



EIGHTH SUNDAY IN ORDINARY TIME

ST. BARNABAS CATHOLIC CHURCH

3955 ORANGE AVE., LONG BEACH, CA 90807 | 562-424-8595 | STBARNABASLB.ORG

PARISH OFFICE:
OFFICE # 562-424-8595
FAX # 562-595-7875

OFFICE E-MAIL:
church@stbarnabaslb.org

OFFICE HOURS:
Mon-Fri: 9:00am-7:00pm
Sat: 9:00am-4:30pm
Sun: 9:00am-2:00pm

REV. ANTONY GASPAR | REV. MICHAEL GRIECO | REV. BERNARD VIAGAPPAN | DN. CARLITO DE LOS REYES
PASTOR ASSOCIATE PASTOR ASSOCIATE PASTOR PERMANENT DEACON

Office Manager: Olivia Baylen
Business Manager: Sam Christi



Good News!

March 3, 2019

Eighth Sunday in Ordinary Time (C)
Sir 27:4-7; 1 Cor 15:54-58; Lk 6:39-45

A fresco by Paris Nogari outside the pope's residence reminds us of an important virtue that is often absent in modern times: the capacity to be silent. "Be still and know that I am God!" (Psalm 46:11).

The figure in the fresco, titled *Silence*, holds a finger over his mouth, indicating that silence starts with us. Speak less! Then we should muffle the background noise, represented by a stork with a stone in its bill to stifle its squawk.

How often do we have times of silence in our lives—and not just moments when there doesn't happen to be a radio or TV on? I mean purposeful, intentional periods of quiet to be alone with God and ourselves.

Regular times of quiet offer many benefits. They help us reflect, order our thoughts, and contemplate what's happening inside our hearts and minds. Silence is regenerative and gives us new energy, clarity, and serenity. If we add to this quietude an internal dialogue with ourselves and our Lord, it can take our inner sanctuary to a new level. One will not only find strength but also purpose and focus. Silence is the natural habitat of a flourishing soul, yet we often lock out our inner self in the mayhem of the external world, never allowing it to take in what gives it life—silence.

How about taking an hour without phones, radios, TVs, and computers to dedicate yourself to some meditative work or recreation? Or better yet, take a moment and go to a local perpetual adoration chapel to quietly sit with our Lord.

—Fr. Mark Haydu, LC

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CONFESSIONS:

1st Friday of the Month
7:15am—7:50am

Saturday
3:30pm—4:30pm

INFANT BAPTISMS:

4th Sunday of the Month:
2:30pm (must pre-register)

Email: baptism@stbarnabaslb.org

WEDDINGS: (6 Months Prior)
Email: church@stbarnabaslb.org

ANOIDING OF THE SICK:
(Call Parish Office)

MASS TIMES:

Saturday 8:00am | 5:00pm (Vigil)

Sunday 7:30am | 9:00am | 10:45am
12:30pm | 5:30pm

Monday—Friday 8:00am

EUCCHARISTIC ADORATION:

(1st Friday of the Month)

Adoration: 8:30am—6:15pm | Mass: 6:30pm

MOTHER OF PERPETUAL HELP NOVENA:

Every Wednesday (Novena after Mass)

Rosary: 6:15pm | Mass: 6:30pm

MISSION STATEMENT

"We, the Catholic Community of St. Barnabas Parish, are a people formed by Christ, called in Baptism and united in the Eucharist; we continue the mission of the Church in the world through Prayer, Apostolic Works, Evangelization, and Christian Stewardship."

MINISTRY DIRECTORY

ADORATION COORDINATORS	Charito Salas: (562) 490-9853 Faye Rivera: (562) 424-5366
ALTAR SERVERS	Sylvia Gaytan: (562) 477-2143
BASEBALL LEAGUE FOR YOUTH	Joe Fletes: (310) 480-4696
BOY SCOUTS PACK 32/CUB SCOUTS	Laura Moller-Leon: (562) 726-4894
BULLETIN TEAM/SOCIAL MEDIA/WEBSITE	Email: church@stbarnabaslb.org
CENACLE MARIAN MOVEMENT	Annie Pallivathukal: (562) 492-9587
COUPLES FOR CHRIST	Roy/Faye Rivera: (562) 424-5366
DIVINE MERCY APOSTOLATE	Alvino/Carmen Jauregui: (562) 336-1079
EXTRAORDINARY MINISTERS OF HOLY COMMUNION	Samanth Christi: (562) 521-4040 Church Helen Cajayon: (562) 290-2019 The Sick
FILIPINO-AMERICAN ASSOCIATION	Dr. Gene Lowther: (562) 427-1386
FINANCE COUNCIL	Espi Garcia: (562) 426-6897
HOLY NAME SOCIETY	Bob Frazier: (562) 843-5824
INFANT BAPTISM	Email: baptism@stbarnabaslb.org
I.T. RESOURCE TEAM	David Ameho: (562) 253-3644
KAIROIS PRISON MINISTRY	David Nieto: (310) 569-5900
KNIGHTS OF COLUMBUS (Council #3449)	Julio Ramirez: (562) 706-0162
KNITTING & CROCHET MINISTRY	Erica Murphy: 562-221-5196
LANDSCAPE BEAUTIFICATION	Robert Kalowes: (562) 225-1946
LECTORS	Marina Cuico: (562) 254-8133
LEGION OF MARY	Barbara Florida: (562) 423-1278
LITURGICAL MUSIC COORDINATOR	Joseph Pham: (562) 505-4275
OUR LADY OF PERPETUAL HELP NOVENA	Dn. Carlito de los Reyes: (562) 423-4140
OUR LADY QUEEN OF PEACE MINISTRY	Tricia J: (303) 803-0287
PASTORAL COUNCIL	Darrell Stewart: (562) 424-8982
PLANNING & BUILDING TEAM	Sean Farragher: (562) 533-6444
PROJECT ACHIEVE MINISTRY	Michelle Gustilo-Smithson: (310) 344-7862
RCIA / ADULT SACRAMENTAL PREP	Religious Ed Office: (562) 988-6855
RESPECT LIFE	Robert Kalowes: (562) 426-3781 Paula Strickland: (562) 424-4853 Mabel Felix: (562) 852-7116
ROSARY MINISTRY	Geraldine Johnston: (562) 498-8187
SACRISTANS	Samanth Christi: (562) 521-4040
SAFEGUARD THE CHILDREN & YOUTH	Robert Kalowes: (562) 225-1946
STEWARDSHIP COMMITTEE	Darrell Stewart: (562) 424-8982
USHERS & GREETERS	Deb Ryan: (562) 209-2458
WEDDING/REHEARSAL COORDINATOR	Rose Lucero: (213) 949-9507 cell/text
YOUTH MINISTRY: "ACTS 29"	Lisa Johnson: (562) 760-8138 Karen Miller: (562) 756-4144
WELCOME HOME MINISTRY	Email: church@stbarnabaslb.org
WORSHIP ENVIRONMENT TEAM	

FINANCIAL BLESSINGS

Weekly Contribution:	\$ 11,246.50
Faith-Direct Bi-Weekly Contribution:	\$ 2,492.67 Period: 1/16– 1/31

Thanks for your prayerful giving. Your donation supports the operations of our Parish Community.

ALTAR FLOWERS SPONSOR:

No Sponsor this week.

If you would like to sponsor, please email: church@stbarnabaslb.org

Monthly Flower Donors for Tabernacle & Blessed Mother:

Erie Jr. and Joy Mercado

February 23—March 16

DAILY DEVOTIONS

Please join us in reciting the **Rosary** every morning (Mon-Sat) at 7:35am before daily Mass. It's a beautiful and spiritual way to start your day. Every day following weekday Mass, we invite you to join us for the **Chaplet of Divine Mercy**. Prayers usually start approximately 5-10 minutes after Mass (around 8:40am). If you can't join us, you can join the Divine Mercy on EWTN television channel at noon.

ST. BARNABAS SCHOOL

Office: (562) 424-7476

Fax (562) 981-3351

3980 Marron Avenue
Long Beach, CA 90807

Principal: Jennifer Kellam
stbarnabas_jkellam@yahoo.com
www.school.stbarnabaslb.org

RELIGIOUS EDUCATION & CONFIRMATION

Office: (562) 988-6855

1130 Marshall Place
Long Beach, CA 90807
(Office located upstairs of Parish Center)

Rel Ed Coordinator: **Juan Rodriguez Jr.**
religiouseducation@stbarnabaslb.org

Confirmation Coordinator:
Emmanuel Magallanes
213-948-7762 cell/text
confirmation@stbarnabaslb.org

MARK YOUR CALENDAR

- 3/6 Ash Wednesday Masses- 6:30a/8a/12p/5p/7p
- 3/8 Stations- 5:30p/Mass- 6p/Fish Fry 6-8:30p
- 3/9 Legion of Mary Breakfast, after 8a Mass
- 3/15 Stations- 5:30p/Mass- 6p/Fish Fry 6-8:30p
- 3/16 Lenten Recollection 10a/Church
- 3/22 Stations- 5:30p/Mass- 6p/Fish Fry 6-8:30p

WEEKLY MASS INTENTIONS

Monday, March 4th

8:00 am- Fr. Mike Grieco; Julia Noronha; +Primitiva Venegas

Tuesday, March 5th

8:00 am- +Francisco Noronha; +Primitiva Venegas; +Raymundo Gelbolingo

Ash Wednesday, March 6th

***6:30 am-** Parish Ministries

8:00 am- +Rommel Abrogar; +Primitiva Venegas

***12:00 pm-** Parish Priests & Staff

***5:00 pm-** St. Barnabas Parishioners

***7:00 pm-** Ana Raquel Posas; +Jose & Amelia Magpayo; +Joao Antonio Noronha

Thursday, March 7th

8:00 am- Nadia Noronha; +Primitiva Venegas

Friday, March 8th

8:00 am- St. Barnabas Students, Teachers & Parents

***6:00 pm-** +Reynante M. Senar

Saturday, March 9th

8:00 am- All names in our Memoriam Room

5:00 pm- +Jose Zenaida Merle; +Teofista Alfonso

Sunday, March 10th

7:30 am- +Conchita Tejada; +Pedro Rago; +Alicia Rago

9:00 am- Julian Yap; +Demetria Saren; +Norma Escobar

10:45 am- +Romulo Custodio; +John Cisneros; +Jesus Totanes

12:30 pm- Jose Hernandez; +Joseph Hernandez; +Manuel Hernandez; +Julia Vicente

5:30 pm- St. Barnabas Confirmation Students

*Book your Mass Intentions at the Parish Office.
(+ indicates deceased) (* indicates special mass times)*

PRAYERS FOR HEALING...

Carmen Haralambo, Steve McKim, Ray Paraiso, Ken Augustine, Steven Pearson, Barbara Hendren, Serena Cabuhat, Gavin Octaviano, Barbara Adame, Florencio "Junn" Gabrillo Jr., Carolyn Espinoza, Gerry Johnston, Roseann Vetter, Maria DeRefuge Manzo, Erlinda Chua, Nicandro Bernardo, Elizabeth Cannata, James Madura, Rodolfo Alejandria, Ana Raquel Posas, Fr. Mike Grieco

Please pray for them and others already included in the **Prayer Intention Book**, which is presented at each Mass. Call the Office to be added to the Bulletin list. You may also write your own prayer intentions in the Prayer Intention Book, that is available before each Saturday and Sunday Mass, located on a stand at the main entrance of the Church.

TODAY'S READINGS

First Reading — One's speech shows the bent of one's mind. Praise no one before he or she speaks (Sirach 27:4-7).

Psalm — Lord, it is good to give thanks to you (Psalm 92).

Second Reading — We are given victory over death through Jesus. In the Lord our labor is not in vain (1 Corinthians 15:54-59).

Gospel — A good person produces good, an evil person produces evil. The mouth speaks from the goodness of the heart (Luke 6:39-45).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday: Sir 17:20-24; Ps 32:1-2, 5-7; Mk 10:17-27

Tuesday: Sir 35:1-12; Ps 50:5-8, 14, 23;

Mk 10:28-31

Wednesday: Jl 2:12-18; Ps 51:3-6ab, 12-14, 17;

2 Cor 5:20 — 6:2; Mt 6:1-6, 16-18

Thursday: Dt 30:15-20; Ps 1:1-4, 6; Lk 9:22-25

Friday: Is 58:1-9a; Ps 51:3-6ab, 18-19; Mt 9:14-15

Saturday: Is 58:9b-14; Ps 86:1-6; Lk 5:27-32

Sunday: Dt 26:4-10; Ps 91:1-2, 10-15;

Rom 10:8-13; Lk 4:1-13

SAINTS & SPECIAL OBSERVANCES

Sunday: Eighth Sunday in Ordinary Time

Monday: St. Casimir

Wednesday: Ash Wednesday;

Fast and Abstinence; Almsgiving

Thursday: Ss. Perpetua and Felicity

Friday: St. John of God; Abstinence

Saturday: St. Frances of Rome

PRAY & REMEMBER WHO HAVE DIED

Robert A. McJilton	2/1	Lionel Magana	2/13
Maximino Garcia	2/1	Ezequiel Vasquez	2/16
Frank Rios Jr.	2/8		

PARISH NEWS & MORE

SAVE THE DATE!

Parish Lenten Recollection will be held on Saturday, March 16, 2019, 10:00 am - 3:00 pm in the Church, led by Fr. Bernard Viagappan.

SPAM E-MAIL & TEXT MESSAGES

Some of our Parishioners may have received a spam email that was sent from Fr. Antony's G-Mail account, soliciting for money through gift cards. PLEASE IGNORE THAT EMAIL. Fr. Antony did not send that. His e-mail account was hacked as he never uses that address. Also some may also have received a text message with a similar request, from a completely different number. Thank you to those who caught it as suspicious and alerted us right away. Delete it immediately and do not respond. Thanks for your attention regarding this matter.

PALM COLLECTION

Ashes for Ash Wednesday are made from the blessed palms used in the Palm Sunday celebration of the previous year. We are currently collecting old, blessed palms to be burned and used for Ash Wednesday (3/6/19). You may place them in the designated baskets at the left/right of the Altar steps.

PARISH CONTRIBUTION LETTERS

If you would like a copy of your contribution statements for tax purposes, please e-mail us at church@stbarnabaslb.org or call the Parish Office. They were not mailed out automatically this year. We are mailing them out, **BY REQUEST ONLY**. Thanks for your cooperation.

LENTEN PASSION PLAY

Re-enactment of our Lord's Passion Play will have it's 1st Practice on **Thursday, March 7, 2019 at 6:30pm** inside the Church. All who are interested in participating, please attend this meeting/practice! Any questions, please contact the Parish Office.

No acting experience necessary. We need: Weeping Women & Children, Roman Soldiers, Behind-the-Scenes Crew and more! If you participated last year, we would love for you to be a part of it again as well! Thanks!



PARISH MINISTRIES & MORE

FILIPINO-AMERICAN ASSOCIATION

Join us in our next meeting on Sunday, March 3rd at 6:30 pm in the Parish Hall. New members are welcome and encouraged to attend. We will also have a potluck dinner, so please bring a dish to share. For info call Dr. Gene R. Lowther at (562) 427-1386 or Helen Cajayon at (562) 290-2019

THE LEGION OF MARY

Auxiliary Members and those interested in joining the Legion of Mary are invited to the **Legionary Auxiliary Function Thanksgiving Breakfast on Saturday, March 9, 2019 (after the 8:00 AM mass)** at the Parish Center. The event will include Legion Prayers, Fellowship and Breakfast. Please RSVP to: Barbara Florida (562) 423-1278; Helen Cajayon (562) 290-2019

2019 TOGETHER IN MISSION

Archbishop Jose Gomez invites every Catholic to make their annual commitment to Together in Mission. This year's theme of **"Our Story is Hope"** reminds us that our gifts to Together in Mission are an active demonstration of our faith and love for those in our Archdiocese who need our support. Please make a pledge with the information that was mailed to your home, a pledge card found within the parish/pews, or online at: ourmissionla.org/give



ST. BARNABAS PARISH #628

GOAL FOR 2019

\$ 69,600.00

FAITH DIRECT ONLINE E-GIVING

St. Barnabas Parish, 2018 tax statements were mailed out to our parishioners during the week of January 25th. Please contact Faith Direct if you did not receive your tax statement after the first week in February and they will mail you another copy. Parishioners can also download their tax statements at any time by logging into their online Faith Direct accounts.

Have you already slipped on those NYE resolutions? Skipped a few days at the gym, slept in instead of that morning run, picked up fast food instead of packing a lunch... Don't worry, e-Giving with Faith Direct is an easy resolution to keep! By enrolling in online giving, you will simplify your monthly budgeting and provide St. Barnabas with consistent, reliable support.

Visit www.faithdirect.net, and/or call 1-866-507-8757. Use our church code: **CA794**

Thank you for your continued support of our parish family! God Bless You!

— Fr. Antony Gaspar
& Staff

FAITH DIRECT®
inspiring secure giving™

CONGRATULATIONS TO

BAPTISMS 2/24:

Ezra Elizalde, Emma Maes, Isabel Luna Millard & Paxton Frederick Hour

WEDDING ANNIVERSARIES:

Brad & Joyce Kaiser 3/25 (24 years)



Celebrating your Wedding Anniversary? Email us Names, year you're celebrating, along with your Wedding Anniversary date to: church@stbarnabaslb.org

HOLY HUMOR

Barbara and Raymond were sitting on a swing on the front porch enjoying a glass of ice tea.

Barbara looked over at Raymond. Seeing his eyes were closed, she asked, "Are you asleep?"

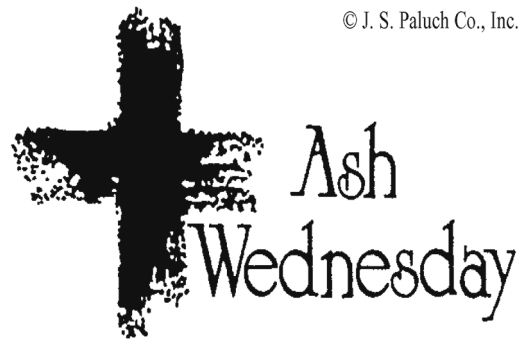
With the eyes still closed, Raymond responded, "No, I'm just contemplating."

"Contemplating what?" asked Barbara.

"The big question," responded Raymond. "Why am I here?" Barbara looked wistfully into the sky. "I often ask myself that same question," she sighed. "Why are you here?"

OH, BROTHER! Belly Laughs for Good Humored Catholics By Brother Loughlan Sofield, ST Copyright © 2015 by Brother Loughlan Sofield, ST

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ASH WEDNESDAY SCHEDULE

- ◆ 6:30am Mass (newly added!)
- ◆ 8:00am Mass
- ◆ 12 Noon Mass
- ◆ 5:00pm Mass
- ◆ 7:00pm Mass

As we prepare ourselves during Lent, join us for **STATIONS OF THE CROSS** during the 6 consecutive Fridays of Lent. Beginning on 3/8 thru 4/12 at 5:30pm, led by a Ministry, then followed by Mass at 6:00pm.



"Thanks for calling, but the rectory is closed right at the moment. However, God's ears are always open. Praying is the best hotline anyone could ever want."



Eighth Sunday
in Ordinary Time
March 3, 2019

Every tree is known by its own fruit.
For people do not pick figs from thornbushes,
nor do they gather grapes from brambles.

— Luke 6:44

TREASURES FROM OUR TRADITION

Many Catholics who are not active in the Church will still seek out ashes this Wednesday. Likewise, many Jews who are not otherwise observant will follow the Day of Atonement, Yom Kippur, with great exactness, fasting and refraining from work and entertainment. People customarily dress in white as a symbol of purity and a reminder of God's promise that our sins will be made white as snow. While the overture to Ash Wednesday for Christians may be a festive Mardi Gras celebration, for Jews it is the New Year feast of Rosh Hashanah. Ten days before the Day of Atonement to God, people are expected to repair breaks in human life. These are days for offering forgiveness and seeking to repair harmed relationships with family, friends, or coworkers. Everyone is expected to seek out someone and "clear the air" by asking for understanding for any mean words or thoughtless deeds in the past year.

Perhaps the ashes you receive will be invested with deeper meaning if you follow a similar plan. This year, Rosh Hashanah will be September 29, and Yom Kippur October 8. A conversation with some Jewish friends or neighbors about their experience of a season of repentance may be a blessing on your Lent.

-James Field, Copyright © J. S. Paluch Co.

St. Barnabas School Annual Spring Event



7th ANNUAL CASH RAFFLE

1st Prize: \$2,000

2nd Prize: \$500 | 3rd Prize: \$250

Raffle ticket prices: \$3 each, 2 for \$5, \$25 for book of 10

Drawing will be held at the Dinner Theater on March 9.

Winner need not present.

RAFFLE TICKETS NOW AVAILABLE IN THE CHURCH or SCHOOL OFFICE!

RECEIVE A SOUVENIR FRIDGE MAGNET WHEN YOU PURCHASE A BOOK OF RAFFLE TICKETS!

All proceeds will support 2019 Spring Event taking place on March 8-9, that will benefit the creation of a new STREAM (Science, Technology, Religion, Engineering, Arts, & Mathematics) hands-on learning lab for SBS students.



March 8 - March 9, 2019

Dear Padre

March 3, 2019

How much talking is acceptable while waiting for Mass to begin? The chatter gets noisier as more people arrive, and then everyone starts talking louder just to be heard.

Before Mass, "it is a praiseworthy practice for silence to be observed in the church, in the sacristy, in the vesting room, and in adjacent areas, so that all may dispose themselves to carry out the sacred celebration in a devout and fitting manner" (General Instruction of The Roman Missal, 45). For the liturgy to produce its full effects, "it is necessary that the faithful come to it with proper dispositions, that their minds...be attuned to their voices, and that they cooperate with divine grace lest they receive it in vain" (Constitution on the Sacred Liturgy [Sacrosanctum concilium], 11). In this sense, we are silent together, for the Mass is not a private function but a celebration of the Church as the "sacrament of unity," a holy people united (SC 26).

Thus, from the point of entry in a church to the time of the gathering song, which is intended to foster unity (GIRM 47), how does your faith community gather for Mass? Some churches with self-contained vestibules are ideal for offering welcome to newcomers and for exchanging greetings. Other sacred spaces are less conducive for separating this informal ritual from a place of quietude. Nevertheless, every faith community, with varying success, creates an atmosphere before Mass where individuals come together as a worshipping body, and at the same time, where people may dispose themselves in a devout manner.

Fr. Byron Miller, CSsR

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saint snippets

Press forward and fear nothing.

St. Katharine Drexel

She gave up an inheritance of \$7 million to enter religious life and then created a system of Catholic schools for African-Americans

Copyright © 2018, Michael Thimons

March 3



KNIGHTS KORNER

LENTEN FISH FRY

Beginning March 8th and continuing for the next 5 Fridays through April 12, the Knights are honored to present their annual Fish Fry in the Parish Hall. Dinner will be served from 6:15-8:30pm, with entrees of fried or baked fish or shrimp with bread, fries, rice, coleslaw, vegetables and pancit as sides included in the price. Recorded music will be provided by (fellow Brother) Ray Barnum Enterprises. 50/50 drawings or door prizes will be offered every 30 minutes. The Knights guarantee a fun-filled gathering for the whole family. More info, call Jun Tadique at 562-331 6156.



Hosted by:
Knights of Columbus #3449

Lenten Fish Fry Nights:
3/8, 3/15, 3/22, 3/29, 4/5, 4/12
6:15pm-8:30pm / HALL

PRICES:
\$11 ADULTS
\$10 SENIORS
\$6 / CHILDREN
\$1 / DRINKS OR DESSERTS



Q&A about Lent & Lenten Practices

Q. Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are 46.

A. It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.

Q. So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?

A. Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

Q. I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include

chicken and dairy products?

A. Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs -- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

Q. I've noticed that restaurants and grocery stores advertise specials on expensive types of fish and seafood on Fridays during Lent. Some of my Catholic friends take advantage of these deals, but somehow I don't feel right treating myself to the lobster special on Fridays during Lent.

A. While fish, lobster and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in the lavish buffet at your favorite seafood place sort of misses the point. Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.

Q. I understand that Catholics ages 18 to 59 should fast on Ash Wednesday and on Good Friday, but what exactly are the rules for these fasts?

A. Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, but combined they should be less than a full meal. Liquids are allowed at any time, but no solid food should be consumed between meals.

Q. Are there exemptions other than for age from the requirement to fast on Ash Wednesday and Good Friday?

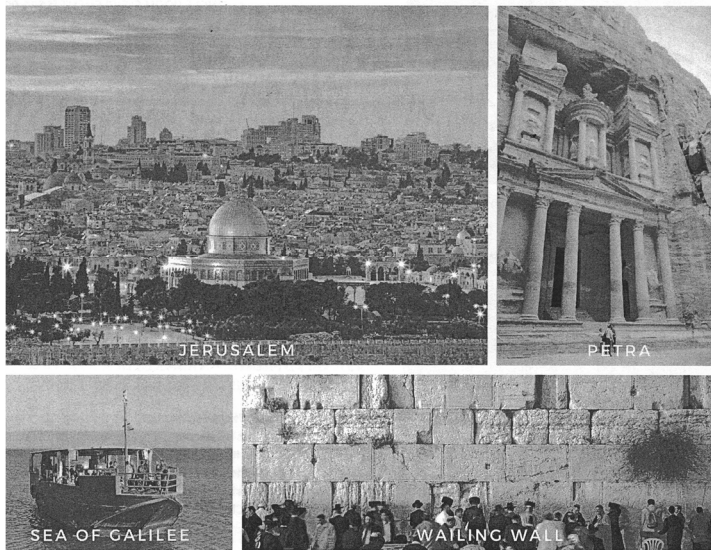
A. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.

-United States Conference of Catholic Bishops, www.usccb.org



THE HOLY LAND & JORDAN

SEPTEMBER 22 - OCTOBER 2, 2019



SPIRITUAL DIRECTOR

FR. ANTONY GASPAR

ST. BARNABAS CATHOLIC CHURCH
LONG BEACH, CA



**Pick up a flyer at all
the exits or visit the
Parish Office for more
information!**

UPCOMING VIRTUS CLASSES

VIRTUS CLASSES IN OUR REGION

Protecting God's Children for Adults

Where: St. Cyprian Catholic Church (Long Beach)

When: Saturday, March 9, 2019

Time: 9:00am (3-hours)

Must call James: 562-421-9487 to RSVP your spot!

Keeping the Promise Alive (Re-Certification only)

Where: St. Cyprian Catholic Church (Long Beach)

When: Saturday, March 9, 2019

Time: 1:00pm (1-hour, 30-minutes)

Must call James: 562-421-9487 to RSVP your spot!

ST. CYPRIAN CHURCH
4714 Clark Avenue
Long Beach, CA 90808
(Clark Ave/E. Arbor Rd)



RELIGIOUS CONGRESS 2019

RECongress listed on Catholic Guide to 2019!

The Jesuit Post just announced RECongress as one of the "top Catholic events to look forward to in 2019." Their online guide states:

Get out your calendars and add the following:

Los Angeles Religious Education Congress (March 21-24)

Sponsored by the Archdiocese of Los Angeles, the Religious Education Congress (RECongress) is the largest annual gathering of Catholics in the U.S. Last year, over 36,000 people participated in the four-day event held at the Anaheim Convention Center. The RECongress is split into two parts: with **Youth Day on March 21**, and then three days for adults from **March 22-24**. Visit: www.RECongress.org



The Little Ones

Jim Burrows



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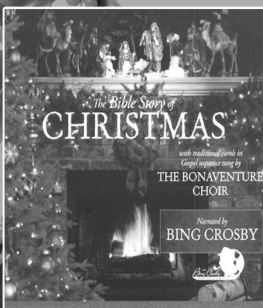
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