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St. Mother Teresa of Calcuta: The popular picture we have of Mother Teresa is either carrying a tiny undernourished child or applying medicines on the wounds of a leper. We have identified her with social works. One day, when Mother Teresa was talking to Father Le Joly, a Jesuit priest, who had written few books on Mother and her congregation, she said to him, "*Father, when you write a book about me, tell everybody we are not here for work, we are here for Jesus. We are religious, not social workers, or nurses, or teachers; we are religious Sisters. All we do, our prayer, our work, our suffering, is for Jesus. Without Jesus our life would be meaningless.... Incomprehensible...." (John Rose in John's Sunday Homilies; quoted by Fr. Botelho).*

What are the rules for fasting in Lent? Ash Wednesday and Good Friday are days of fast. The law of fast binds those who are from 18 to 59 years old, unless they are excused for a sufficient reason (e.g., a medical condition that requires more frequent food, etc.). According to the Church's official rules (as opposed to someone's personal summary of them): The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned—approved local custom [Apostolic Constitution Paenitemini, Norms, III:2]. The system of mitigated fasting that is required by law thus allows for "one full meal" and "some food" in the morning and evening. The Church's official document governing the practice of fasting does not encourage scrupulous calculations about how much the two instances of "some food" add up to, though obviously each individually is less than a full meal, since only one of those is allowed.

What are the rules for abstinence in Lent? Ash Wednesday and all Fridays of Lent are days of abstinence (as well as Good Friday). An exception is if a solemnity falls on a Friday. The law of abstinence binds those who are 14 years old or older. According to the Church's official rules: The law of abstinence forbids the use of meat, but not of eggs, the products of milk or condiments made of animal fat [Paenitemini, Norms III:1].

Do you have to give up something for Lent? If you do, can you have it on Sundays? The traditional custom of giving up something for Lent is voluntary. Consequently, if you give something up, you set the parameters. If you choose to allow yourself to have it on Sundays as to promote joy on this holy day, that is up to you. *[Fr. Tony Kadavil].*

