

TODAY'S READINGS

T*his is my beloved Son. (Matthew 17:5)*
 Jesus' Transfiguration was one of the most magnificent displays of God's glory the world has seen. The purpose of the Transfiguration was to give his apostles, and all of us, a deeper understanding of who he is. So let's see what we can learn from it.

Clearly, this was a dramatic revelation for Peter, James, and John. They never forgot what happened that day. Decades after it happened, John wrote, "We saw his glory" (John 1:14). Peter said, "We had been eyewitnesses of his majesty . . . when that unique declaration came to him from the majestic glory" (2 Peter 1:16, 17). The Transfiguration showed them that the kingdom of God that Jesus had been preaching would be characterized by glory. But it also encouraged them and strengthened them for the ordeal of the cross that lay before them. For as they learned at Calvary, the glory of God comes not only through displays of magnificence, but also through self-giving love—a love that embraces even death.

The Holy Spirit wants us to learn both of these concepts of glory. He wants us to see that Jesus is glorified every time we worship him at Mass and in prayer, and he is glorified every time we go out of our way to help someone. He is glorified when we reverence him during Eucharistic adoration, and he is glorified every time we confess our sins or forgive someone who has hurt us.

Let these lessons about glory and self-giving love sink into your heart. As you dwell on the glory of Jesus' Transfiguration, see that it is a glory that comes because of his cross. Then, tell him that you want to be changed into his glorious image. Ask him to take your every act of love and fill it with his presence. It really is possible for us to live "for the praise of his glory" (Ephesians 1:12).

"Jesus, open my eyes to the glory that you displayed before Peter, James, and John. Let that glory reign in my heart."

Taken from *The Word Among Us*, Lent 2017 Vol. 36, Number 4: Used with permission.

THIS WEEK'S READINGS

Sunday 12 Gn 12:1-4a / 2 Tm 1:8b-10 / Mt 17:1-9
Monday 13 Dn 9:4b-10 / Lk 6:36-38
Tuesday 14 Is 1:10,16-20 / Mt 23:1-12
Wednesday 15 Jer 18:18-20 / Mt 20:17-28
Thursday 16 Jer 17:5-10 / Lk 16:19-31
Friday 17 Gn 37:3-4,12-13a,17b-28a /
St. Patrick Mt 21:33-43,45-46
Saturday 18 Mi 7:14-15,18-20 / Lk 15:1-3,11-32
St. Cyril of Jerusalem
Sunday 19 Ex 17:3-7 / Rom 5:1-2,5-8 / Jn 4:5-42

WELCOME

Visitors to the Cathedral, we want you to know how welcome you are—whether you have come from another part of the country or the world, or from another parish here in the Archdiocese or across the river. Thank you for praying with us. Thank you 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!

YOUNG ADULTS



Cathedral Coffeehouse Series on "Jesus" – Sundays following the 5:30pm Mass –

Looking for a quick and easy way to learn more about your faith and meet other young adults at the Cathedral? Join us in the West Conference Room after the 5:30pm Sunday Mass for Cathedral Coffeehouse! For more information, email stmattsyam@gmail.com. Upcoming topics are *What Did Jesus Do: The Works of Christ (March 12)* and *Jesus Saves: How Jesus Redeemed Us (March 19)*.

Spring Theology on Tap: Whole 40: A Lenten Spiritual Detox! – Join other young adults for a 4-week Theology on Tap series: *Whole 40: A Lenten Spiritual Detox* focusing on four essential ingredients for the spiritual life: prayer, fasting, almsgiving, and confession. Young adults (21-late 30s) are invited to Buffalo Billiards in Dupont Circle on Tuesday evenings beginning **March 14** from 6 to 7pm with a talk and Q/A to follow from 7 to 8pm. For more information, visit www.facebook.com/DCCatholic/events or email Jonathan at DCCatholic@adw.org.

Save the Date: 7 Church Walk for Young Adults – DCCatholic invites all young adults (20s and 30s) to the 14th Annual 7 Church Walk on Saturday, **April 8**. Join hundreds of young adults for the annual Lenten pilgrimage to seven D.C. churches in the Brook-land neighborhood, praying together and concluding with a 5pm Mass with Cardinal Wuerl at the St. John Paul II Shrine. Meet at 10am at the Crypt Church of the Basilica of the Immaculate Conception. Register at dccatholic.eventbrite.org or email dccatholic@adw.org.

PARISH CALENDAR

March 12 – 19

Sunday 12—Second Sunday of Lent

The Children's Hospital Blood Van will be in front of the Cathedral from 9:30am to 2:30pm.

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

The Lithuanian Community joins us at the 10am Mass. Las clases de Catequesis, Catecumenado y Catequesis Familiar continúan a las 11 de la mañana.

Landings meets at 1pm in the East Conference Room. 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.

Cathedral Coffeehouse meets in the West Conference Room after the 5:30pm Mass.

Monday 13—The Book Club meets at 6:45pm in the West Conference Room.

Tuesday 14—El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.

Wednesday 15—Confessions are heard from 6:30 to 8pm in English and Spanish.



RCIA meets in the North Conference Room at 7pm.

The Wednesday Night Bible Study

meets at 7pm in the West Conference Room.

Thursday 16—The Lenten Lecture series continues with Fr. Gabriel O'Donnell, O.P. at 7pm in the North Conference Room.

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

Friday 17—Stations of the Cross are prayed at 6pm, followed by a Simple Lenten Meal served in the North Conference Room.

Saturday 18—The Rectory offices are closed.

Sunday 19—Third Sunday of Lent

The Rectory offices are closed.

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

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

The first Scrutiny for RCIA is held at the 11:30am Mass.

Landings meets at 1pm in the East Conference Room. 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.

Cathedral Coffeehouse meets in the West Conference Room after the 5:30pm Mass.

LITURGY EVALUATION

In 2016 a special team of 16 parishioners was asked to participate in an extensive review of how we celebrate our weekend Masses. The team was selected by the liturgy staff with the approval of Msgr. Jameson.

Four phases. The review is being conducted in four phases, each phase focusing on one of the four parts of the Mass (Introductory Rite, Liturgy of the Word, Liturgy of the Eucharist and the Concluding Rite). Each phase is conducted over 3 or 4 weekends, with each team member during a phase reviewing two different Masses on two different weekends.

Guidelines. In preparation for the review, each member is provided with authoritative guidance that explains the part of the Mass to be reviewed, and a special review form that identifies the specific elements of each part of the Mass. For example, the Introductory Rite consists of the Entrance Procession, the Greeting, the Penitential Act and the Opening Prayer. The review form lists these elements with associated benchmarks based upon sound Church liturgical guidance.

Teamwork. The team uses the form to evaluate and comment upon what they see, hear and feel about the liturgical experience at the Mass being reviewed. Once the review period is finished, team reviews are summarized.

Recommendations. The team meets again to review and discuss the summary and suggest recommendations to improve the celebration experience in accordance with Church guidelines. The recommendations are discussed by the liturgy staff with Msgr. Jameson for decision.

Status update. Some recommendations from the team have already been adopted for the Introductory Rite



and the Liturgy of the Word. Recommendations are under consideration for the Liturgy of the Eucharist. We are now in the last phase of the review, namely evaluating the Communion and Concluding Rite. Information about the results of these reviews will be published in future bulletins.



—Deacon Merella

FAITH FORMATION

RCIA Rite of Election and Continuing Conversion – 15 Catechumens and 11 Candidates from St. Matthew's will participate in the Archdiocesan RCIA Rite of Election and Continuing Conversion on Sunday, **March 12** at 3pm at the Basilica of the Shrine of the Immaculate Conception with Cardinal Wuerl. Please pray for our RCIA Elect and Candidates during their final weeks of preparation for the Easter Sacraments!

Returning and Inactive Catholics – Welcome! If you are a Catholic who has been away, we invite you to be an active part of us again. Landings is an eight-week series that offers "a safe place to land," a place for listening and being heard, a place for asking questions and reconnecting with the faith as an adult. Contact Deacon Stuart Wilson-Smith, C.S.P. at swilsonsmith@paulist.org for more information. The next session is Sunday, **March 12**, 1- 2:30pm, in the East Conference Room.

Cathedral Book Club – All are welcome to the Book Club meeting on Monday, **March 13** in the West Conference Room, 6:45 to 8pm, to discuss "Strange Gods: A Novel about Faith, Murder, Sin, and Redemption," coauthored by priests of the Archdiocese, Fr. Peter Daly and Msgr. John Myslinski.

Wednesday Night Bible Study – Join parishioners and friends for a weekly study of the upcoming Sunday's readings, led by our Cathedral Seminarians each Wednesday, including Wednesday, **March 15**, at 7pm in the West Conference Room. It's a great way to spiritually prepare for Sunday Mass!

Married Couples Small Group – Married couples of all ages are

welcome on Tuesday, **March 21** at 6:30pm, and on the first and third Tuesday of each month, in the North Conference Room. This spring, we will watch and discuss the acclaimed *Humanum* series that explores critical issues regarding marriage and family. Join us for fun and fellowship with other parish couples. Contact:

stmattsmarriedcouples@gmail.com

Adult Confirmation Preparation – Each spring, St. Matthew's offers adult Confirmation preparation for active, baptized Catholics who already have received their First Eucharist. [Registration forms](#) are available in the rectory and on the parish website. The registration deadline is **April 24**. Contact: Theresa Prymuszewski at tprymuszewski@stmatthewscathedral.org

NEWS AND NOTES

Congratulations and Prayers – We congratulate Deacon Aquinas Beale, O.P. on his ordination to the diaconate on Saturday, March 11. Deacon Aquinas serves as deacon and preaches for the first time at the Cathedral's 11:30am Mass on Sunday, **March 12**, and will preside at our monthly Eucharistic Holy Hour on Monday, **April 24**. All are welcome! Please keep him and all our seminarians in your prayers.

Always God's Children – Always God's Children, the Cathedral parish's ministry to gay and lesbian Catholics and their families and friends, will meet Sunday, **March 12** at 3:30pm in the West Conference Room.

Eucharistic Holy Hour and Confessions – All are invited to our monthly Eucharistic Holy Hour on Monday, **March 20** from 6 to 7pm. Deacon Thomas Davenport, O.P. will preside. Fr. Rafael Barbieri will hear

Confessions in English and Spanish from 6 to 7pm.

ARCHDIOCESAN AND AREA NEWS

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 25** 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 Monday, April 24**.

Job Openings – The Central Pastoral Administration of the Archdiocese of Washington is accepting applications for positions in human resources, catechesis, support staff and other areas. For a current list of job openings, visit <http://adw.org/employment-opportunities/>. For current job openings at Catholic Charities of the Archdiocese of Washington, visit <https://re11.ultipro.com/ARC1012B/JobBoard/ListJobs.aspx>.

Catholic Date Night – This monthly night out for engaged and married couples will be held Saturdays, **March 25, April 22 and May 8** beginning at 6pm with free wine and cheese, followed at 6:30pm by a talk and discussion, and ending at 7pm when couples continue their date on their own. The location is Our Lady of Lourdes, Bethesda, MD. RSVP at DCCatholic.eventbrite.com.

Live Jesus! – The 14th annual *Live Jesus!* will be held on Saturday, **March 18**, 9am - 12:45pm, at St. John Neumann Catholic Community in Reston, VA. The theme is "Salesian GPS: Gentleness, Patience and Simplicity." For more information and to register, visit www.oblates.org and click on the *Live Jesus!* icon.

LECTURAS DE HOY

¿Qué sentirían Pedro, Santiago y Juan al ver a Jesús transfigurado? Dios sabía que ellos iban a ser probados hasta el extremo y necesitaban experimentar estas bendiciones para que no les fallara la fe y la fortaleza. Junto con los demás discípulos, los tres verían que su Maestro sufría una muerte brutal y, posteriormente, habiendo recibido el poder del Espíritu Santo y la misión de anunciar el Evangelio, pagarían un precio enorme, al punto de tener que entregar su propia vida por él.

No obstante, ¡la fe probada los llevó al triunfo! Ese era el propósito de la visión del Cristo glorificado. En la Transfiguración vieron más claramente lo que constituiría finalmente la vida con Jesús. Si bien tendrían que sufrir pruebas extremas, su fe y su confianza en que Dios los defendería los llevó a la victoria. La promesa de una vida transformada —interiormente aquí en la tierra y completamente en el cielo— les sirvió de apoyo y les dio fuerzas para perseverar en su vocación hasta el fin.

Los cristianos de hoy en realidad no somos diferentes de estos tres discípulos. Nuestra fe y confianza en Dios tendrán que ser cuestionadas y probadas para que crezcan y se desarrollen. La providencia divina siempre es suficiente; el amor y la gracia son siempre capaces de sostenernos y comunicarnos esperanza.

La clave de la fe, que es la confianza en nuestro Padre, crece cuando nos dedicamos a orar diariamente, porque en la oración el Señor nos eleva al ámbito celestial y nos permite vislumbrar a Cristo resucitado y glorificado. Allí, mientras lo contemplamos, vamos siendo transformados en su semejanza. Hagamos, pues, lo que sea necesario para intensificar la unión con Jesús y, a medida que lo hagamos, la fe y la capacidad de confiar en Dios crecerán en nuestro interior y poco a poco seremos transformados.

“Jesucristo, Señor y Salvador mío, dignate concederme el privilegio de percibir tu presencia en mí. Enséñame a aceptar las dificultades con gratitud y muéstrame cómo puedo llevar una vida transformada en tu nombre.”

Escogida con el permiso de la Palabra Entre Nosotros. Vol 36, Numero 4; Cuaresma 2017

LECTURAS DE LA SEMANA

Domingo 12	Gn 12:1-4a / 2 Tim 1:8b-10 / Mt 17:1-9
Lunes 13	Dn 9:4b-10 / Lc 6:36-38
Martes 14	Is 1:10,16-20 / Mt 23:1-12
Miércoles 15	Jer 18:18-20 / Mt 20:17-28
Jueves 16	Jer 17:5-10 / Lc 16:19-31
Viernes 17	Gé 37:3-4,12-13a,17b-28 / Mt 21:33-43,45-46
<i>San Patricio</i>	
Sábado 18	Mi 7:14-15,18-20 / Lc 15:1-3,11-32
<i>San Cirilo de Jerusalem</i>	
Domingo 19	Éx 17:3-7 / Rom 5:1-2,5-8 / Jn 4:5-42

INTENCIONES DE MISAS MASS INTENTIONS

March 12 – 19

Sunday, March 12

5:30pm Vigil (March 11) – Somarsingh Family (living)

7am – Consorcia Balajadad

8:30am – Herman Nickel

10am – Lucius “George” Robertson

11:30am – All Parishioners

1pm – Dora Aguirre y Vilma de Argueta

5:30pm – Michael Boland, Jr

Monday, March 13

7am – Rosalie P. Gerber

8am – Thomas Vaughn

12:10pm – Joseph & Elizabeth Conway

5:30pm – Lorcan Fullam

Tuesday, March 14

7am – Elizabeth Marie Noel

8am – Mary Hileman

12:10pm – Marie Miller

5:30pm – Thomas C. Coyle

Wednesday, March 15

7am – Ray Silk

8am – George Bork

12:10pm – Joseph Capra

5:30pm – The Komor Family (living)

Thursday, March 16

7am – Michael Novak

8am – Special Intention

12:10pm – Ronald Steffensen

5:30pm – Chantal Palanca (living)

Friday, March 17

7am – The Cassidy Family (living)

8am – Anthony V. Savinski

12:10pm – Andres G. Agcaoil

5:30pm – John Cosgrove

Saturday, March 18

8am – Msgr. Louis Quinn

12:10pm – Marcial Tamayo

5:30 pm – John Simpson

Sunday, March 19

7am – All Parishioners

8:30am – Luz Sitiriche

11:30am – Pauline C. Getek

1pm – Enrique Arnal

5:30pm – Izabella Karpinski

Se les recuerda a todas las personas que deseen ofrecer misas por sus difuntos, que tienen que reservarlas por lo menos con tres meses de antelación debido a que solo tenemos una misa en español.

NOTICIAS DE LA PARROQUIA

¡BIENVENIDOS

Visitantes de la Catedral, queremos que sepan que son bienvenidos; bien sea que hayan venido de otra parte del país, del otro lado del mundo, o de otra parroquia del área de Washington. Gracias por orar con nosotros. Gracias también por su generosidad, la cual nos ayuda a celebrar nuestras Liturgias de una forma especial y nos permite ofrecer una gran variedad de servicios a personas necesitadas en el área de Washington, DC. ¡Disfrute su visita!

Ayunar – Miércoles de Ceniza (**1 de marzo**) y Viernes Santo (**14 de abril**) 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.

Vía 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 menos el **26 de marzo**. Les invitamos a unirse a nosotros en esta devoción cuaresmal.

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 tarjetas en sus ramas para todos los seminaristas de la Arquidiócesis de Washington. Haga una linda ofrenda al Señor en esta Cuaresma, rezando por estos hombres que han sido llamados a dar sus vidas para servir a Su pueblo.



Plato de Arroz de CRS Semana #2 – El programa de Plato de Arroz de *Catholic Relief Services* nos invita a reflexionar sobre la enseñanza católica-social, *Opción para los pobres*, recordándonos de las palabras de Cristo: “Cuando lo hicieron por alguno de los más pequeños de mis hermanos, me lo hicieron a mí”. Recemos esta semana por nuestros hermanos de todo el mundo, para que podamos ver la cara de Cristo en los pobres entre nosotros. Alcanzías de cartón, o

“Platos de Arroz”, están disponibles en la Catedral y en la rectoría y serán recogidas al final de la Cuaresma. Para más información: www.crsricebowl.org. ¿Preguntas? póngase en contacto con Norma Canedo a: socialjustice@stmatthewscathedral.org.

Confesiones los Miércoles de Cuaresma – En este tiempo de Cuaresma, la Catedral de San Mateo tendrá confesiones disponibles los miércoles durante la Cuaresma de 6:30 a 8 de la noche en inglés y español, exceptuando el 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 **26 de marzo**).

Adoración al Santísimo Sacramento – Les invitamos el lunes **20 de marzo** a que se unan en adoración al Santísimo, de 6:00 a 7:00 de la tarde, habrá confesiones en inglés y español durante la hora.

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. Las charlas están basadas en la encíclica del Papa Francisco [*Amoris Laetitia \(La Alegría del Amor\)*](#). La próxima charla: **# 3 – Vocación de la Familia** será el martes **21 de marzo** y el padre Javier Ibarra, IVE será nuestro invitado. Para más información llame a Fátima Aybar al 202-347-3215 x541.

Clases de Confirmación para Adultos – Se ofrecerán clases de preparación para el sacramento de la Confirmación para adultos activos, bautizados católicos que ya han recibido su primera comunión. Las clases serán los domingos **30 de abril, 7, 14 y 21 de mayo** de 11 de la mañana a 12:30 del mediodía. Las personas interesadas deben llamar a Fatima Aybar al 202-347-2315 x541 antes del 23 de abril. Deben tener el certificado de bautizo vigente.

Misa de Jubileo Matrimonial 2017 – El Cardenal Wuerl estará presidiendo la misa anual de Jubileo Matrimonial para conmemorar a las parejas que están celebrando 25, 30, 35, 40, 45, 50 o más años de matrimonio el domingo **25 de junio** del 2017 en la Basílica de la Inmaculada Concepción a las 2:00 de la tarde. **Para registrarse** llame a la rectoría al 202-347-3215, **a más tardar el lunes 24 de abril**.

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 & reflection during this time of Lent. Join us every Friday, following the Stations of the Cross. The Meal begins 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 are invited to present on their mission and the services they provide to our neighbors in need. The donations 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

You may also contact
socialjustice@stmatthewscathedral.org.

March 3

L'Arche Community

A home for adults with and without intellectual disabilities.

Meal Provider:

Social Justice & Community Service Committee

March 10

Jesuit Refugee Services

Accompanies, serves and advocates for the rights of refugees and other forcibly displaced persons.

Meal Provider: Parish Pastoral Council

March 17

Catholic Mobilizing Network

Works to end the death penalty and promote restorative justice.

Meal Provider: Hispanic Committee

March 24

Centro Tepeyac

Supports women and families during pregnancy and offers post-abortion counseling.

Meal Provider: RCIA Catechumens

March 31

Horton's Kids

Provides academic programs and extracurricular activities for children in Ward 8.

Meal Provider: Cathedral Young Adults

April 7

Christ House

Provides compassionate health care to sick homeless men and women.

Meal Provider: Liturgy Ministry Servers

LIVING LENT ✕

Lenten Fast and Abstinence – Ash Wednesday (**March 1**) and Good Friday (**April 14**) 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.



Many thanks to Paulette and Eileen from L'Arche of Greater Washington for joining us for our first Simple Lenten Meal last Friday.



Fr. Ray Kemp spoke on "Everyday Spirituality" last week in the first evening of our Thursday Lenten series on "Exploring Spirituality."

Join Us as We Continue our Journey – Our Lenten Lecture series continues with an introduction to "Dominican Spirituality" with **Father Gabriel O'Donnell, O.P.**, the Chair of Spirituality on the Pontifical Faculty of the Dominican House of Studies, on Thursday, **March 16** at 7pm in the North Conference Room.

Wednesday Evening Confessions – **The Light is ON** – "The Church must be a place of mercy freely given, where everyone can feel welcomed, loved, forgiven and encouraged to live the good life of the Gospel." Pope Francis (*The Joy of the Gospel*, 114). On **Wednesdays of Lent from 6:30pm to 8pm**, the doors of St. Matthew's are open and the Light is on for You, with confessions in English and Spanish.



Oblate Father John Crossin gave our Lenten Day of Recollection on *Spiritual Ecumenism* last Saturday.



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 are 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 (except on **March 26**, Laetare Sunday). Join us for this beautiful devotion, so fitting for Lent.

Volunteer Readers for Multilingual Stations of the Cross – Once again, we will pray the Stations of the Cross in a multilingual format on the Friday before Good Friday, which this year is **April 7**. We need volunteers who speak a language in addition to English to proclaim the station narratives. We would like each of the 14 stations read in a different language. If you can volunteer to read for one of the stations, please contact Ngoc Le at 301-625-2862 or Ngoc.Le9@gmail.com, or call the rectory office at 202-347-3215, by Friday, **March 17**.



CRS Bowl Reflection Week 2 – Catholic

Relief Services Rice Bowl invites us to reflect on the Catholic social teaching principle, *Option for the Poor*, remembering Jesus' words: "Whatever you did for these least of mine, you did for me." Let us pray this week for our brothers and sisters all around the world, that we see the face of Christ in the poor among us. Cardboard piggy-banks or "Rice Bowls" are available in the Cathedral and rectory and will be collected at the end of Lent. For more information:

www.csricebowl.org. Questions, contact Norma Canedo at socialjustice@stmatthewscathedral.org.

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 of the seminarians of the Archdiocese of Washington. 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.

ST. MATTHEW'S WOMEN'S WEEKEND LENTEN RETREAT

March 24-26, 2017

All Women Parishioners and Friends are Welcome



"Come away by yourselves to a deserted place and rest a while." (Mark 6:31)

Washington Retreat House

4000 Harewood Road, NE | Washington, DC 20017-1595

Retreat Leader

Rev. Ron Beauchamin, M.S. | Missionaries of Our Lady of LaSalette

Check-in at Washington Retreat House is Friday, March 24 at 5:30PM (earlier or later arrival is fine also), followed by dinner at 6:30PM. The retreat ends around 12Noon on Sunday, March 26. For more information, contact Erin Cromer, St. Matthew's Retreat Promoter, at 202-580-9728 or emcromer3@gmail.com. A non-refundable \$25 deposit is required, with the balance due upon arrival.

Women's Retreat Registration Form

MAIL TO:

Erin Cromer
P O Box 21590
Washington, DC 20009
202-580-9728

Please make _____ reservation(s) for the Weekend Retreat to be held March 24-26, 2017 at the Washington Retreat House. **The offering is \$185.00 (Based on availability, \$60.00 extra for a private bathroom.)** I understand that a \$25.00 non-refundable deposit will hold my reservation. **Checks should be made payable to: Washington Retreat House.**

Name & Parish: _____

Address: _____

Telephone: _____

Email address: _____

LAETARE VESPERS

SUNDAY
MARCH 26, 2017
4:00 PM

LITURGIA HORARUM
LITURGY OF THE HOURS IN LATIN CHANT

SCHOLA CANTORUM
THOMAS STEHLE, DIRECTOR
PAUL HARDY, ORGANIST

THE VESPERS SERVICE WILL ALSO INCLUDE MOTETS BY

POULENC, DOMINGUEZ, GOMBERT, RUBBRA

Cathedral of St. Matthew the Apostle
1725 Rhode Island Ave NW - WDC 20036

*Celebrating over 175 Years of Spreading the Joy
and Mercy of the Gospel in the Nation's Capital.*

Because the world *can* change a lot in 40 days.

Lenten Creation Care 2017

Lent is a time for prayer, fasting, and more intentional sharing. This year, our church is joining with many others in heeding the call to be stewards of God’s Creation throughout this season. May this calendar remind us to be more mindful of the ways that our daily habits impact both “our common home” and all those with whom we share it. On behalf of future generations and all living in poverty—those most harmed by our damaged climate—may we answer God’s call to be faithful stewards, speaking out for Creation care.

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www.IPLdmv.org

INTERFAITH & Light
 Our religious response to climate change.

and 
Interfaith Partners for the CHESAPEAKE
www.interfaithchesapeake.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>We begin this Lenten season with a prayer from Psalm 51: <i>“Have mercy on me, O God, in your goodness; in the greatness of your compassion wipe out my offense. Thoroughly wash me from my guilt and of my sin cleanse me. For I acknowledge my offense... A clean heart create for me, O God, and a steadfast spirit renew within me.”</i></p> <p>Creator God, we begin this Lenten Season asking for your renewal. Through prayer, fasting, and sharing over these 40 days, we ask that our eyes be opened to the ways we can do better; in our relationships with you, your Creation, and all those with whom we share this, “our common home.”</p> <p>We trust in your ability to create in us clean hearts, to call us from sin to faithful stewardship, to use us as instruments of your healing. Lord, help us to restore what has been damaged through our sinful overconsumption and the systematic injustices that surround us, returning to you with renewed spirits.</p>				<p>1 MARCH</p>	<p>2 The average family uses 40 gallons of water a day in showers in the US. Set a 5-minute timer for your shower today and consider installing an EPA certified shower head to reduce your water consumption (bit.ly/2kkBxIx).</p>	<p>3 “This, rather, is the fasting that I wish” - Reflect on Isaiah 58:1-9 and how eating less meat may be a way to fast as the Lord desires (bit.ly/2iX9w9i).</p>	<p>4 Read Isaiah 58:9-14 and remember that God repairs and restores. Take time today to repair something that you might otherwise have replaced.</p>
<p>5 Talk with your church about ordering “eco palms” for Palm Sunday. These palms help improve workers’ living standards and protect forests in Mexico and Guatemala (EcoPalms.org). Order by 3/18.</p>	<p>6 Turn down your thermostat by at least 1 degree. Aim for 68° during the day and 60° at night. Buy a programmable thermostat if you can. Always turn the heat off when you leave home.</p>	<p>7 Listen to Bill McKibben, a climate writer and United Methodist Sunday school teacher, on care for Creation (OnBeing.org > search “The Moral Math of Climate Change”).</p>	<p>8 Seal air leaks in your home to avoid wasting energy (3bl.me/tgpdn6). For professional home weatherization, visit energystar.gov/home.</p>	<p>9 Read up on a DC campaign to make polluters pay and protect the most vulnerable as we transition to a clean energy economy (bit.ly/2jpotNB). Contact us (catherine@gwipl.org) to get your church involved!</p>	<p>10 Christians have fasted from meat during Lent for centuries. Check out Oxfam’s Eat for Good for other ways to use your fast to bless others (bit.ly/2kkw1QR).</p>	<p>11 Read Matt 5:43-48 and reflect on our call to love our “enemies.” Pray for all those, especially business or political leaders, who stand in the way of climate action or perpetuate injustices. Call or write to express your concerns.</p>	
<p>12 Read SabbathLiving.org’s resources and rest today. Take a break from the TV and internet. Play a game, go for a walk, or read a book!</p>	<p>13 Consider the gifts given to you. Pray about how you are called to use your time, talent, treasure, and testimony to care for “our common home.”</p>	<p>14 Read Matt 23:1-12, observe what the Pharisees teach but do not live out. Consider in which ways you are called to lead by authentic witness, in your home, workplace, church, or community.</p>	<p>15 Planning to travel? Consider getting there without flying. If you must fly, balance out the carbon impact by purchasing offsets. Fund a project that prevents one ton of greenhouse gases for each ton caused by your trip (NativeEnergy.com).</p>	<p>16 Read the story of Lazarus and the Rich Man (Luke 16:19-31) and consider how you might support those on the front lines, suffering due to climate change. Visit CO2covenant.org for ideas.</p>	<p>17 Fast from meat and read Matt 21:33-46. Pray for farm workers today. Read what the United Methodist Church says about rights of farm workers and find out what your faith tradition is doing (bit.ly/2kk2wzC).</p>	<p>18 Consider composting your food waste, returning nutrients to the soil. Learn about composting (3bl.me/fmf29e), or get table scraps picked up (CompostCab.com, FatWormCompost.com).</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p>Honor the Lord's day (and the Lord's Creation) by walking, biking, or taking public transportation to church today!</p>	<p>20</p> <p>Check out the short film, "Kokota: The Islet of Hope" today and reflect on the changes we must make to protect the most vulnerable. The DC Environmental Film Festival runs through March 26 (dceff.org).</p>	<p>21</p> <p>Think about the role of our church in its environment. Could our community better care for Creation? Get involved with our green work, and flock together with other "green sheep" through Interfaith Power & Light (IPLdmv.org).</p>	<p>22</p> <p>Reflect today about how you may be called to testify on behalf of Creation. Like Interfaith Power & Light's page (facebook.com/IPLdmv) for suggestions.</p>	<p>23</p> <p>Talk to your pastor about a Creation care sermon around Earth Day (April 22nd) or invite a speaker: (IPLdmv.org/Learn/Speakers-Bureau). Resources for sermons and worship (interfaithchesapeake.org/materials).</p>	<p>24</p> <p>Fast from meat today and print, cut out, and tape together a "Wallet Buddy" to purchase food and other goods with responsible stewardship in mind (bit.ly/1k44DET).</p>	<p>25</p> <p>At 8:30 pm, join millions of people around the world who will be switching off all lights for one hour to commit to global climate action and mindful energy use (EarthHour.org).</p>
<p>26</p> <p>"You were once darkness, but now you are light in the Lord..." Read Ephesians 5:8-14 and "Live as children of light" with less electricity! Turn off or unplug everything you can.</p>	<p>27</p> <p>In the Kingdom of Heaven we read that people shall "eat the fruit of the vineyards they plant" (Isaiah 65). Start planning what you can plant to remind you of the promise of heaven this spring (bit.ly/2kyAocd).</p>	<p>28</p> <p>Read Ezek 47:1-9 and give thanks for clean water for bathing, drinking, and growing food. Be willing to forego water as an act of prayerful sacrifice when only disposable containers are available.</p>	<p>29</p> <p>Make plans to join in the People's Climate Movement one month from today right here in DC to stand up for creation, health, and science (PeoplesClimate.Org!).</p>	<p>30</p> <p>Learn how to use the Creek Critters App—identify important critters in your nearby creek and report your findings to a database to track the health of rivers. More info: bit.ly/2koutL1</p>	<p>31</p> <p>Visit the "Practices" page at the CenterForSpiritualityInNature.org and choose a meatless meal today during which to practice "eating gracefully."</p>	<p>1</p> <p>Join Rock Creek Conservancy, DOEE, and the APRIL National Park Service for a special habitat and restoration planting in the Broad Branch section of Rock Creek Park (rockcreekconservancy.org). 9am-12pm</p>
<p>2</p> <p>"I am the resurrection and the life." It can be difficult to contemplate our own end. Think today about greening your "final arrangements," when the time comes. One option is to help protect natural lands: (GreenBurialCouncil.org)</p>	<p>3</p> <p>Expand your horizons. Check out this web comic to learn about the Muslim faith's call to care for Creation: (bit.ly/2jKf1W9). Connect with DC's own Green Muslims (greenmuslims.org).</p>	<p>4</p> <p>Many electronics draw power even when off. Today, unplug your appliances that are off and chargers that are not in use; place computers, radios, and TVs on a power strip, and turn it off between uses.</p>	<p>5</p> <p>Wash laundry in cold water for the week and hang it to dry to save energy and money. Read more here: (bit.ly/1ywwfXQ)</p>	<p>6</p> <p>Planning to make Easter baskets? Purchase chocolate that is Fair Trade, free from child labor, and supports farmer communities (FairTradeAction.org).</p>	<p>7</p> <p>As you fast from meat today, consider vegan dishes for Easter Sunday (stfrancisalliance.com/recipes).</p>	<p>8</p> <p>Place an insulating cover on your water heater. "Blankets" can be found at hardware stores. If you have an electric water heater, you can do this yourself. If you have an oil or gas-powered heater, you may need a professional.</p>
<p>9</p> <p>Attend the Anacostia River Festival, a family-friendly event featuring free activities from 1-5pm today at Anacostia Park, Good Hope Rd. and Anacostia Dr. SE.</p>	<p>10</p> <p>Make one of your journeys more environmentally friendly today. Could you combine two trips? Carpool rather than driving solo? Bike, walk, or take public transit, instead of driving?</p>	<p>11</p> <p>Continue your stewardship into the Easter season by organizing "ecycling" for your congregation to dispose of old phones and TVs properly (ecyclingcentral.com).</p>	<p>12</p> <p>"Although we have done everything that we can to separate ourselves from other(s)... from the land and its waters and from God, God has never left us." —Bahnsen & Wirzba What actions will you continue after Easter?</p>	<p>13</p> <p>Maundy Thursday Today we remember Jesus's last supper with his disciples and his prayers in the garden of Gethsemane. Following Jesus' example, take time today to pray outdoors, remembering all who suffer.</p>	<p>14</p> <p>Good Friday "At that moment the curtain of the temple was torn in two, from top to bottom. The Earth shook, and the rocks were split." —Matt 27:51</p>	<p>15</p> <p>Holy Saturday "God looked at everything he had made, and he found it very good." Take a walk and notice signs of new life, resurrection, and spring in your neighborhood. Take pictures of what you see or journal.</p>

16 Easter "The New Testament does not only tell us of the earthly Jesus and his tangible and loving relationship with the world. It also shows him risen and glorious, present throughout creation by his universal Lordship: 'For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.' (Col 1:19-20)" —Pope Francis in *Laudato Si: On Care for Our Common Home*

Trusting that the One who has begun a good work in us will be faithful to complete it (Philippians 1:6), take time to give thanks for the changes of heart and habit you have taken on since Lent began and continue to live out your call to Creation stewardship with the hope of the resurrection always in your heart!



Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the Earth and with all life. Conclude your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.