:30am in the East Conference Room.

Sunday 21—Second Sunday of Lent

Children's Faith Formation classes meet at 9:45am at the Education Center.

Las clases de Catequesis, Catecumenado y Catequesis Familiar continúan a las 11:00 de la mañana.

Padre Rafael tendrá las confesiones después de la misa de 1 de la tarde.

El Vía Crucis se rezará (en español) a las 2:15 de la tarde. RCIA dismissal is held at the 5:30pm Mass.

FAITH FORMATION

Adult Confirmation Preparation – Each spring during the Easter Season, St. Matthew's offers adult Confirmation preparation for active, baptized Catholics who have already received their First Eucharist. Preparation includes four Thursday evenings (April 14, 21, 28 & May 5) and one Saturday (May 7). The celebration of adult Confirmation in 2016 is at a special Mass on Pentecost Sunday, **May 15**. Registration forms are available on the parish website. Register by **April 11**.



St. Paul at his Writing Desk - Rembrandt, (1629-1630)

Bible Study on Letter to the Romans – Explore St. Paul's Letter to the Romans during this Year of Mercy. Fr. Jack Hurley will lead this study on Saturdays from 10:30 to 11:45am: **February 20** (Intro); **February 27** (Justification by Faith); **March 5** (God's Love); **March 12** (New Life in the Spirit); **March 19** (Israel in God's Plan).

Class will meet in the East

Conference Room (February 27 in the North Conference Room).

Archdiocese of Washington, My Catholic Faith Delivered-Faith Foundations Sacred Scripture Course at St. Matthew's – This 6-week course will meet from 7 to 9pm on Thursdays, **February 11, 18, 25, and March 3, 10 & 17**. The cost is \$29; a discount is offered to those who plan to take the course for a certificate. Register by contacting Theresa Prymuszewski (contact info below).

Spiritual Direction – St. Matthew's provides and refers interested persons to qualified spiritual directors. Contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at 202-587-5139 or tprymuszewski@stmatthewscathedral.org.

Sharing Area Events – St. Augustine Catholic Church discussion of *The New Jim Crow: Mass Incarceration in an Age of Colorblindness* at 6:15pm on Monday, **February 15**. For more information, email maceda@aol.com or call 202-361-0501.

Live Jesus! 2016 - A morning of Salesian reflection, fellowship and prayer on **March 5**, sponsored by the Oblates of St. Francis de Sales, at Our Lady of Good Counsel (Vienna, VA). Register at www.oblates.org; click on the Live Jesus! Icon.

LECTURAS DE HOY

Si creemos en la victoria de Cristo en la cruz y nos unimos a él en su muerte y resurrección, no seremos avergonzados, aunque las fuerzas del mal traten de destruirnos.

En su bondad, Dios libró a su pueblo de la esclavitud y lo llevó a una tierra de la que fluía leche y miel. Dios pidió a los israelitas que le ofrecieran los primeros frutos de la tierra que les daba, como muestra de su fe. De este modo, el diezmo del pueblo era la respuesta al deseo de Dios de liberarlos. Jesús es el Mesías prometido que nos lleva a Dios.

Así como el diablo tentó a Jesús en el desierto tratando de hacerlo renunciar a su confianza en el Padre, el Maligno trata hoy de destruir la obra de Dios para la salvación nuestra y de todos los seres humanos. A menudo tenemos la tentación de confiar en nosotros mismos más que en Cristo, y cuando cedemos a esa tentación, experimentamos el fracaso en la vida cristiana. Por eso, conviene mirar el ejemplo de Jesús que, lleno del Espíritu Santo, triunfó sobre Satanás porque no dejó de confiar en el amor y el poder de Dios.

La victoria de Cristo sobre la tentación es un ejemplo para nosotros en esta Cuaresma. Dios desea que, al igual que Jesús, seamos llenos del poder del Espíritu Santo y, confiando en la fuerza del Paráclito, triunfemos sobre el pecado y Satanás, porque estamos unidos a Cristo mediante la fe y el Bautismo. Hoy se celebra el Día del Amor y es una ocasión propicia para que todos nos detengamos un momento para hacer una oración especial por nuestros seres amados, particularmente por nuestra esposa o marido, hijos y tal vez nietos, pidiendo que el Señor les bendiga de un modo especial, nada más por el hecho de ser ellos objetos de nuestro amor. También no nos olvidemos de saludarlos personalmente y expresarles nuestro cariño de la mejor manera posible. ¡El Señor estará contento si lo hacemos!

"Señor mío Jesucristo, tú eres mi única esperanza. Sé que tú quieres salvarme, por eso invoco hoy tu santo nombre y me entrego a ti de corazón."

"Escogida con el permiso de la Palabra Entre Nosotros. Vol 35, Numero 3; febrero - marzo 2016.

LECTURAS DE LA SEMANA

Domingo 14	Deut 26:4-10 / Rom 10:8-13 / Lc 4:1-13
Lunes 15	Lev 19:1-2;11-18 / Mt 25:31-46
Martes 16	Is 55:10-11 / Mt 6:7-15
Miércoles 17	Jo 3:1-10 / Lc 11:29-32
	<i>Siete Fundadores de la Orden de los Siervos de la Virgen María</i>
Jueves 18	Est C:12, 14-16, 23-25 / Mt 7:7-12
Viernes 19	Ez 18:21-28 / Mt 5:20-26
Sábado 20	Deut 26:16-19 / Mt 5:43-48
Domingo 21	Gé 15:5-12,17-18 / Fil 3:17—4:1 / Lc 9:28-36

Proclama de Matrimonio – Rafael Polonia y Melissa Mena planean casarse en Santo Domingo Republica Dominicana el **5 de noviembre de 2016.**

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**Banns of Marriage** – Rafael Polonia and Melissa Mena plan to marry in Santo Domingo, Dominican Republic on **November 5, 2016.**

## INTENCIONES DE MISAS

### MASS INTENTIONS

February 14 – 21

#### Sunday, February 14

5:30pm Vigil (February 13) – Phil Theodosiou

7am – Juan & Consuelo Pardo de Figueroa

8:30am – Stanley & Kathleen Mackun

10am – All Parishioners

11:30am – Edward Hudak

1pm – Carmen Pavelo

5:30pm – Ariano Felice & family

#### Monday, February 15

8am – Special Intention JA & V (living)

12:10pm – Joan Kathleen Jackson

#### Tuesday, February 16

7am – George Bork

8am – Br. John Sebastian (living)

12:10pm – Ronald Steffensen

5:30pm – Carolyn Torralaba

#### Wednesday, February 17

7am – Brooksie, Betsie & Myrtle Banks

8am – Jose Saad

12:10pm – Thomas Seymour

5:30pm – Robert Moore

#### Thursday, February 18

7am – Fr. Richard Shaw (living)

8am – Irinea Vical

12:10pm – Cosette Montelibano

5:30pm – Thanksgiving

#### Friday, February 19

7am – Sr. Mary Desales McNabb

8am – Stanley C. Tonko

12:10pm – Deacon Trinidad Soc (living)

5:30pm – Sebastião Antune

#### Saturday, February 20

8am – Barbara Fisher

12:10pm – Jose Maria Urribarri

5:30pm – Marcosa Cancio

#### Sunday, February 21

7am – Dorothy M. Stanovich

8:30am – Kristine Higgins (living)

10am – All Parishioners

11:30am – Kathleen Gargas Knight

1pm – Luisa Soto

5:30pm – Eleazar Fernando

## NOTICIAS DE LA PARROQUIA



**Primer Domingo de Cuaresma** – El perdonar las ofensas es una maravillosa obra espiritual de Misericordia que se puede poner en práctica durante la Cuaresma. Como Jesucristo nos enseña en El Sermón de la Montaña. Porque si ustedes perdonan a los demás sus ofensas,

también a ustedes los perdonará su Padre Celestial. Pero si no perdonan a los demás, tampoco su Padre les perdonará sus culpas» (Mt 6, 14-15). Estas palabras siguen de inmediato a la oración del Padre Nuestro, enfatizando la importancia del perdón cuando seguimos la voluntad de Dios. ¿Cómo puedes compartir, hoy y en las semanas siguientes, el perdón y la misericordia de Dios con los que te rodean, como Dios nos enseña? *Recibe el perdón, para que puedas compartirlo con los demás. Busca más en [misericordia.adw.org](http://misericordia.adw.org).*

**Ayunar** – Miércoles de Ceniza (**10 de febrero**) y Viernes Santo (**25 de marzo**) son días de ayuno y abstinencia. Los católicos que ya llegaron a los 18 años de edad, pero que son menores de 60 años, están obligados al ayuno, que consiste en una sola comida completa durante el día. Todos los católicos que han cumplido 14 años están obligados a los días de abstinencia en los cuales no se debe de comer carne. Miércoles de Ceniza, Viernes Santo y todos los viernes de Cuaresma son días de abstinencia.

### **Catholic Relief Services programa de plato de arroz**

– Únase a nuestra comunidad parroquial y a casi 14,000 comunidades católicas en los Estados Unidos en una jornada de Cuaresma que cambia vidas con el programa Plato de Arroz de CRS. Consiga el Plato de Arroz para su familia el **13 y 14 de febrero**, ¡y no se olvide descargar la aplicación de Plato de Arroz de CRS!

### **Clases de inglés como segundo idioma para adultos**

– Aun puede matricularse los martes, miércoles o jueves en la tarde entre las 6:00 y las 8:00 de la noche, en el Centro de Educación en el 1726 de la calle N. Para más información, por favor visite <http://www.stmatthewscathedral.org/outreach/clases-de-ingles-english-language-classes> o póngase en contacto con Dan Horning al [stmatssesl@gmail.com](mailto:stmatssesl@gmail.com).

**Via Crucis** – El Vía Crucis, revisado por el Papa Juan Pablo II, se rezará en inglés los viernes a las 6 de la tarde y en español los domingos a las 2:15 de la tarde durante la Cuaresma. Les invitamos a unirse a nosotros en esta devoción cuaresmal.

**Día de los Presidentes** – El lunes **15 de febrero** es día de los Presidentes. Fiesta federal. La Catedral abrirá a las 7:30 de la mañana y cerrará a la 1 de la tarde. Se celebrarán las misas de 8 de la mañana y 12:10 del mediodía; no habrá confesiones y las oficinas de la rectoría estarán cerradas.

**Confesiones los Miercoles de Cuaresma** – En este tiempo de Cuaresma, la Catedral de San Mateo tendrá confesiones disponibles los miércoles de Cuaresma de 6:30 a 8 de la noche comenzando el **17 de febrero**, tendremos confesiones en inglés y español, exceptuando el Miércoles de Ceniza y Miércoles Santo, además del horario regular de confesiones (lunes-viernes, 11-12; sábados 4-5 de la tarde y todos los domingos de Cuaresma después de la Misa de 1:00 de la tarde en español menos el 6 de marzo).

### **Oración Cuaresmal del Mediodía con la Comunidad de San'Egidio**

– La Comunidad de San'Egidio en Washington, los invita a compartir en la oración común **cada martes durante la Cuaresma a las 12:45 de la tarde en la Capilla de San Antonio (la oración será en inglés)**. La oración nunca es en vano; se eleva continuamente al Señor para que la angustia se convierta en esperanza, lágrimas en gozo y la soledad en comunión.

**Oración por los Seminaristas en Cuaresma** – Por favor, tome un momento y pase a la entrada de la Catedral, para ver el “Árbol de Vocaciones,” un arbolito que tiene 72 tarjetas en sus ramas por todos los seminaristas de la Arquidiócesis de Washington y los candidatos de la ordenación al diaconado. Está invitado a elegir una o (más) y rezar por él cada día durante la Cuaresma. Haga una bonita ofrenda al Señor en Cuaresma, rezando por estos hombres que han sido llamados a dar sus vidas para servir a Su pueblo.

**Día de Retiro** – Todos los miembros de la comunidad Hispana, están invitados a una mañana de retiro espiritual, el sábado **20 de febrero** de 9:30 de la mañana a 4 de la tarde. Salón de conferencias del Norte.

**Grupo de Oración** – El grupo de oración se reúne los martes a la 7:00 de la tarde en el salón de conferencias del Oeste. El objetivo del grupo es profundizar nuestra fe por medio de las Sagradas Escrituras. El grupo de Oración tendrá charlas programadas a través del año. El Tema es: **“La Profesión de la Fe.”** La próxima charla: **El Padre**, será el martes **23 de febrero** y padre **Mariano Vicchi, IVE** será el invitada especial.

# BLACK AND CATHOLIC: FAITH-FILLED CITIZENS

*In honor of Black History Month, please join us for this exploration of the spirituality and social action of Black Catholics and Catholic Social Teaching.*

**WHEN:**

Tuesday, February 16 from 7:00 – 8:30pm

**WHERE:**

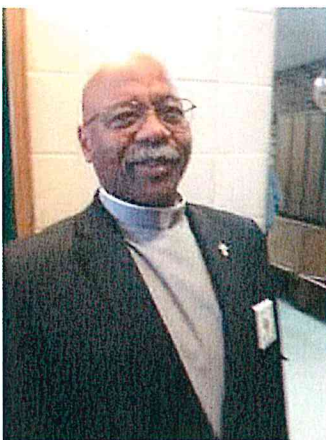
St. Matthew's Cathedral  
North Conference Room  
1725 Rhode Island Avenue, NW  
[www.stmatthewscathedral.org](http://www.stmatthewscathedral.org)

*Two blocks north of the Farragut North Metro station,  
four blocks north of the Farragut West Metro station.*



**PRESENTED BY:**

**Deacon Al Douglas Turner, MTS**



Deacon Al Turner is the former director of the Office of Black Catholics. He was ordained a permanent deacon for the Archdiocese of Washington in 2000 and is currently assigned to St. Joseph Catholic Church in Largo, MD. He received a Graduate Certificate in Spiritual Direction from the Washington Theological Union in 2006, and earned a Master of Theological Studies from that same institution in 2007.

Deacon Turner was appointed to the Maryland Catholic Conference Respect Life Committee by Donald Cardinal Wuerl. He volunteered at the Northwest Center from 1999 to 2002 and was a member of its Board of Directors from 2002 until 2011. He was also a member of the Board of Trustees of the Loyola Retreat House from 2003 to 2011 and is a member of the Board of Directors of the Mother Lange Guild.

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**Sponsored by the Cathedral's Faith Formation Committee. All are invited to this event, free of charge.**

For more information, please contact Theresa Prymuszewski, Pastoral Associate for Faith Formation at [tprymuszewski@stmatthewscathedral.org](mailto:tprymuszewski@stmatthewscathedral.org) or at 202-587-5139.

# SACRED PAGE

read. reflect. pray.

## WEEKLY SCRIPTURE STUDY

WEDNESDAY EVENINGS | SEVEN O'CLOCK

Delve into the upcoming Sunday readings  
at this parish-wide meeting. Bring your Bible.

SPONSORED BY THE OFFICE OF FAITH FORMATION  
AND CATHEDRAL YOUNG ADULTS

WEST CONFERENCE ROOM  
CATHEDRAL OF SAINT MATTHEW THE APOSTLE



# Cathedral of St. Matthew the Apostle

## Simple Lenten Meals

SOUP \* BREAD \* WATER



Every Friday during Lent  
Following the 5:30pm Mass & the 6:00pm Stations of the Cross  
North Conference Room

### **PRAYER**

The Social Justice Committee invites you for fellowship and reflection during this time of Lent. Join us every Friday, following the evening Mass and Stations of the Cross.

The Meals begin at about 6:30pm.

### **FASTING**

Different groups from various parish ministries will prepare and serve a simple meal of meatless soup, bread, and water.

### **ALMSGIVING**

Charitable organizations will be invited to present on their mission and the services they provide to our neighbors in need. The donations that will be collected during every meal will be offered to that evening's presenter.

For more information on this year's participants, please visit: [www.stmatthewscathedral.org](http://www.stmatthewscathedral.org)

#### **February 12**

##### **Catholic Relief Services**

*Assisting the poor and vulnerable overseas  
& supporting hunger relief programs in the USA.*

Meal Provider:

Social Justice & Community Service Committee

#### **February 19**

##### **Courtney's House**

*Helping victims escape human trafficking  
and find a new life.*

Meal Provider: Cathedral Young Adults

#### **February 26**

##### **Northwest Center**

*Supporting mothers through their pregnancy center  
and maternity home.*

Meal Provider: Knights of Columbus

#### **March 4**

##### **L'Arche Community**

*Offering a home for adults with  
intellectual disabilities.*

Meal Provider: RCIA Catechumens

#### **March 11**

##### **Project Rachel**

*Providing compassionate ministry for spiritual,  
emotional, and psychological healing after abortion.*

Meal Provider: Hispanic Community

#### **March 18**

##### **Little Sisters of the Poor**

*Religious sisters caring for the elderly poor.*

Meal Provider: Liturgy Committee

Catedral de San Mateo Apóstol  
**Cenas Simples de Cuaresma**  
SOPA \* PAN \* AGUA



**Cada viernes durante la Cuaresma**  
**Siguiendo la Misa de las 5:30 de la tarde & el Vía Crucis de las 6:00 de la tarde**  
**Salón de Conferencias del Norte**

**ORACIÓN**

El Comité de Justicia Social los invita a compartir y reflexionar durante este tiempo de Cuaresma. Únase a nosotros cada viernes, siguiendo la Misa de la tarde y el Vía Crucis. La Cena comienza a las 6:30.

**AYUNO**

Diferentes grupos de varios ministerios de la parroquia prepararán y servirán una cena simple de sopa sin carne, pan y agua.

**DAR LIMOSNA**

Organizaciones caritativas serán invitadas a presentar sobre su misión y los servicios que proveen a nuestros vecinos en necesidad. Las contribuciones que se recogerán durante cada cena serán donadas a los presentadores de esa tarde.

**Para más información sobre los participantes de este año, por favor visite:**  
[www.stmatthewscathedral.org](http://www.stmatthewscathedral.org)

**12 de febrero**

***Catholic Relief Services***

*Ayudando a los pobres y vulnerables en el extranjero & apoyando a programas de alivio del hambre en los EEUU.*

Proveedor de la Cena:

Comité de Justicia Social y Servicio Comunitario

**19 de febrero**

***Courtney's House***

*Ofreciendo ayuda y escape a víctimas del tráfico humano.*

Proveedor de la Cena:

Jóvenes Adultos de la Catedral

**26 de febrero**

***Centro Northwest***

*Ofreciendo apoyo a madres mediante su centro de embarazo y hogar de maternidad.*

Proveedor de la Cena: Caballeros de Colón

**4 de marzo**

***Comunidad de L'Arche***

*Proporcionando un hogar para adultos con discapacidades intelectuales.*

Proveedor de la Cena:

Catecúmenos de RICA

**11 de marzo**

***Proyecto Raquel***

*Ofreciendo apoyo compasivo para la sanación emocional, espiritual y psicológico después de un aborto.*

Proveedor de la Cena:

Comunidad Hispana

**18 de marzo**

***Little Sisters of the Poor***

*Hermanas religiosas que cuidan a ancianos pobres.*

Proveedor de la Cena: Comité de Liturgia