

Readings for February 23

Be perfect, just as your heavenly Father is perfect. (Matthew 5:48)
How could Jesus say such a thing? He knows we're human; he knows that we can never be perfect in the sense of never committing a sin. So how can we live out this commandment?

Fortunately, God has given us some models to follow: the saints. Because they were human, they were sinners, just like us. But they were "perfect" in God's eyes nonetheless. Their perfection rested not in their sinlessness but in their commitment to love God and their neighbor with all their hearts (Matthew 22:37-39). It was their own experience of God's love that allowed them to follow the Lord wherever he led and to love other people with the love that came from God. And so they made it their aim to be as merciful and generous as possible (5:39-40). They strove to love their enemies just as faithfully as they loved their friends and to pray for those who persecuted them (5:44-46).

Think, for instance, how Blessed Charles de Foucauld turned from a life of indulgence and selfishness and moved to the Algerian desert to live among the Tuareg people as a witness to Christ's love. Or how St. Alphonsus Liguori left a thriving law practice to become a priest so he could proclaim God's message of mercy. Or how St. Monica was so patient with her short-tempered, unbelieving husband that he eventually became a Christian.

The point is, "perfection" isn't out of our reach. It is about loving God in a way that causes us to change our lives and do whatever he asks of us. It's about loving our neighbors—and even our enemies—with the love that God has for us.

So don't get discouraged when you read this Scripture verse. God is merciful; he knows that you're a sinner. But he also knows that you can become "perfect"—with his love and grace.

"Saints in heaven, intercede for me so that I can love God and my neighbor as you did."

Taken from *The Word Among Us*, February 2020 Vol. 39, Number 3: Used with permission.

This Week's Readings

[View Mass readings \(USCCB\)](#)

www.usccb.org/bible/readings/index.cfm

Sunday 23	Lev 19:1-2,17-18 / 1 Cor 3:16-23 / Mt 5:38-48
Monday 24	Jas 3:13-18 / Mk 9:14-29
Tuesday 25	Jas 4:1-10 / Mk 9:30-37
Wednesday 26	Jl 2:12-18 / 2 Cor 5:20—6:2 / Mt 6:1-6,16-18
<i>Ash Wednesday</i>	
Thursday 27	Dt 30:15-20 / Lk 9:22-25
Friday 28	Is 58:1-9a / Mt 9:14-15
Saturday 29	Is 58:9b-14 / Lk 5:27-32
Sunday 1	Gn 2:7-9;3:1-7 / Rom 5:12-19 or 5:12,17-19/
<i>First Sunday of Lent</i>	Mt 4:11-11

Annual Appeal

Thank you to all parishioners who made a gift to the Annual Appeal last weekend. We appreciate your support. If you did not have a chance to make your gift or you needed more time to prayerfully consider your gift, pledge envelopes are again available in the church this weekend and completed envelopes can be placed in the offertory basket. You also may pledge online at appeal.adw.org. No gift is too small and all gifts support more than 60 ministries and programs benefitting countless women, men, children and families in the Church of Washington, including within our own parish and local community. As always, 100% of your contribution to the Appeal will be designated to the ministries and programs supported by the Appeal. Thank you for your generous response.

News & Notes

CBN-D.C. Breakfast – The Catholic Business Network of Washington, D.C. hosts a networking breakfast on Thursday, **February 27**, 8 - 9:30am, in the Great Hall, with guest speaker Peter Crawford, Headmaster of St. Jerome Institute. Register at www.cbndc.org.

Remembrance of Benefactors – Next Sunday, **March 1**, the 1pm (Spanish) Mass is offered for the benefactors of St. Matthew's Cathedral Parish, living and deceased. Join us in this prayer of thanksgiving!

• POSITION OPENING •

Janitor/Custodian – St. Matthew's seeks a full-time, bilingual (English & Spanish) Janitor/Custodian with experience. Responsibilities include maintaining a high level of cleanliness within the Cathedral and rectory offices. Duties include vacuuming floors, cleaning restrooms, dusting, scrubbing and polishing floors, and trash removal. Applicants must have legal work documents and pass a background check. We offer a competitive benefits package including health insurance, paid leave, and retirement benefits. To apply, call Pam Erwin at 202-347-3215.

Living Lent ✕



Take Extra Copies to Share! – Find our Lenten brochures in the pews and at Cathedral entrances.

They list the full schedule of liturgies and events during Lent and Holy Week, including Ash Wednesday, **February 26**, which marks the beginning of Lent.

Please help us get the word out by sharing copies with family, friends and co-workers.

[View and share the Lenten brochure.](https://www.stmatthewscathedral.org/ent2020)
<https://www.stmatthewscathedral.org/ent2020>



Ash Wednesday Masses with Distribution of Ashes – On **February 26**,

Ash Wednesday, Masses with the distribution of ashes will be offered at 7am, 8am, 11am (cantor), 12:10pm (**Archbishop Wilton Gregory**, choir; interpreted for the deaf), 1:15pm (cantor), 5:30pm (cantor), and 7pm (en español, cantor). There are no confessions on Ash Wednesday. Ashes are not distributed outside of Mass. **Stations of the Cross** are prayed at 3pm in English and at 8pm en español.



Ash Wednesday Choral Highlights – The *Schola Cantorum* returns to the 10am and 11:30am Sunday Masses on **March 1**, and also sings at the 12:10pm Mass on Ash Wednesday, **February 26**. Enjoy a taste of the *Schola's* Ash Wednesday music in the Office of Music Ministries' [Choral Highlights](https://www.stmatthewscathedral.org/music/choral-highlights) (<https://www.stmatthewscathedral.org/music/choral-highlights>).

Lenten Fast and Abstinence – Ash Wednesday (**February 26**) and Good Friday (**April 10**) are days of fast and abstinence. All Catholics who have reached their 18th birthday and are less than 60 years

old 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.

Join us for a Simple Lenten Meal –



The Social Justice Committee invites parishioners and friends to a Simple Lenten Meal this Friday, **February 28** in the North Conference Room, following the 6pm Stations of the Cross. The **Knights of Columbus** will prepare and serve the meal, and representatives of **Horton's Kids** will speak on their mission of empowering children living in one of DC's most under-resourced and violent communities. All donations collected will go to **Horton's Kids**.

The Light Is ON – This Lent all parishes in the Archdiocese of Washington and the Diocese of Arlington 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 on Wednesdays beginning **March 4** (6 - 7:15pm on April 8) in addition to our regular times (11am-Noon weekdays, Saturdays 4-5pm).

Cathedral Book Club Lenten Discussion - *New Date!* – All are welcome to a discussion of the Lenten selection, "The Mountain of Silence," by Kyriacos C. Markides on Monday, **March 23**, 6:45 - 8pm, in the East Conference Room. Told in lively form, it is the story of a Greek Orthodox monk in Cyprus, presenting a fine overview of traditional Orthodox spiritual teachings, as on the role of the Holy Spirit.

Resources for Healing –

Pastoral care and counseling assistance are available for victims of abuse by clergy and other church personnel. Contact the Executive Director of Child Protection and Safe Environment for the Archdiocese of Washington at **301-853-5302** for a confidential conversation.

Faith Formation

RCIA Rite of Sending – The RCIA Rite of Sending is celebrated at our 5:30pm Mass on **February 23**. During this rite, the catechumens (those preparing for the sacraments of Baptism, Confirmation and the Eucharist) and candidates (those preparing to complete the Sacraments of Initiation) are called by name with their sponsors into the sanctuary. The catechumens sign the Book of the Elect, which will be presented to Archbishop Gregory next Sunday, **March 1** during the Rite of Election and Call to Continuing Conversion at the Basilica of the Immaculate Conception. **Please keep our RCIA catechumens and candidates in your prayers.**

Celebration of the Word – Come on Thursdays at 7:30pm to the East Conference Room for a simple liturgy of readings, a homily by Fr. Benson, and prayers.

Welcome, Returning Catholics! – If you are a Catholic who has been away, or "used to be Catholic" we invite you to be an active part of us again. Landings offers "a safe place to land," a place for listening and being heard, a place for asking questions and reconnecting with your faith as an adult. If you or someone you know may be interested, the next step is to contact Theresa Prymuszewski at tprymuszewski@stmatthewscathedral.org for a welcoming interview.

Parish Calendar

February 23 – March 1

Sunday 23—A Mardi Gras Pancake Breakfast is held in the North Conference Room after Masses beginning at 9am. Children's Faith Formation classes meet at 9:45am in the N Street Building.

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

Envío de Catecúmenos durante la misa de 1:00 de la tarde.

An organ recital is given at 3:30pm.

RCIA Rite of Sending is celebrated at the 5:30pm Mass.

Monday 24—A **Eucharistic Holy Hour** is held from 6 to 7pm, with confessions during the hour.

The Social Justice Committee meets at 6:45pm in the East Conference Room.

Little Rock Bible Study meets at 7pm in the N Street Building.

Tuesday 25—El grupo de Oración se reúne a las 7:00 de la tarde en el salón de conferencias del Oeste.

Wednesday 26—**Ash Wednesday**. Masses are celebrated at 7am, 8am, 11am, 12:10pm, 1:15pm, 5:30pm and 7pm (en español), with distribution of ashes at all Masses. No confessions are scheduled.

Stations of the Cross are prayed at 3pm.

El Vía Crucis se rezará (en español) a las 8pm.

RCIA Catechumenate meets at 7pm in the North Conference Room.

Thursday 27—The Catholic Business Network of Washington, D.C. holds a networking breakfast in the Great Hall at 8am.

Celebration of the Word meets at 7:30pm in the East Conference Room.

Friday 28—**Stations of the Cross** are prayed at 6pm, followed by a Simple Lenten Meal served in the North Conference Room.

Saturday 29—The Lenten Day of Recollection is held at 10am in the Great Hall.

The Villanova Pastoral Musicians sing at the 5:30pm Vigil Mass.

Sunday 1—First Sunday of Lent

A second collection for Cathedral maintenance is taken at all Masses.

Hospitality receptions are held after the 8:30am, 10am, 11:30am, and 1pm Masses in the North Conference Room. Children's Faith Formation classes meet at 9:45am in the N Street Building.

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

El Vía Crucis se rezará (en español) a las 2:15 de la tarde. RCIA is at the Basilica for the Rite of Election.

Young Adult Coffeehouse meets in the North Conference Room after the 5:30pm Mass.

Music

Dedicatory Organ Concert Series

Continues Sunday! – Benjamin

LaPrairie, Associate Director of Music

and organist at the Basilica of the National Shrine of the Immaculate Conception, will present a recital at 3:30pm on Sunday, **February 23** on the newly completed Lively-Fulcher Great Organ of the Cathedral. The 55-minute concert is free and open to the public. The next recital will be Wednesday,

March 18 at 12:45pm with **Joy-Leilani Garbutt**, Minister of Music at Christ Lutheran Church, Washington, DC and the Takoma Park 7th Day Adventist Church.



[View the 2019 – 2020 Great Organ Inaugural Concert Series brochure.](https://www.stmatthewscathedral.org/OrganSeries)

<https://www.stmatthewscathedral.org/OrganSeries>
[sprint](#)

Social Justice

Join the Social Justice Committee – All are welcome to our monthly committee meeting on Monday, **February 24** at 6:45pm to learn more about service opportunities and upcoming events. Help us with planning activities that assist those in need and engage our parish community to live the Gospel message in prayer and in deed. Contact Phil Downey at socialjusticestmatthew@gmail.com or Fr. Benson or Norma Canedo at 202-347-3215.

Creation Care Corner – Join the Team! – New Meeting Date! The Creation Care Team meets on Thursday, **March 12** at 6:45pm in the North Conference Room to discuss present and future initiatives. Join us! Email Phil Downey at stmattcreationcareteam@gmail.com.

Register for Social Justice Advocacy Retreat – All are welcome to our Saturday, **March 7** retreat on advocating for change on a range of social justice issues. Interested in respect life issues? human trafficking? environment? creation care? immigration? homelessness? Gather to pray, reflect, and share on advocating for our brothers and sisters, and for God's creation. More at <https://www.stmatthewscathedral.org/advocacyretreat2020>. Contact Phil Downey at socialjusticestmatthew@gmail.com or Fr. John Benson or Norma Canedo (contact info above).

Lenten Day of Recollection

“The Sanctification of Time: The Hymns of Lent and Holy Week”

WHEN:

Saturday, February 29, 2020

10:00am – 2:30pm

Mass at 12:10pm followed by a light lunch



WHERE:

St. Matthew's Cathedral

1725 Rhode Island Avenue, NW

Washington, D.C. 20036 (located near the Farragut North Red Line Metro Station)

Great Hall (accessed through the parking garage)

THREE REFLECTIONS:

Conference I: The Liturgy: Eternity in a Day

Conference II: For Forty Days the Circuit Runs: the Hymns of Lent

Conference III: Sing, My Tongue, in Exultation: the Hymns of Holy Week

Directed By: *Revered Luke Melcher, M. Div. MLM, SLL, SLD and, Director of Textual Resources for the International Commission on English in the Liturgy (ICEL).*

Fr. Melcher is a priest of the Diocese of Alexandria in Louisiana. In 2015 the Congregation of Divine Worship and the Discipline of the Sacraments granted a nihil obstat to Fr. Melcher to work at the Secretariat of ICEL, the joint commission of Catholic Bishops of the English-speaking world responsible for the official translations of books used in the Sacred Liturgy. He studied at St. Joseph Seminary College (Covington, Louisiana) where he received the De Rance Scholarship to study philosophy at the Hoger Instituut voor Wijsbegeerte in Leuven (Louvain), Belgium. He completed his theology studies at Notre Dame Seminary (New Orleans) and was ordained a priest in 2005 – this year being his 15th anniversary. His pastoral ministry after ordination included sacramental ministry, prison ministry, college chaplaincy, and parochial school work. Fr. Melcher was asked by his bishop to study Liturgy to serve in the diocesan office of worship and to teach at a seminary. In Rome, he studied at Pontificio Istituto Liturgico (PIL) at the Pontificio Ateneo Sant'Anselmo, the papal school for Liturgy. In 2013, Fr. Melcher completed his licentiate in Sacred Liturgy (SLL) and in 2015 completed a Masters in Liturgical Music (MLM), a joint faculty of PIL and Pontificio Istituto di Musica Sacra, (PIMS) the papal school for sacred music. He is currently writing his dissertation on non-verbal elements of the Roman Canon, a topic inspired by his catechetical work with autistic children. Fr. Melcher enjoys traveling and dining with his family and friends, as well as sharing about his Acadian (Cajun) and French heritage, history, and cuisine.

All are invited to this event, free of charge. Donations are welcome!

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

LENTEN FAITH FORMATION 2020

LENTEN DAY OF RECOLLECTION: “The Sanctification of Time: The Hymns of Lent and Holy Week”

WHEN:

Saturday, February 29, 2020

10:00am – 2:30pm

Mass at 12:10pm followed by a light lunch

THREE REFLECTIONS:

Conference I: The Liturgy: Eternity in a Day

Conference II: For Forty Days the Circuit Runs: the Hymns of Lent

Conference III: Sing, My Tongue, in Exultation: the Hymns of Holy Week

DIRECTED BY: Revered Luke Melcher, M. Div. MLM, SLL, SLD and,
Director of Textual Resources for the International Commission on English in the Liturgy (ICEL).

LENTEN LECTURE SERIES:

This year, our series focuses on the three pivotal spiritual practices for our personal and communal.

Lenten journey of faith: Prayer-Fasting-Almsgiving

All lectures will be delivered in the North Conference Room from 7PM to 8PM.

Tuesday, March 10:

Awakening to the Presence of God: Prayer in Lent

Presented by: L.J. Milone, Director of Faith Formation, St. John the Baptist Catholic Community, Doctoral Candidate in Preaching, Author: *Nothing but God: The Everyday Mysticism of Meister Eckhart*.



Tuesday, March 17:

Fasting: Taking a Fresh Look at a Lost Treasure

Presented by: Rev. Thomas Ryan, C.S.P. (Community of St. Paul) Director: Paulist Office for Ecumenical and Interfaith Relations, international retreat leader, author of 18 books on holistic spirituality.



Tuesday, March 24:

Almsgiving: The Treasure You Share is the Treasure You Receive

Presented by: Rev. Msgr. John Enzler, President and CEO Catholic Charities of the Archdiocese of Washington: Inspiring Hope, Building Futures.



All are invited to these events, free of charge. Donations are welcome!

WHERE:

St. Matthew's Cathedral, 1725 Rhode Island Avenue, NW Washington, D.C. 20036
(located near the Farragut North Red Line Metro Station)

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

Start eGiving Today!

Cathedral of St. Matthew the Apostle 3 Ways to Give



Enroll online at **faith.direct/DC284**



Text "Enroll" to **202-335-9588**



Fill out the **enrollment form**
on the back of this sheet

Convenient. Consistent. Secure.

FAITH DIRECT®
inspiring secure giving®

Download the Faith Direct app now in the Apple Store or Google Play.

For more information about Faith Direct, please contact:
1-866-507-8757 (toll-free) • info@faithdirect.net • faithdirect.net

E-GIVING ENROLLMENT FORM



Cathedral of St. Matthew the Apostle
1725 Rhode Island Avenue, NW
Washington, DC 20036

To enroll online, use code
below or scan here: →

DC284



Faith Direct • Attention: Enrollment • 7901 Jones Branch Dr., #500 • McLean, VA 22102 • 1-866-507-8757 {toll free} • www.faithdirect.net

Process my gifts on the: ☐ 4th *or* ☐ 15th of the month (please check only one box)

"As each one has received a gift, use it to serve one another as good stewards of God's varied grace." (Peter 4:10)

Weekly Offertory Gift: \$ _____

*(Note: The total amount will be determined by the number of
Sundays in the month. Some months have 5 Sundays.)*

You may also choose to give to the following second and special collections as part of the regular monthly transaction.

COLLECTION	AMOUNT	MONTH	COLLECTION	AMOUNT	MONTH
<input type="checkbox"/> Cathedral Maintenance	\$ _____	Monthly	<input type="checkbox"/> Holy Father	\$ _____	June
<input type="checkbox"/> Music Ministry	\$ _____	Monthly	<input type="checkbox"/> Catholic Communications & Human Development	\$ _____	August
<input type="checkbox"/> Poor Box/Outreach	\$ _____	Monthly	<input type="checkbox"/> Assumption	\$ _____	August
<input type="checkbox"/> Solemnity of Mary	\$ _____	January	<input type="checkbox"/> Catholic University	\$ _____	September
<input type="checkbox"/> Archdiocese of Military Service	\$ _____	January	<input type="checkbox"/> Propagation of the Faith/ World Missions	\$ _____	October
<input type="checkbox"/> Ash Wednesday	\$ _____	February	<input type="checkbox"/> All Saints Day	\$ _____	November
<input type="checkbox"/> Churches in the Developing World	\$ _____	March	<input type="checkbox"/> All Souls Day *	\$ _____	November
<input type="checkbox"/> Holy Thursday	\$ _____	March/April	<input type="checkbox"/> Archdiocesan Priests' Retirement	\$ _____	November
<input type="checkbox"/> Holy Land	\$ _____	March/April	<input type="checkbox"/> Retirement Fund for Religious	\$ _____	December
<input type="checkbox"/> Easter Flowers	\$ _____	March/April	<input type="checkbox"/> Immaculate Conception	\$ _____	December
<input type="checkbox"/> Easter Sunday (In addition to regular Sunday gift)	\$ _____	March/April	<input type="checkbox"/> Christmas Flowers	\$ _____	December
<input type="checkbox"/> Church Missions within the US	\$ _____	April	<input type="checkbox"/> Christmas	\$ _____	December
<input type="checkbox"/> Catholic Relief Services	\$ _____	May			

** Please call the church at 202-347-3215 with the names of your intentions for this collection.*

I would like to enroll in the *Faith Direct* program for the benefit of the Cathedral of St. Matthew the Apostle. I understand that my **total** monthly contribution amount will be transferred directly from my checking account or credit card as stated above, a record of my gifts will appear on my bank or credit card statement, and my transfers will begin on the 4th or next business day of the month following my enrollment. I understand that I can increase, decrease, or suspend my giving by contacting *Faith Direct* toll free at 1-866-507-8757.

{All gifts provided to your Church originating as Automated Clearing House transactions comply with US law.}

Signature: X _____ **Date:** _____

Name(s): (please print) _____

Street Address: _____

City/State/Zip Code: _____

Telephone: _____ E-mail: _____

☐ Name as I/we would like it to appear on Offertory Cards: _____

☐ I do not wish to receive Offertory Cards to place in the collection basket as a sign of my electronic giving.

If you choose to enroll by mail, you can contact Faith Direct at 1-866-507-8757 {toll-free} to set up online access to your account.

For Bank Account Debit: Please return this completed form and a voided check to *Faith Direct* Enrollment.

For Credit/Debit Card: Please complete the following... ☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

Credit/Debit Card #: _____ Expiration Date: _____

If you have any questions about the *Faith Direct* program, please contact us at 1-866-507-8757 {toll free} or info@faithdirect.net.

Lenten Creation Care 2020

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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY A prayer from Psalm 51: <i>Create in me a clean heart, O God, and put a new and right spirit within me. 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. Lord, help us to restore what has been damaged through our sinful overconsumption and the systemic injustices that surround us, returning to You with renewed spirits.</i>			Ash Wednesday 26 Today, the United Church of Christ and environmental justice groups are releasing a report on the worst air polluters and the people and communities who are sickened by dirty air: bit.ly/ashwedpress	27 Last fall the Catholic Archdiocese of Washington installed the largest solar array in DC, and dozens of local congregations are getting their energy from heaven! Learn how your community can join them: IPLdmv.org/go-green/solar	28 Christians have fasted from meat during Lent for centuries. Try eating vegetarian today and check out Oxfam's Eat for Good online for other ways to use your fast to bless others: bit.ly/eat4good	29 <i>"The Lord God took the human and put him in the garden of Eden to till it and keep it." - Gen. 2:15</i> Plan a garden today and start some seeds to germinate indoors! An herb garden in your kitchen window can be an easy way to start.
MARCH 1 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. Order by 3/13 to receive them in time: EcoPalms.org	2 Need help bringing Creation care to your church? Check out IPC's trainings and learning labs: interfaithchesapeake.org/greenteams and sign up for more info: bit.ly/IPCgreenteam	3 Turn down your thermostat by at least 1 degree. In cold weather, 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.	4 <i>"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." - Eph. 2:10</i> Check out more "good works" for our watershed: bit.ly/actionmenu	5 Join IPL and Rabbi Shai Held for "God, Humanity, and the Rest of Creation: Jewish Theology in a Time of Climate Emergency" 7:30-9 pm, \$22, Edlavitch Jewish Community Center, 16th & Q NW: bit.ly/march5event	6 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?	7 In your home, replace incandescent and compact fluorescent lights with LEDs. Each bulb replaced will save hundreds of pounds of climate pollution over time: DCseu.com/homes/energy-efficient-lighting
8 <i>"For God so loved the Cosmos ..."</i> - John 3:16 God's circle of love is infinite and all-inclusive. Reflect and open your heart today to those in Creation, human or non-human, who sometimes fall outside your circle of love.	9 Care for Creation and support clean energy by divesting from fossil fuels and reinvesting in ways that support people and the planet: GreenAmerica.org/divest-reinvest and choose a bank that aligns with your values: GreenAmerica.org/better-banking	10 Wash laundry in cold water this week and hang it up to dry to save energy and money. Read more here: bit.ly/DitchYourDryer	11 How will your church celebrate the 50th anniversary of Earth Day? Invite a guest speaker: IPLdmv.org/speakers and find worship resources: InterfaithChesapeake.org/materials , CreationJustice.org/urgency	12 Play the Carbon Footprint Game with your congregation this month, and discuss how your community can make a safe, healthy, and equitable environment for all: bit.ly/FootprintGame	13 Purchase locally-grown food this weekend. Walk to a farmers' market or join a community-supported agriculture group: LocalHarvest.org or sign up to receive rescued produce weekly: HungryHarvest.net	14 <i>"I am establishing my covenant with you, your descendants, and with every living creature ..." - Gen. 9:9-10</i> Take a walk and observe the interdependence of God's Creation. Use IPC's Spiritual Walk guide: bit.ly/IPC-Walk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Honor the Lord's day (and the Lord's Creation) by walking, biking, or taking public transportation to church today! Planning a trip? Fund a project that helps offset your travel-related carbon footprint: NativeEnergy.com 15	Is your local stream clean enough for baptisms? Locate your waterway and its condition: bit.ly/watershedfinder 16 Pray: <i>God of sacred waters, may we be a blessing to your waters.</i>	<i>"As he was coming up out of the water ..."</i> - Mark 1:10 17 Choose one way you can restore God's sacred waters: bit.ly/actionmenu Share your Lenten commitment with others to inspire them to make their own.	Use cleaner energy at home. Support 100% wind power through your energy bills: IPLdmv.org/CleanEnergy or go solar through a purchasing group: IPLdmv.org/SolarCoops 18	Want to host a film screening and discussion about Creation care at your church? Browse IPL-DMV's Film Library: IPLdmv.org/learn/film-library 19	As you fast from meat today, consider plant-based dishes for Easter Sunday: StFrancisAlliance.com/recipes 20	In the US, > 30% of all food is wasted. Reduce your food waste by planning well and eating leftovers. Consider composting what's left at home or get table scraps picked up: CompostCab.com , CompostCrew.com , VeteranCompost.com 21
<i>"You were once darkness, but now you are light in the Lord..."</i> Read Ephesians 5:8-14 and <i>"live as children of light"</i> without electricity! As a Sabbath practice, turn off or unplug everything you can. 22	Organize a congregation and community stream cleanup for Earth Month in April. Participate in Project Clean Stream: bit.ly/projectcleanstream 23	What role does your church community play in repairing our climate? Get involved with our green work, and flock together with other "green sheep" through IPL-DMV: bit.ly/IPLsignup 24	<i>"Whoever serves me must follow me..."</i> - John 12:26a 25 Pray for all our neighbors who face environmental devastation and for the courage of Jesus to sustain your commitment to environmental justice.	<i>"God's promise depends on faith and rests upon grace to be guaranteed to all descendants of Sarah and Abraham."</i> - Romans 4:16 26 Join IPC to protect your watershed for your descendants: bit.ly/ipcnewsletter	Planning to make Easter baskets? Purchase Fair Trade Certified™ chocolate, which is free from child labor, and supports farmer communities; such as: EqualExchange.coop/products/chocolate 27	At 8:30 pm, join hundreds of millions of people around the world who will be switching off all lights for one hour to commit to global climate action and more mindful energy use: EarthHour.org 28
Read Matt. 5:43-48 and reflect on our call to love our "enemies." Pray for all those, especially business or elected leaders, who stand in the way of climate action or perpetuate injustices. Call or write to express your concerns. 29	<i>"On either side of the river is the tree of life ... and its leaves are for the healing of the nations."</i> - Rev. 22:2 30 Apply here to get a free tree planted at your home: bit.ly/DCtreeprogram	<i>"You will be called the repairer of the breach, the restorer of streets to live in."</i> - Isaiah 58:12b 31 Take time today to repair something that you might otherwise have discarded and replaced.	APRIL 1 Read "Letter to a Young Climate Activist on the First Day of the New Decade" and reflect on the beauty that still surrounds us and the hope we can find through collective action: bit.ly/RebeccaSolnitletter	Green grass lawns are not so "green." Learn how to cultivate grounds that are good for people, plants, and creatures at home: bit.ly/greenergrounds and at church: bit.ly/sacredchurchgrounds 2	Fast from meat today and read aloud "Prayer After Eating" by Wendell Berry: "I have taken in the light that quickened eye and leaf. May my brain be bright with praise of what I eat ... May I be worthy of my meat." 3	Join the Center for Spirituality in Nature for a pilgrimage in nature, a time for silence, reflection, and being open to the beauty and wisdom all around and within. 10 am, \$20, Turkey Run Park. Register: bit.ly/naturepilgrimage 4
Palm Sunday 5 Rest today. Take a break from the TV and internet. Turn off everything, and unplug it if you can. Play a game, go for a walk, or read a book! Read Blessed Earth's resources on Sabbath living: SabbathLiving.org	On average, a family of four in the US uses 40 gallons of water per day just in the shower! Set a timer for 5 minutes and consider installing a low-flow shower head: EPA.gov/WaterSense/showerheads 6	How will you continue to seek God through Creation? "Although we have done everything we can to separate ourselves from other(s) ... from the land and its waters and from God, God has never left us." - Bahnson & Wirzba, <i>Making Peace with the Land</i> 7	Talk with your family about your Lenten Creation care journey. 8 What ideas do you have to continue your stewardship into the Easter season?	Maundy Thursday 9 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.	Good Friday 10 <i>"At that moment the curtain of the temple was torn in two ... the earth shook, and the rocks were split."</i> - Matt. 27:51 Contemplate destruction already caused by climate change through wildfires, floods, and stronger storms.	Holy Saturday 11 <i>"God looked at everything that God had made, and indeed, it was very good."</i> - Gen. 1:31a Take a walk and notice signs of new life, resurrection, and spring in your neighborhood. Take pictures or notes in a journal of what you see.

12 Easter Sunday

"For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace by the blood of his cross." - Colossians 1:19-20

"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." - Pope Francis, *Laudato Si'*

Trusting in the words of Philippians 1:6, *"that the One who began a good work in you will bring it to completion,"* 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 Lenten Creation care practice by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.

Lecturas del 23 de Febrero

Ojo por ojo, diente por diente. (Mateo 5, 38)
La ley del Talión, de la que escuchamos hoy, nos parece algo exagerado e inhumano, pero en realidad su propósito era equiparar la represalia a la ofensa recibida, para que la venganza no fuese excesiva.

El Señor quería que sus oyentes entendieran que su enseñanza era un avance moral y espiritual: No venía a abolir la ley, sino a perfeccionarla, pasando de la norma de una represalia limitada (un ojo por un ojo y un diente por un diente) al amor incondicional: El Señor “no nos ha dado el pago que merecen nuestras maldades y pecados” (Salmo 103, 10), sino que “hace salir su sol sobre los buenos y los malos, y manda su lluvia sobre los justos y los injustos” (Mateo 5, 45).

Jesús nos invita a actuar con paciencia genuina y amor auténtico ante quienes nos ofenden y nos hieren; con la generosidad de caminar la milla adicional, procurando dar en lugar de quitar, perdonar sin reservas en lugar de guardar rencor. En efecto, no nos quedemos pensando en lo difícil que nos parece aceptar esta invitación; más bien, demos gracias a Dios por todas las veces que el amor ha triunfado en nuestra experiencia personal y cuando hemos podido perdonar a otras personas, soportar una herida sin rencor o dar generosamente tiempo y energía al servicio de los demás. Para la mayoría de las personas, tales triunfos de la gracia son más comunes de lo que se imaginan, y cada uno es motivo de gozo para nuestro Señor y de eterna recompensa para nosotros.

Pero, pese a los triunfos pasados, todos sabemos que aún queda mucho por mejorar en nuestro amor. Es un error pensar que la dificultad de amar, o las muchas fallas que tenemos, nos excusan de nuestra obligación de amar siempre. En lugar de eso, recuerda que el Espíritu Santo habita en ti, porque él está siempre actuando en tu interior, para que su templo esté adornado de hermosura y amor.

“Espíritu Santo, Señor mío, concédeme tu fortaleza para que yo pueda perdonar las ofensas en forma incondicional y amar a mi prójimo como Jesús me ama a mí.”

Escogida con el permiso de *La Palabra Entre Nosotros*, Vol. 39, Número 3: Febrero 2020.

Lecturas de la Semana

Domingo 23 Lev 19:1-2,17-18 / 1 Cor 3:16-23 / Mt 5:38-48
Lunes 24 Stgo 3:13-18 / Mc 9:14-29
Martes 25 Stgo 4:1-10 / Mc 9:30-37
Miércoles 26 Jl 2:12-18 / 2 Cor 5:20—6:2 /
Miércoles de Ceniza Mt 6:1-6,16-18
Jueves 27 Deut 30:15-20 / Lc 9:22-25
Viernes 28 Is 58:1-9a / Mt 9:14-15
Sábado 29 Is 58:9b-14 / Lc 5:27-32
Domingo 1 Gén 2:7-9;3:1-7 / Rom 5:12-19 o 5:12,17-19 /
Primer Domingo de Cuaresma Mt 4:1-11

Intenciones de Misas

Mass Intentions

February 23 – March 1

Sunday, February 23

5:30pm Vigil (February 22) – Ronald J. Kubiak
8:30am – Fortunata Schiano
10am – Macario Reyes
11:30am – All Parishioners
1pm – Maria Correa (living)
5:30pm – Leticia Adams

Monday, February 24

7am – Carmen Salud
8am – Thomas Bondor (living)
12:10pm – Thomas Shortell
5:30pm – David & Helene Stever (living)

Tuesday, February 25

7am – Vicenta Luciano
8am – Hugo Roberts
12:10pm – John Kelly Cassidy
5:30pm – Honoring the Face of Jesus

Wednesday, February 26

7am – Elinata Manuel
8am – Thomas Bondor (living)
11am – C-Family Donors (living)
12:10pm – Russ Mank
1:15pm – Rose & Renee Toussaint
5:30pm – Brian Lewis Kerns (living)
7pm – Jose López

Thursday, February 27

7am – Gregorio Manuel
8am – Susan Eid
12:10pm – Souls in Purgatory
5:30pm – Anthony Daniel Bell

Friday, February 28

7am – Lourdes Gonzaga De Viera (living)
8am – Alicia Gonzaga Dy (living)
12:10pm – Paul McManus
5:30pm – Joe Deasy

Saturday, February 29

8am – Carmen L. Ruis Rodriguez
12:10pm – Catherine Frazier
5:30pm – All Parishioners

Sunday, March 1

7am – Motie Family
8:30am – Dr. Lisa Grandinetti
10am – Mrs. Fennel
11:30am – David Blee
1pm – Benefactores de la Catedral de San Mateo vivos y difuntos

Ayunar – Miércoles de Ceniza (26 de

febrero) y Viernes Santo (**10 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, consiste en una sola comida 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.

Noticias de la Parroquia



Folleto de Cuaresma
- ¡Tome Copias Extra
para Compartir! –
Encuentra nuestros
folletos de cuaresma

en los bancos y en las entradas de la Catedral. Allí está el horario completo de liturgias y eventos durante la Cuaresma y la Semana Santa, incluido el Miércoles de Ceniza, el **26 de febrero**, que marca el comienzo de la Cuaresma. Por favor, ayúdenos a correr la voz compartiendo copias con familiares, amigos y compañeros de trabajo.

[Vea y comparta](https://www.stmatthewscathedral.org/cuaresma2020)

[el folleto de Cuaresma en español](https://www.stmatthewscathedral.org/cuaresma2020)

<https://www.stmatthewscathedral.org/cuaresma2020>



Miércoles de Ceniza 26 de Febrero – Misas con distribución de cenizas:

7:00, 8:00, 11:00 de la mañana, 12:10 del mediodía, 1:15, 5:30 de la tarde y **7:00 de la tarde (en español)**. Estaciones del Vía Crucis 3:00 de la tarde en inglés y **8:00 de la noche (en español)**.

Recordando a los Benefactores –

El próximo domingo, **1 de marzo**, se ofrecerá la misa de la 1:00 de la tarde en español por los benefactores de la Catedral de San Mateo, vivos y difuntos. ¡Acompáñenos en oración y en acción de gracias.

Grupo de Oración –

El grupo de oración se reúne los martes a la 7:00 de la tarde. El objetivo del grupo es profundizar nuestra fe por medio de las Sagradas Escrituras. No se pierda la charla del **Obispo Mario Dorsonville** el martes **3 de marzo** en el salón de conferencias del Norte.



Confesiones los Miércoles de Cuaresma – En este tiempo de

Cuaresma, la Catedral de San Mateo tendrá confesiones en inglés y español disponibles los miércoles de Cuaresma de 6:30 a 8:00 de la noche comenzando el **4 de marzo**, Miércoles Santo de 6:00 a 7:15 de la tarde, además del horario regular de confesiones (lunes - viernes, 11-12; sábados 4-5 de la tarde; y domingos después de la misa de español (excepto los domingos **1 de marzo**, **22 de marzo** y **5 de abril**).

Únase al Comité de Justicia Social

– Todos están invitados a participar en la reunión mensual del comité el lunes, **24 de febrero** a las 6:45 de la tarde aprenda más sobre diferentes oportunidades de servicio. Participe en la planificación de actividades que ayudan a personas necesitadas y también ayuden a la parroquia a vivir el mensaje del Evangelio en oración y con acciones. La reunión mensual es en inglés, pero todos están invitados. Tenemos personal y voluntarios bilingües para ayudarle a participar. Comuníquese con el padre John Benson o Norma Canedo socialjustice@stmatthewscathedral.org o al 202-347-3215.

Campaña Anual – Gracias a todos los feligreses que hicieron su donación a la Campaña Anual el fin de semana pasado. Valoramos todo su apoyo. Si no tuvieron la oportunidad de hacer su donación, o si necesitaron más tiempo para considerar su donación, los sobres de compromisos estarán de nuevo disponibles en la iglesia este fin de semana y pueden colocar los sobres que llenen en la canasta de ofrendas. También puede hacer su compromiso en appeal.adw.org/es. Ninguna donación es pequeña y ayudará a más de 60 ministerios y programas que benefician a un sinnúmero de mujeres, hombres, niños y familias en la Iglesia de Washington, incluso de nuestra

propia parroquia y comunidad. Al igual que todos los años, todas sus contribuciones a la Campaña se destinan a los ministerios y programas que reciben el apoyo de la Campaña.

Inscríbese para el Retiro de Justicia Social & Abogacía – Todos son bienvenidos a unirse a nuestro retiro el sábado **7 de marzo** para abogar por el cambio en una variedad de temas de justicia social. Más información, visite <https://www.stmatthewscathedral.org/advocacyretreat2020>.

Comuníquese con el padre John Benson o Norma Canedo.

Esquina del Cuidado de la Creación - Nueva Fecha para la Reunión – El equipo de Cuidado de la Creación se reunirá el jueves, **12 de marzo** a las 6:45 de la tarde en el salón de conferencias del Norte para discutir nuestras presentes y futuras iniciativas. Envíe un correo electrónico a Phil Downey stmattcreationcareteam@gmail.com o llame al padre John Benson o Norma Canedo al 202-347-3215.

Se Busca una Persona para Trabajar en Limpieza – La Catedral de San Mateo busca un trabajador de limpieza a tiempo completo con experiencia. Los deberes de trabajo incluyen aspirar pisos, limpiar baños, desempolvar, fregar y pulir pisos, tirar la basura. Debe tener documentos de trabajo legal y pasar una verificación de antecedentes. Requisitos mínimos: experiencia de mantenimiento (en limpieza) que sea bilingüe, español/inglés. Este es un trabajo a tiempo completo, el cual ofrece beneficios, incluyendo seguro de salud, días de enfermedad pagados y retiro. Para aplicar, por favor llame a Pam Erwin al 202-347-3215.