

Readings for March 3

Remove the wooden beam from your eye first. (Luke 6:42)
People love to judge other people and give advice, even when they don't have much to offer. It can be kind of cute to see children spouting off about topics they know nothing about, but it gets a little scarier when they grow up. Depending on how serious the topic is, it can become downright dangerous, like "the blind leading the blind."

As Jesus points out in today's Gospel, we can be particularly prone to offering unnecessary, as well as ill-conceived, advice in the spiritual or moral realm. It can seem so clear to us what needs to happen in someone's life that it's hard to hold back. But when it comes to our own lives, we are more cautious because we see the big picture, and we know there is no quick and easy fix.

Only God sees the true big picture. And because he does, he treats us with unending patience, grace, and mercy. What a comforting truth this is! You can rest peacefully, secure in the faith that your heavenly Father has you in the palm of his hand.

But here too is where a major challenge lies: God sees everyone's big picture. He has every person in the palm of his hand—even the people you understand the least. This means that you can leave everyone else to his care. You don't have to worry about changing them!

Of course, you should love the people around you and be involved in their lives. But try to do it by treating them with the same merciful, loving approach that God has. Seek to understand and empathize, not condemn and overadvise.

Think of one person whom you are most tempted to judge or give advice to. Now try to isolate one conversation you have had in the last day or two when you gave in to the temptation to try to fix him or her. How could you have offered grace and love instead? Finally, watch for the next conversation, and lead with love rather than correction.

"Lord, help me to reflect your grace and love to the people around me."

Taken from *The Word Among Us*, February 2019 Vol. 38, Number 3: Used with permission.

This Week's Readings

Sunday 3	Sir 27:4-7 / 1 Cor 15:54-58 / Lk 6:39-45
Monday 4	Sir 17:20-24 / Mk 10:17-27
Tuesday 5	Sir 35:1-12 / Mk 10:28-31
Wednesday 6	Jl 2:12-18 / 2 Cor 5:20—6:2 / Mt 6:1-6,16-18
<i>Ash Wednesday</i>	
Thursday 7	Dt 30:15-20 / Lk 9:22-25
<i>Sts. Perpetua & Felicity</i>	
Friday 8	Is 58:1-9 / Mt 9:14-15
<i>St. John of God</i>	
Saturday 9	Is 58:9-14 / Lk 5:27-32
<i>St. Frances of Rome</i>	
Sunday 10	Dt 26:4-10 / Rom 10:8-13 / Lk 4:1-13

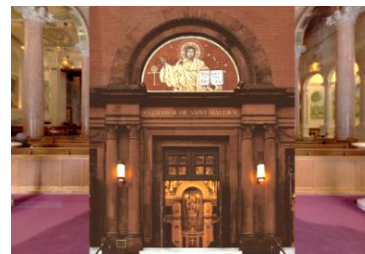
WELCOME

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 a parish here or across the river. Thank you for praying with us, and for your generosity – it helps us to celebrate our liturgies in a fitting and beautiful way and to offer services to needy people in the Washington, DC area. Enjoy your visit!

News and Notes

Register for Marriage Jubilarian Mass – This year's Archdiocesan [Jubilarian Mass](#) honoring couples married 25, 30, 35, 40, 45, 50 and 50+ years will be held Sunday, **June 23** at 2pm, at the Basilica of the National Shrine of the Immaculate Conception. If you will celebrate one of these milestone anniversaries in 2019, register now and plan to celebrate with other jubilarians from the Church of Washington. To register, call the rectory at 202-347-3215 by Tuesday, **April 23**.

Pope Francis' March 2019 Prayer Intentions – Please pray for Pope Francis' March intention: that Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected.



Cathedral Virtual Tour – Have you experienced the virtual tour of the Cathedral? Click [here](#) or on our website front

page banner, *A New Way to Experience the Cathedral*, to take the tour. Look up, down, left, right, and zoom in and out of 11 different areas of the Cathedral interior. As you explore, enjoy a recording of St. Matthew's *Schola Cantorum*, singing *Factus est repente de caelo sonus* (Suddenly a sound came from heaven) by G. P. da Palestrina (1525-1594), conducted by Tom Stehle, Pastoral Associate for Liturgy and Director of Music Ministries. The recording was made in the Cathedral on Pentecost Sunday 2016.

Parish Calendar

March 3 – 10

Sunday 3—A second collection for Cathedral maintenance is taken at all Masses.

A Pancake Breakfast is held in the North Conference Room after Masses beginning at 9am.

Sunday Children's Faith Formation classes meet at 9:45am in the N Street Bldg.

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

The RCIA Rites of Sending and Dismissal are held at the 11:30am Mass.

RENEW meets at 4pm in the East Conference Room.

Monday 4—The Parish Council meets at 6:45pm in the East Conference Room.

RENEW meets at 7pm in the N Street Building.

Tuesday 5—El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.

Wednesday 6—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.

Sacred Page meets at 7pm in the West Conference Room.

Thursday 7—The Lenten Scripture course meets at 7pm in the North Conference Room.

Friday 8—Stations of the Cross are prayed at 6pm, followed by a Simple Lenten Meal served in the North Conference Room

Saturday 9—Retiro de Cuaresma de 9:00 de la mañana a 4:00 de la tarde en el salón de conferencia de Norte.

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

Remember to turn your clocks forward one hour before bedtime!

Sunday 10—First Sunday of Lent

Sunday Children's Faith

Formation classes meet at 9:45am in the N Street Bldg.

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

The RCIA Rites of Sending and Dismissal are held at the 11:30am Mass.

Always God's Children meets at 3:30pm in the West Conference Room.

RENEW meets at 4pm in the East Conference Room.

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

Faith Formation

RCIA Rite of Sending – Today, Sunday, **March 3** at the 11:30am Mass, our RCIA Catechumens (preparing for Baptism, Confirmation, and First Eucharist), and Candidates (for full communion and preparing to complete the Sacraments of Initiation) will receive their recognition in the **Rite of Sending** for a subsequent celebration to take place next Sunday, **March 10** at the Basilica of the Shrine of the Immaculate Conception. Please remember these dedicated women and men in your prayers.

Sacred Page: Preparing for Next Sunday's Mass – A Worthy Lenten Resolution! – Join us in the West Conference Room at 7pm on Wednesday, **March 6** as seminarian Elmer G. Herrera-Guzman leads our consideration of the [Mass readings for Sunday, March 10](#), the First Sunday of Lent. At these weekly sessions we come together to hear the Sunday Scriptures read aloud and to discuss how the Good News we hear bears on the Christian life.

Lenten RENEW Groups Forming – Our Lenten RENEW small groups will reflect upon "The Profession of Faith: What We Believe – A Faith Journey through the Catechism." Purchase the text online at <https://www.renewintl.org/store> or by phone at 888-433-3221. Groups meet Sunday afternoons beginning **March 10** at 4pm or Monday evenings at 7pm beginning **March 11**. To sign up for a group, contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at tprymuszewski@stmatthewscathedral.org.

Are You Thinking about Returning? Do You Think of Yourself as an Inactive Catholic? Welcome! – 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. Contact Theresa Prymuszewski (contact info above).

Daylight Saving Time Starts Sunday, March 10 – Turn your clocks forward one hour before bedtime on Saturday, **March 9!**



Living Lent ✕



MASSSES WITH THE DISTRIBUTION OF ASHES

March 6

7AM

8AM

11AM (with cantor)

† 12:10PM (with choir)

1:15PM (with cantor)

5:30PM (with cantor)

7PM (en Español con cantor)

† Interpreted for the deaf

STATIONS OF THE CROSS

3PM

8PM (Via Crucis en Español)

*Ashes will not be distributed outside of Mass.
No confessions are scheduled today.*

Ash Wednesday – Lent Begins! -

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, **March 6**, 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 English Lenten brochure.](#)

Choral Highlights – Enjoy the Lenten inspirations in the Office of Music Ministries' [Choral Highlights](#) website feature, including a description of the works you will hear sung by the *Schola Cantorum* on Ash Wednesday, **March 6**, and links to digital versions of the music.

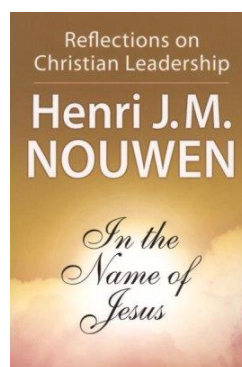
Lenten Fast and Abstinence – Ash Wednesday (**March 6**) and Good Friday (**April 19**) are days of fast and abstinence. All Catholics who have reached their 18th birthday and are less than 60 years old are bound to observe the fast, by which they are limited to a single full meal during the course of 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.

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 on Wednesdays beginning **March 13** (Wednesday of Holy Week from 6 to 7:15pm) in addition to our regular confession times (weekdays, 11am-Noon and Saturdays, 4-5pm).

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 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. Join us for this beautiful devotion, so fitting for Lent.



Reflection on Christian Leadership," by the beloved Father Henri J. M. Nouwen. A typical comment on the book states, "There is more packed between the covers of this little book that adults will find helpful to living a Christian life than you'll find in many a volume three times its size." While it is not necessary to

Cathedral Book Club –

Join us on Monday, **March 11** at 6:45pm in the West Conference Room to discuss "In the Name of Jesus:

have read the book in advance, this time it would be helpful, as it provides several worthwhile points for reflection.

Gospel of Luke – Our latest

[Saturday Bible study](#) with Fr. Jack Hurley highlights St. Luke's Gospel, which we hear often at Sunday Mass this year. On **March 16** and **30**, and **April 6**, the topic will be the events we commemorate during Holy Week. Bring your Bible and join us at 10:30am in the East Conference Room.

Social Justice

How to Get Involved – Learn more about our parish Social Justice & Community Service Ministries and how you can assist those in need and engage our parish community to live the Gospel message in prayer and in deed. Contact Norma Canedo at 202-347-3215 or ncanedo@stmatthewscathedral.org.

Archdiocesan News

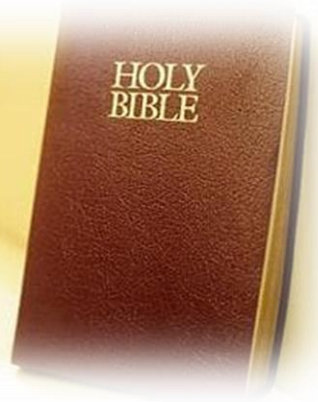


The Way Retreat for Survivors of Abuse – As the Church continues to minister to all survivors of abuse, the

Archdiocese of Washington is sponsoring retreats for survivors. The Archdiocese will offer a men's retreat on **April 5 – 7** and a women's retreat on **April 12 – 14** for survivors. These retreats are an occasion for survivors to reflect on God's plan for their lives and for healing through prayer and the sacraments. For more information and to register, visit <https://adw.org/the-way-retreat/> or call Deborah McDonald at 301-853-4466.

“The study of the sacred Scriptures must be a door opened to every believer. It is essential that the revealed word radically enrich our catechesis and all our efforts to pass on the faith.”

Pope Francis (Evangelii Gaudium)



Archdiocese of Washington Faith Foundations – Sacred Scripture

Join us as we explore the Sacred Scriptures to deepen our relationship with God in His revealed Word.

Cathedral of St Matthew

1725 Rhode Island Ave NW
Washington, DC 20036
North Conference Room

Thursdays

7:00pm – 9:30pm

March 7, 14, 21, 28 & April 4, 11

Instructor: Theresa Prymuszewski

To register, please contact Theresa Prymuszewski
202-587-5139/ tprymuszewski@stmatthewscathedral.org

Cathedral of St. Matthew the Apostle

Catedral de San Mateo Apóstol

Simple Lenten Meals

Every Friday of Lent

March 8, 15, 22, 29, & April 5, 12

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

ORACIÓN

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

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
También puede mandar un correo electrónico a
ncanedo@stmatthewscathedral.org.

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
ncanedo@stmatthewscathedral.org.



Cenas Simples de Cuaresma

Cada viernes durante la Cuaresma

Marzo 8, 15, 22, 29, & abril 5, 12

Después de la Misa de las 5:30 de la tarde & el Vía Crucis de las 6:00 de la tarde
Salón de conferencias del Norte



Looking for a convenient way to support our parish offertory?

Faith Direct is the innovative solution that allows you to support our parish using electronic funds transfer from either a credit card or bank account. It is a hassle-free, simple solution for today's busy families.

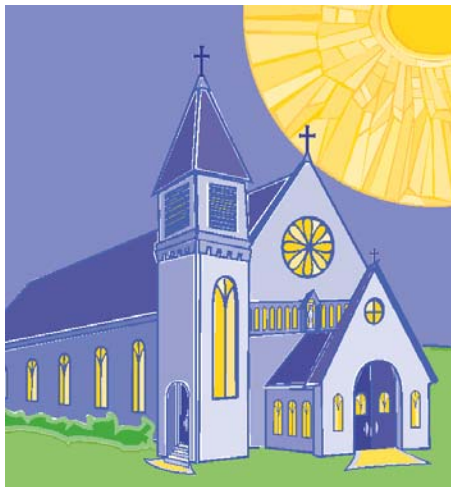
Sign up using the enrollment form on the other side or go online to www.faithdirect.net and use our parish code **DC284** to enroll today!

ENROLL TODAY!

How does Faith Direct work?

Faith Direct is a secure system that works directly with your bank or credit card—much the same as other direct payments you may have set up for utility bills or mortgage payments.

When do transactions take place?



Transactions take place once per month on the 4th or the next business day. The total amount of your gifts for that current month (both offertory & second/special collections) will be debited in one monthly total. The Cathedral will receive the funds 4 business days later.

Can I stop, increase, or decrease my payment at any time?

Yes, by calling **Faith Direct** at 1-866-507-8757 (toll free) by emailing info@faithdirect.net, or by logging in to your account through www.faithdirect.net.

How does the Cathedral benefit from my participation with Faith Direct?

The Cathedral will see a substantial increase in net revenue, a decrease in administrative costs, and a clearer picture of cash flow for their needs.

If you have any questions about the Faith Direct program,
please call 1-866-507-8757 {toll free} or send an email to info@faithdirect.net,
or contact Pam Erwin at the Rectory at 202-347-3215 x537 or
perwin@stmatthewscathedral.org.

E-GIVING ENROLLMENT FORM



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

A6

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

DC284



Faith Direct • Attention: Enrollment • 601 S. Washington St. • Alexandria, VA 22314 • 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"/> Church Missions within the US	\$ _____	January	<input type="checkbox"/> Propagation of the Faith/ World Missions	\$ _____	October
<input type="checkbox"/> Churches in the Developing World	\$ _____	March	<input type="checkbox"/> All Saints Day	\$ _____	November
<input type="checkbox"/> Ash Wednesday	\$ _____	March/April	<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	\$ _____	March/April	<input type="checkbox"/> Christmas Flowers	\$ _____	December
(In addition to regular Sunday gift)	\$ _____	May	<input type="checkbox"/> Christmas	\$ _____	December
<input type="checkbox"/> Catholic Relief Services	\$ _____				

** 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.

2019 Lenten Day of Recollection

Dismantling Self-Righteousness, Getting Real:
Lenten Gospels from St. Luke



WHEN: Saturday, March 9, 2019
10:00am – 3:00pm

WHERE: Cathedral of Matthew's
1725 Rhode Island Avenue, NW
Great Hall (entrance near the parking garage)
Two blocks north of the Farragut North (Red Line) Metro station
Four blocks north of the Farragut West (Orange, Silver and Blue Lines) Metro station

We will meditate on several gospel characters, trying to see ourselves in them. Given their flaws, this may not be too difficult! That is, if you are open to seeing, and, in a limited way, sharing your experiences. The point of any prayer, including scripture meditation, also known as "*lectio divina*" (divine reading), is to take our insights into "real" or everyday life. By reflecting with others, instead of going solo (which we often try to do in prayer), will help us take this leap.

CONFERENCE I: Admitting Error

CONFERENCE II: Guilty and Exposed
Break for 12:10pm Mass
Luncheon Provided

CONFERENCE III: No Escape



LED BY: Rev. Gabriel Myers, (Order of St. Benedict) O.S.B.

Father Gabriel Myers entered the Benedictine community of St. Anselm's Abbey in Washington, D.C. in 1987 at age 31. He was ordained by Cardinal Hickey at St. Matthew's Cathedral in 1999. He has taught in the abbey school, but is happiest in preparing the abbey's music and doing pastoral ministry. This includes presiding at the Sunday Latin Mass at the Cathedral each month. He likes books, biking, Bach, and listening to people.

All are invited to this event, free of charge. Free will donations are greatly appreciated.

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

CATHEDRAL OF ST. MATTHEW THE APOSTLE
1725 Rhode Island Avenue, NW, Washington, DC (Farragut North or DuPont Circle Metro stations)
2019 Lenten Lecture Series: *METANOIA*

Our series focuses on our personal *Metanoia* regarding a transformative change of heart and spiritual conversion that includes repentance. During Lent, we encounter the world, ourselves and our God through this lens. Let us accompany each other on this Lenten journey of faith.

Tuesday evenings, 7pm to 8pm, in the North Conference Room

March 12: Ms. Linda Budney, JCL ~ “Co-Workers in the Vineyard of the Lord:
A Formation Resource for All Catholic Laity”

March 26: Rev. Luke Melcher ~ “The Transformative Power of the Mass:
The Source and Summit of our Faith”

April 2: Dr. Robert J. Wicks, PSY. D. ~ “The Simple Care of a Hopeful Heart:
Strengthening Your Inner Life in Challenging Times”



Linda Budney, JCL serves as an advocate on the Washington, D.C. Archdiocesan Tribunal. She has been an

adjunct instructor for Saint Meinrad Seminary and School of Theology (Indiana), teaching canon law in the Graduate Theology and Permanent Deacon Formation programs.

She also has served as an advisor to the Bishops' Committee on the Laity and a consultant to the Sub-Committee on Lay Ministry during the drafting of the document, *Co-workers in the Vineyard of the Lord*. From 2005-14, she was pastoral associate for adult faith formation at Our Lady of Mercy Parish in Potomac, MD.

Budney is an oblate of Saint Meinrad Archabbey, and a dame in the Order of Malta. She has a degree in canon law from The Catholic University of America. Budney and her husband David LaRoche live in Bethesda, MD.

Fr. Luke Melcher is a priest of the Diocese of Alexandria in Louisiana. After studying at the Higher Institute of Philosophy at the Catholic University of Louvain in Belgium and St. Joseph Seminary College in Louisiana, he completed a bachelor of arts in Philosophy. Fr. Melcher obtained a Masters of Divinity at Notre Dame Seminary in New Orleans and was ordained a priest in 2005. In 2011, he was sent to Rome to study at the Pontifical Institute of Liturgy, Ateneo Sant'Anselmo, where he obtained a licentiate in Sacred Liturgy. He currently is a candidate for the doctorate in Sacred Liturgy at the same institution.

In 2015, the Vatican's Congregation of Divine Worship and the Discipline of the Sacraments granted Fr. Melcher the nihil obstat ad personam and appointed him to the International Commission on English in the Liturgy (ICEL) as the Director of Textual Resources to the ICEL Secretariat, the agency responsible for the translations of liturgical books from Latin to English. Fr. Melcher has studied French, Italian, German, Latin, and Greek. On weekends, he assists with Masses at St. Augustine's at 15th and U, where he is in residence.

For over 35 years, **Dr. Robert**

Wicks has been called to speak calm into chaos for

individuals and groups experiencing great stress and anxiety. Dr. Wicks has published over 50 books for both professionals and the general public and is also the recipient of the Humanitarian of the Year Award from the American Counseling Association's Division on Spirituality, Ethics and Religious Values in Counseling and for his service to the Church he received the Papal Medal Pro Ecclesia et Pontifice from Pope St. John Paul II.

By discussing psychological and spiritual approaches to maintaining a healthy perspective and enhancing resilience, Dr. Wicks, an expert on the prevention of secondary stress (the pressures experienced in reaching out to others) and author of “Bounce: Living the Resilient Life, Riding the Dragon, and Prayerfulness,” will offer insights into how we can extend our warmth to others without losing our own inner fire in the process.



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

Lecturas del 3 de Marzo

No hay árbol bueno que produzca frutos malos. (Lucas 6, 43)
¿Cómo es el fruto que tú y yo damos en la vida? Si a veces nos parece que el fruto que damos no es bueno, eso quiere decir que necesitamos que el Señor nos cambie desde la raíz.

Esa es la esperanza que tenemos los cristianos, porque Jesús vino al mundo a transformarnos, para que seamos árboles que dan buen fruto. El Señor dijo que el árbol bueno solo puede producir fruto bueno, y viceversa; pero jamás dijo que era imposible cambiar la raíz del árbol. De hecho, cuando confesamos nuestros pecados, reconocemos que necesitamos a Jesús y permitimos que el Señor nos perdone y nos devuelva la salud.

La clave radica en el don del arrepentimiento humilde y sincero, porque allí es donde el pasado puede desaparecer desde el punto de vista de Dios. El Señor nos dice: "Yo, por ser tu Dios, borro tus crímenes y no me acordaré más de tus pecados" (Isaías 43, 25). Imagínese la gran liberación que se siente al saber que todo "lo malo" ha desaparecido del recuerdo de nuestro Padre; en efecto, si aprendemos a ver las cosas con los ojos de Dios, las faltas y pecados también "desaparecerán" de nuestra propia perspectiva. En realidad, no es que los olvidemos del todo, sino que esos hechos ya no tendrán fuerza alguna para mantenernos atados en los sentimientos de culpa o vergüenza.

Pero lo que quiere hacer Jesús, nuestro Redentor, es mucho más que perdonarnos; quiere curarnos y devolvernos la salud completa. La próxima vez que usted se sienta condenado por el recuerdo de sus pecados pasados, sepa que Dios nos hace ver los pecados que hemos cometido nada más que para concedernos la oportunidad de comenzar de nuevo y este es un entendimiento que puede darnos el deseo de examinarnos el corazón, porque estaremos convencidos de que nuestro Dios es un médico bondadoso, no un juez implacable.

"Te alabo, Padre celestial, porque tu amor me está transformando y porque cuando te presento mis pecados, tú me tratas con misericordia y no me condenas."

Escogida con el permiso de la Palabra Entre Nosotros. Vol 38, Numero 3; Febrero de 2019

Lecturas de la Semana

Domingo 3	Ec 27:4-7 / 1 Cor 15:54-58 / Lc 6:39-45
Lunes 4	Ec 17:20-24 / Mc 10:17-27
Martes 5	Ec 35:1-12 / Mc 10:28-31
Miércoles 6	Jl 2:12-18 / 2 Cor 5:20—6:2 / Mt 6:1-6,16-18
<i>Miércoles de Ceniza</i>	
Jueves 7	Deut 30:15-20 / Lc 9:22-25
<i>Santas Perpetua y Felicitas</i>	
Viernes 8	Is 58:1-9 / Mt 9:14-15
<i>San Juan de Dios</i>	
Sábado 9	Is 58:9-14 / Lc 5:27-32
<i>Santa Francisca Romana</i>	
Domingo 10	Deut 26:4-10 / Rom 10:8-13 / Lc 4:1-13

Intenciones de Misas

Mass Intentions

March 3 – 10

Sunday, March 3

5:30pm Vigil (March 2) – Jim Anthony
8:30am – Ulisses & Alma Rice
10am – Nestor & Teofila Palomino
11:30am – Gay Gellman
1pm – Judith Crijaldo
5:30pm – All Parishioners

Monday, March 4

7am – For greater accountability & transparency in Church leaders
8am – Lorraine Beazle Wilson
12:10pm – Flora Montoya
5:30pm – The Joe Lares Family (living)

Tuesday, March 5

8am – George Lindberg
12:10pm – Mr. Thomas Cienclair FBI
5:30pm – Kevin E. Grady

Wednesday, March 6

8am – Roberta McCain (living)
11am – Friends of C-Fam (living)
12:10pm – Zita Fernandes (living)
5:30pm – Matthew Brinkmann (living)
7pm – Betty Pineda

Thursday, March 7

12:10pm – Vincent Contreras

Friday, March 8

12:10pm – Agustin Barcenas
5:30pm – The Arturo Barrientes Family (living)

Saturday, March 9

12:10pm – For the healing of victims & survivors of clergy sexual abuse
5:30pm – All Parishioners

Sunday, March 10

8:30am – Beulah Charles
10am – Al Gizzi
11:30am – Mr. Fitz
1pm – Francisco Puerta

Para ofrecer una intención de misa, deberá hablar con nuestra recepcionista en la rectoría. No hay cuota, pero una ofrenda es habitual. Fechas especiales tienen que reservarse con antelación debido a que solo tenemos una misa en español.

To arrange a Mass intention, speak to our rectory receptionist. There is no fee but an offering is customary. Intentions are reserved in advance so particular dates may be unavailable.

Noticias de la Parroquia



[Vea y comparta el folleto de Cuaresma en español.](#)

Miércoles de Ceniza 6 de marzo – 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)**.

Ayunar – Miércoles de Ceniza (**6 de marzo**) y Viernes Santo (**19 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.

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 **13 de marzo**, excepto el Miércoles de Ceniza no hay confesiones; 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 **10 de marzo** y **14 de abril**).

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. Les invitamos a unirse a nosotros en esta devoción cuaresmal.

Día de Retiro – El sábado **9 de marzo**, tendremos un día de Retiro, todos están invitados. Tema: *La Vida de Cristo*. 'Los cimientos de la moralidad cristiana' somos seres morales: Elementos fundamentales de la moralidad cristiana, creados a la imagen de Dios. El retiro se ofrece en el salón del Norte, 9:00 de la mañana a 4:00 de la tarde. Líderes el Grupo Tira la Red y padre Agustín López.

Cambio de Hora – El domingo **10 de marzo**, es el día que se cambia la hora, recuerde de cambiar una hora hacia delante la noche anterior o sea el sábado **9 de marzo**.

¡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!

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. Acompáñenos el martes **19 de marzo** a la reflexión "*La Importancia de la Cuaresma en nuestras vidas*" su Excelencia **Mario Dorsonville**, Obispo Auxiliar de Washington, vendrá a darnos la reflexión en el salón de conferencia del Norte.



Intenciones de Oración del Papa Francisco para marzo 2019 – Por favor únase en oración en todo el mundo por las intenciones del Papa Francisco este mes: por las comunidades cristianas, en particular las que son perseguidas, para que sientan la cercanía de Cristo y para que sus derechos sean reconocidos.

Ministerios de Justicia Social & Servicio

Comunitario – Aprenda más sobre los Ministerios de Justicia Social & Servicio Comunitario y como puede participar en la planificación y organización de actividades que ayudan a personas necesitadas. También puede ayudar animando a la parroquia a vivir el mensaje del Evangelio en oración y con acciones. Comunicarse con Norma Canedo al 202-347-3215 o ncanedo@stmatthewscathedral.org.

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 **28 de abril, 5, 12 y 19 de mayo** a las 11:00 de la mañana en el 1726 de la calle N al Noroeste. Las personas interesadas deben llamar a Fatima Aybar al 202-347-2315 x541 y deben venir a una entrevista antes del **23 de abril**. Deben tener el certificado de bautizo vigente.