

FAST AND ABSTINENCE LAWS AND DISCIPLINES

The **current law** of the Church obliges those age 14 and over to **abstain from meat** on Ash Wednesday and all Fridays of Lent. Those age 18 through 59 are also obliged to **fast** on Ash Wednesday and Good Friday.

Fasting is defined as one full meal and two other meals which, when combined are less than a full meal.

The **former practice** and discipline in place in 1962 obliged those age 7 and over to **full abstinence** from meat on all Fridays of the year, Ash Wednesday, Holy Saturday, and the Vigil of Christmas (Christmas Eve).

Likewise, **formerly, partial abstinence** (meat permitted once a day at the principle meal): all the days of Lent, the Ember Days of Wednesday and Saturday, and the Vigils of Pentecost and the Assumption.

The **former law** for **fasting** applied to those age 21 through 59. Fasting was to be done on all days of Lent (except Sundays) from Ash Wednesday inclusive, Ember Days, and the Vigils of Christmas, Pentecost and the Assumption.

VOLUNTEER OPPORTUNITIES

ST STEPHEN ALTAR SOCIETY

The St. Stephen Altar Society's main objectives are to cherish and promote devotion to the Most Blessed Sacrament and to supply the necessities of the altar and sanctuary. We are in need of volunteers to fill in much needed positions in order to fulfill this mission. Please join us if you would like to be a part of the care of our beautiful church!

If you have any questions, please contact Kathleen Campos at saintstephen-altarsociety@outlook.com.

RECRUITING SINGERS

Male and female singers wanted for various kinds of music.

- Gregorian Chant Schola for the 10:30 am Sunday Mass/Feasts
- Polyphony singers
- Hymns at the 6 pm Mass on Sundays

Contact Nicolai Bajanov: email: nbajanov@yahoo.com

SPRING KICKOFF IN THE GARDEN

Watch for a new date on this. We will be doing some planting, fertilizing, and weeding in the flowerbeds. If you have any questions, please contact Alyssa Goldsmith at saintstephen-garden@outlook.com.

St. Stephen Catholic Church, Portland, Oregon

Sunday February 21st, 2021

This week's schedule:

Saturday, Feb 20th: Saturday After Ash Wednesday (3rd class)

- 8:00 am; Adoration of the Blessed Sacrament
- 9:00 am: Low Latin Mass *[fast/partial abstinence - optional]*
- 10:15 - 11:15 am: Confessions *(Rehearsal for 1st Communion children)*
- 5 pm: Sung Latin Vespers **(1st Vespers-1st Sunday of Lent)**
- 6 pm: **English Mass (1st Sunday of Lent)**

Sunday, Feb 21st: 1st Sunday of Lent (1st Class)

- 8:00 am Low Latin Mass
- 9:15-10:15 am Confessions
- 10:30 am Sung Latin Mass
- 5:00 pm Sung Latin Vespers
- 6:00 pm Low Latin Mass with music

Monday, Feb 22nd: Chair of St. Peter (2nd Class)

- 8:15 am: **No Lauds** *[fast/partial abstinence - optional]*
- 9 am: **No Mass**

Tuesday, Feb 23rd: Feria of Lent (3rd Class) Comm. St. Peter Damian

- 12 Noon: Low Latin Mass *[fast/partial abstinence - optional]*
- 5 pm: Sung Latin Vespers

Wednesday, Feb 24th: St. Matthias (2nd Class) Comm. Ember Wednesday

- 8:15 am: Sung Latin Lauds *[fast/partial abstinence - optional]*
- 11:00-11:45 am: Confessions
- 12 Noon: Low Latin Mass
- 5 pm: Sung Latin Vespers
- 5:30 - 6:30 pm: Confessions
- 6:45 pm Low Latin Mass
- 7:30 am Men's Holy League Adoration and Sermon

Thursday, Feb 25th: Feria of Lent (3rd Cl) *[fast/partial abstinence - optional]*

- 8:15 am: Sung Latin Lauds
- 5:00 pm: Sung Latin Vespers
- 5:30 - 6:30 pm: Confessions
- 6:45 pm: Low Latin Mass

Friday, Feb 26th: Ember Friday (2nd Class) **ABSTINENCE (required)**

- 8:15 am: Sung Latin Lauds *[fast - optional]*
- 11-11:45 am: Confessions
- 12 pm: Low Latin Mass **(Votive Mass of the Holy Shroud of Jesus)**
- 5 pm: Sung Latin Vespers
- 7 pm: Stations of the Cross
- 7:45-8:45 pm Confessions
- 9:00 pm Sung Compline and Benediction of the Blessed Sacrament

Saturday, Feb 27th: Ember Saturday (2nd cl) *[fast/partial abstinence - optional]*

- 8:00 am; Adoration of the Blessed Sacrament
- 9:00 am: Low Latin Mass
- 10:00 - 11:00 am: Confessions *(First Confessions of children)*
- 5 pm: Sung Latin Vespers **(1st Vespers-2nd Sunday of Lent)**
- 6 pm: **English Mass (2nd Sunday of Lent)**

Sunday, Feb 28th: 2nd Sunday of Lent (1st Class)

- 8:00 am Low Latin Mass
- 9:15-10:15 am Confessions
- 10:30 am Sung Latin Mass
- 5:00 pm Sung Latin Vespers
- 6:00 pm Low Latin Mass with music

PARISH STAFF

Fr. Eric Andersen, pastor email: eandersen@archdpdx.org

Mr. Joseph Salazar, director of religious education
email: jsalazar@archdpdx.org

Sr. Anne Therese Nguyen, administrative assistant
email: saintstephenpdx@gmail.com

Nicolai Bajanov, music director
email: nbajanov@yahoo.com

Parish Address: 1112 SE 41st Ave. Portland, OR. 97214

Parish Office: 503-234-5019

website: <https://www.saintstephenpdx.com>

MASS INTENTIONS FOR THIS WEEK

- Sunday 2/21: + Larry Whitehill
People of the Parish
Jacqueline Linville
- Monday 2/22: **No public Mass**
- Tuesday 2/23: + Larry Roise
- Wed 2/24: Aimee Pyles
Rev. Frater Frederick Schmit, O'Praem
- Thurs 2/25: +Teresa W. Storm
- Friday 2/26: Celeste Ruesink
- Saturday 2/27: + Kathleen Whelan
Br. Andrew Townsend, MIC
- Sunday 2/28: + Janie Mendoza
People of the Parish
Carmi Drorziv

OFFERTORY COLLECTION *(this week and month to date)*

Envelopes/Cash: \$822.00 +/- budget

Online: \$1,402.00

Total WTD: \$2,224.00 **Budget: \$4,800** **- \$2,576.00**

Total MTD: \$7,504.00 **Budget: \$9,600** **- \$2,096.00**

Maintenance/Restoration: \$325.00 **MTD: \$585.00**

Sacred Music Fund: \$30.00 **MTD: \$120.00**

Online giving: <https://www.saintstephenpdx.com/special-events>

MASS READINGS (Extraordinary Form)

Sunday: 2 Cor. 6:1-10; Matt. 4:1-11

Monday: 1 Pet. 1:1-7; Matt. 16:13-19

Tuesday: Isaias 55:6-11; Matt. 21:10-17

Wednesday: Acts 1:15-26; Matt. 11:25-30

Thursday: Ezech. 18:1-9; Matt. 15:21-28

Friday: Isaias 62:11; 63:1-7; Mark 15:42-46

Saturday: Deut. 26:12-19; Deut. 11:22-25; 2 Mach. 1:23-26, 27;

Ecclus. 36:1-10; Dan. 3:47-51; 1 Thess. 5:14-23; Matt. 17:1-9

Sunday: 1 Thess. 4:1-7; Matt. 17:1-9

LESSONS AT MATINS (Extraordinary Form) *find online at*

<http://divinumofficium.com> or as an app (Breviarium meum)

Sunday: 2 Cor. 6:1-10; Homily of St. Gregory on Matt. 4:1-11

Monday: 1 Pet. 1:1-12; Sermon of St. Augustine; Homily of St. Leo on
Matt. 16:13-19

Tuesday: Homily of St. Bede on Matt. 21:10-17

Wednesday: Acts 1:15-26; St. Augustine on Ps. 86; Homily of St.
Augustine on Matt. 11:25-30

Thursday: Homily of St. Jerome on Matt. 15:21-28

Friday: Homily of St. Augustine on John 5:1-15

Saturday: Homily of St. Leo on Matt. 17:1-9

Sunday: Genesis 27:1-29; Homily of St. Leo on Matt. 17:1-9

SIGN UP TO ATTEND MASS (online or call parish office)

<https://www.saintstephenpdx.com/covid-19-update>

SUBSCRIBE TO THE PARISH YOUTUBE CHANNEL

Saint Stephen Catholic Church PDX. https://www.youtube.com/channel/UCenluv9m_Zo_8lvGRz_72A

UPCOMING EVENTS AT ST. STEPHEN'S

LENTEN CONFESSION TIMES

Wednesdays: 11:00–11:45 am
5:30–6:30 pm
Thursdays: 5:30–6:30 pm
Fridays: 11:00–11:45 am
7:45–8:45 pm (after Stations of the Cross)
Saturdays 10:00–11:00 am
Sundays 9:15–10:15 am

FRIDAY STATIONS OF THE CROSS

Every Friday in Lent, we will pray the Stations of the Cross at 7 pm during the Fridays of Lent. Adoration and Confessions will follow and Sung Latin Compline will complete the evening.

MEN'S HOLY LEAGUE PDX – EMBER WED – FEBRUARY 24TH

Gentlemen, join us for Holy League Men's Night on Wednesday February 24th at St. Stephen's. Vespers at 5 pm. Confessions 5:30. Rosary 6:15. Low Latin Mass at 6:45. Adoration and Sermon 7:30 pm.

24 HOURS FOR THE LORD/ ROSARY WALK

Begins Friday March 12th at 5 pm with Sung Vespers and Exposition of the Blessed Sacrament. Concludes Saturday March 12th at 6 pm after Sung Vespers and Benediction of the Blessed Sacrament. **All Night and All Day Adoration.** Stations of the Cross, Confessions, Compline, Lauds, Mass, Rosary Walk, Vespers.

40 DAYS FOR LIFE: FEB 17TH – MARCH 28TH

- **Vigil Location:** Planned Parenthood-Beaverton
12220 SW 1st Street Suite 200. Beaverton, OR 97005
- **Vigil hours:** Mon–Sat 7 AM - 7 PM Feb 17th - Mar 28th
Local Contact: Therese Ruesink ruesinktherese55@gmail.com
- **Opening Event:** Saturday February 20th, 9:15 AM.
Planned Parenthood–Beaverton.

FROM THE DESK OF FR ERIC ANDERSEN

During this Ember week, we observe three fast days (Wednesday, Friday, and Saturday) in the midst of 40 fast days. The Ember Days give a particular intention to the fast of these three days: consecrating the season of Spring to the LORD and praying for those preparing for priestly ordination this spring.

You might ask: Why do we skip Thursday? Jacobus Voragine tells us this: "The holy fathers had decreed that in order to pay due reverence to the day of the Lord's ascension, on which day our human nature rose to heaven and was lifted above the choirs of angels, Thursday should always be treated as a solemn holy day, and no fast should be observed on that day. Indeed, in the primitive Church, Thursday was celebrated equally with Sunday, and a solemn procession was held to represent the procession of the disciples or of the angels themselves. There was a popular proverb which said that 'Thursday is Sunday's cousin,' because in times past it was just as dedicated a day. But then the feasts of the saints intervened and it was burdensome to celebrate so many feasts, so the solemnizing of Thursday fell into disuse" (Golden Legend. Vol. I, pg. 132).

Why fast on Wednesday, Friday and Saturday? Fr. Stapper explains: "Already in Christian antiquity, Wednesday and Friday were kept with fasting and prayer...because they recalled the beginning...and the end of the Saviour's Passion. The Christians were also thereby distinguished from the Pharisees, who fasted on Monday and Thursday.... In the West the Saturday of each week was kept later as a stationary fast day (...as a continuation of the Friday fast). It was dedicated to the memory of Christ's repose in the sepulchre. The ancient meaning of Wednesday, Friday and Saturday has been retained only at the Embertides" (Stapper/Baier, Catholic Liturgics. 1938. pp. 91-92).

CONTRIBUTION STATEMENTS

If you have not yet received a contribution statement for 2020 please contact Sr. Anne-Therese in the parish office at 503-234-5019 or email saintstephenpdx@gmail.com.

UPDATE YOUR CONTACT INFORMATION

If you have a change of home address or phone number, please call or email the parish at saintstephenpdx@gmail.com / 503-234-5019, so your contact information may be updated in our parish system.

March 12th - 13th, 2021



24 Hours for the LORD



5 pm Friday March 12th
to
6 pm Saturday, March 13th

- Sung Vespers and Compline
- Stations of the Cross
- Confessions Friday/Saturday
- All Night/All Day Adoration
- Rosary Walk on Saturday



Saint Stephen Catholic Church

1112 SE 41st Ave (between Salmon and Taylor), Portland, Oregon

24 Hours for the Lord at St. Stephen Catholic Church

Friday, March 12th, 2021

- 5:00 pm Exposition of the Blessed Sacrament & **All Night Adoration** (sign up *)
- 5:10 pm **Sung Latin Vespers**
- 7:00 pm **Stations of the Cross**
- 8:00 - 11:00 pm **Confessions - with various priests**
- 9:00 pm **Sung Latin Compline** in the presence of the Blessed Sacrament Exposed
- Adoration** continues through the Night

Saturday, March 13th, 2021

- 8:15 am Sung Lauds (Morning Prayer)
- 8:50 am Reposition of the Blessed Sacrament
- 9 am **Low Latin Mass**
- 10:00 am Exposition of the Blessed Sacrament and **Adoration** until 5:45 pm.
- 10:00 – 11:00 am **Confessions**
- 11:30 am **Rosary Walk** (6.8 miles - bring Rosary, water, etc. No pets)
- Adoration** in the church continues during Rosary Walk (sign up*)
- 5 pm **Sung First Vespers of the 4th Sunday of Lent (Laetare Sunday)**
- 5:35 pm **Benediction** and Reposition of the Blessed Sacrament
- 6:00 pm **English Mass (Laetare Sunday)** 24 Hours comes to a completion

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