

St. Felicitas Catholic Church

First Sunday of **LENT**

March 6, 2022

Filled with the Holy Spirit,
Jesus returned from the Jordan
and was led by the Spirit into
the desert for forty days,
to be tempted by the devil.

Luke 4:1-2



Mass Schedule

Chương Trình Thánh Lễ / Horario para Misas

Sunday / Chúa Nhật / Domingo

7:30 am - 9:00 am - 10:30 am (English)
12:30 pm (Spanish) 4:30 pm (Vietnamese)

Saturday / Thứ Bảy / Sábado

7:00 am - 4:00 pm (Vigil)

Daily / Ngày thường / Diariamente

(Monday to Friday) 7:00 am & 8:15 am

Parish Office Hours/Giờ làm việc VPGX /Horario de Oficinas

| | |
|-----------------------------|--------------------|
| Monday / Thứ Hai / Lunes | 9:00 am to 4:00 pm |
| Tuesday / Thứ Ba / Martes | 9:00 am to 4:00 pm |
| Wednesday/Thứ Tư/Miércoles | 9:00 am to 4:00 pm |
| Thursday / Thứ Năm / Jueves | 9:00 am to 4:00 pm |
| Friday / Thứ Sáu / Viernes | 9:00 am to 4:00 pm |

The Chapel at the St. Joseph's Center (the Parish Office) is open for worship. We encourage all our parishioners to spend time with our Blessed Lord.

Sacraments / Các Bí Tích / Sacramentos

Reconciliation / Giải Tội / Reconciliación

Monday to Friday - 7:30 am to 8:00 am
Saturday, 3:00 p.m.– 4:00 p.m. or by appointment.

Marriage / Hôn Phối / Matrimonio

Arrangements to be made 6 months
prior to the wedding.

Parish Staff

Nhân viên của Giáo xứ

Personal de la Parroquia

| | |
|--|----------|
| Rev. Peter D. Ngo, <i>Pastor</i> | 347-1286 |
| Rev. Rafal Duda, <i>Parochial Vicar</i> | 347-1297 |
| Deacon Timothy Myers, R.C.I.A., timothykentmyers@gmail.com | |
| Mercey Zamora, <i>Pastoral Associate, Spanish Ministry</i> | 347-1293 |
| Sr. Mariann Bich Dam Le, LHC | 347-1287 |
| <i>Liturgical Ministries, Altar Servers & Vietnamese Community</i> | |
| Sr. Mary Hoang Phan, LHC | 347-1283 |
| <i>Pastoral Care</i> | |

| | |
|--|----------|
| Sharon Clancey, <i>Office Secretary</i> | 351-5244 |
| Mildred de Sousa, <i>Bookkeeper/Bulletin</i> | 351-5244 |

Parish School

| | |
|-------------------------------------|---------------|
| Sr. Faustina Pham, <i>Principal</i> | 357-2530 |
| 1650 Manor Blvd. | Fax: 357-5358 |

Religious Education Office

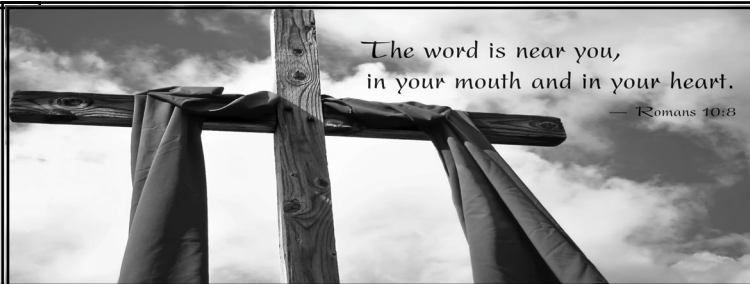
| | |
|--|----------|
| Sandi Walton, <i>Director of Religious Education</i> | 347-1282 |
| stfelicitasccd@comcast.net | |
| Geri Lara, <i>Youth Services</i> | 326-5693 |
| stfelicitasconfirmation@yahoo.com | |
| St. Vincent de Paul | 706-1972 |
| Convent | 351-5577 |

1662 Manor Blvd. San Leandro, CA 94579

Email: stfelicitaschurch@comcast.net
www.stfelicitassl.org

Telephone Number (510) 351-5244
Fax (510) 351-5730

First Sunday
of
LENT
March 6, 2022



Dear Parishioners,

It is that time again.... time for our annual Bishop's Appeal 2022. This time the theme is "Feed my Lambs, feed my sheep". We give below a letter from our Bishop and the 2022 Bishop's Ministries Appeal Prayer.....

Dear Faithful of the Diocese of Oakland,

It is time once again to ask for your help in carrying out our mission of service in the Diocese of Oakland. The annual Bishop's Ministries Appeal helps with the expenses of vital ministries and programs throughout the Diocese. With your support, we are making a difference, even in these challenging times.



This year, the theme of the Appeal is Feed my Lambs, Feed My Sheep, which was Jesus's command to baptized Christians, to serve and care for his flock, helping more people to come to know God's love and mercy. We cannot complete this work God has given us without your support.

Again this year, I ask you to consider making a special commitment – a one-time gift or a pledge payable over a period of time – to help us minister to the needs of those in our Diocese. May I count on your sacrificial support once again?

With gratitude for your love and support of Christ and his Church,

+ Michael Barber S.J.

Most Reverend Michael C. Barber, S.J.
Bishop of Oakland

Bishop's Ministries Appeal Prayer

Loving and merciful God, we are your family, brothers and sisters entrusted with the mission of your Church in the Diocese of Oakland.

We call upon our blessed Mother, Queen of the World and patroness of our Diocese, to guide us as a people committed to serving the needs of all God's people, to tend the flock entrusted to our care.

Look upon us, loving Shepherd, the sheep you have redeemed by your Precious Blood.

We offer you our grateful prayer and ask your blessing on all our endeavors.

Amen.

- Please make checks payable to Bishop's Ministries Appeal.
- Turn appeal envelopes in at your parish or mail to:
Diocese of Oakland
2121 Harrison Street, Suite 100
Oakland, CA 94612
- To donate online, please visit www.oakdiocese.org/giving.

PARISH NEWS AND EVENTS

EVENTS & ANNOUNCEMENTS

Parish Offering : February 28, 2022

Sunday Collection \$ 8,755.00

Faith Direct for February 2022 \$ 6,322.00


Second Collection this Sunday - Maintenance

No Second Collection next Sunday

Thank you for your continued generosity.

The Holy Father's March Prayer Intention For Christian response to bioethical challenges

We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.



**Daylight Saving Time begins
March 13th.** Don't forget to turn your clocks ahead one hour before you go to bed on Saturday.

Novena to our Patrons - Saints Felicity and Perpetua

The novena prayer to our Patrons will be said at all daily and weekend Masses from February 26th to March 6th. The feast day is March 7th.

RCIA On the First Sunday of Lent, those who have been accepted as candidates for Easter Baptism are now called the **"Elect"**.

On the Second Sunday of Lent, they are anointed with the ***Oil of Catechumens, one of the oils blessed by the Bishop at the Chrism Mass.***

On the Third, Fourth, and Fifth Sundays of Lent, parishes celebrate the "scrutinies" of the Elect. The Elect come before God and scrutinize their lives in light of the Gospel. The Elect are prayed for that "they may reject everything in their lives that is contrary to Christ."

Everyone in the assembly is asked to pray for the elect. The scrutinies are rites for soul searching and repentance for the whole community.

PARISH MINISTRIES & SCHEDULES

Adult Confirmation

Classes start on September 18, 9:00 a.m. at St. Mary's Center
For more information contact Maria Lara at (510) 877-2888 or email her at maripazlara2211@gmail.com

Faith Formation

English: Director of Religious Education - Sandi Walton
All Classes via zoom

Vietnamese: Sr. Mariann Le

Classes: Sunday 1:00pm, Vietnamese Language
3:00pm, Catechism

Spanish: Director, Mercey Zamora

For more information contact Ms. Zamora at (510) 6951271

RCIA—the Rite of Christian Initiation of Adults

Meetings via zoom - Contact Deacon Timothy Myers

Youth Ministry

Youth Confirmation - Contact Geri Lara

Classes now in person on the following days :

1st year Sunday at 3:30 pm : 2nd year Sunday at 5:30 pm

Devotion to Our Lady of Perpetual Help

Every Wednesday morning after 7 am Mass

Rosary Devotion - Daily after the 7:00 am morning Mass

Catholic Daughters

Catholic Daughters invite you to meet on the 3rd Monday of each month in St. Mary's Center at 6:30pm. Contact Laura Vacca at (510)357-6886 or email lauraspencer.vacca@gmail.com for more information.

Legion of Mary : Meets every Wednesday at 3:30 pm in the St. Mary's Center. Contact Ms. L. Legaspi at (510) 909-4474 for more information

St. Vincent de Paul : Meetings: 2nd & 4th Monday-6:30 pm

Phone Nos./Emails - refer to 1st page of the Bulletin.

Baptism : If you are planning to have your child baptized, parents must be registered members of the parish for at least six months. For more information call the parish office at (510) 351-5244.

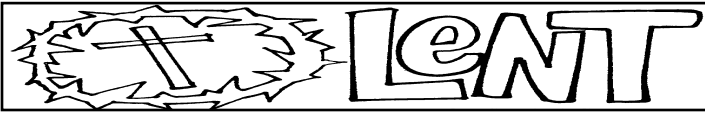
Effective January 2022 we will have Baptisms in English on the 4th Sunday of the month at 2:30 pm and Baptism classes for parents and godparent will be on the 2nd Thursday of the month at 7:00 pm-St. Mary's Center.



*Pray for those who serve in the
armed forces*

*Shianne Solomon - Sgt. US Army
Jamie Placheno - Sgt. Military*

**If you know anyone who is serving please
call the office**



Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Fasting & abstinence is for adults between the ages of 18 and 59. Abstinence (not eating meat) is required starting at age 14. At age 18 fasting is required as well. Exceptions are medical/poor health and those whose work necessitates 3 full meals.



STATIONS OF THE CROSS

Every Friday during Lent

1:00 pm (School children) 7:00 pm in English

Every Wed. during Lent : 7:00 pm in Spanish

Please join our parish community and be a part of this traditional Lenten practice.



CRS Rice Bowls : This Lent the families of our parish will participate in CRS Rice Bowl, a faith-in-action program that will help them experience Lenten spirituality by living in solidarity with people in need around the world. Join our faith community and nearly 14,000 Catholic communities across the United States, in a life-changing Lenten practice with CRS Rice Bowl. Pick up your family's cardboard CRS Rice Bowl from the parish office or on the tables at the doors of the church.

As we, the global Church, prepare for this holy season of Lent, it is especially appropriate to come together in prayer as a family, reflecting on the role we each have to play in building up God's one human family.

* Use your CRS Rice Bowl and Lenten Calendar daily to guide your Lenten prayer, fasting and almsgiving. Be sure to visit crsricebowl.org to watch videos of the people and communities your Lenten gifts are changing through CRS Rice Bowl. We will be collecting your CRS Rice Bowls on Holy Thursday.

Thank you for participating in CRS Rice Bowl with your family this Lent.



Mass Intentions Ý Lễ trong tuần Intensions' para las Misas

Week of
March 05,
2022

| | | | |
|-------|-------|----------|--|
| Sat. | 03/05 | 4:00 pm | Parishioners |
| Sun. | 03/06 | 7:30 am | Dan Domagas (H/L) |
| | | 9:00 am | Aliya Lopez † |
| | | 10:30 am | Victor Manuel Iglesias & Veronica Elena Duenas † |
| | | 12:30 pm | Salvador Fiordia/ Carlos Diaz† |
| Mon. | 03/07 | 7:00 am | Peter Phan Nguyen † |
| | | 8:15 am | Geri Lara (B/L) |
| Tue. | 03/08 | 7:00 am | Peter Phan Nguyen † |
| | | 8:15 am | J. B. Canh Hoang † |
| Wed. | 03/09 | 7:00 am | Keegan Sonny Willkom (B) |
| | | 8:15 am | Maria Ngai Nguyen † |
| Thur. | 03/10 | 7:00 am | Aurora Nagrampa (L) |
| | | 8:15 am | Rudy Carranza, Jr. † |
| Fri. | 03/11 | 7:00 am | Trujillo Family † |
| | | 8:15 am | Glanville Dias † |
| Sat. | 03/12 | 7:00 am | Lasalle Family (L/†) |
| | | 4:00 pm | Telma Teixeira † |
| Sun. | 03/13 | 7:30 am | Parishioners |
| | | 9:00 am | Our Priests, Deacons and Seminarians (L) |
| | | 10:30am | St. Felicitas Parents |
| | | 12:30pm | Spanish Mass |

L-Living †-Deceased A-Anniversary B-Birthday T-Thanksgiving H-Healing

Pray for our sick relatives and friends

| | | |
|------------------------|-------------------------|-----------------------------|
| <i>Teodora Aducu</i> | <i>Mona Falleiro</i> | <i>Yolanda Pasadas</i> |
| <i>Ciria Aceves</i> | <i>Joycelyn Garner</i> | <i>Patrocinio Patron</i> |
| <i>Corazon Ariosa</i> | <i>Mary Harmeyer</i> | <i>Dalmacio Quinto</i> |
| <i>Bob Alonzo</i> | <i>Richard Hullmann</i> | <i>Juan Rocha</i> |
| <i>Sal Costilla</i> | <i>Jean Hullsmann</i> | <i>Tony Silveira</i> |
| <i>Barbara Becker</i> | <i>Robin Homen</i> | <i>Mary Torres</i> |
| <i>Tom Chermack</i> | <i>Elena Harder</i> | <i>Felisimia Toste</i> |
| <i>Ann Chermack</i> | <i>Joan Kellogg</i> | <i>Geoffrey Salvatierra</i> |
| <i>Soledad Cordero</i> | <i>Maria Leonard</i> | <i>Luningning Hobbs</i> |
| <i>Diane Delucchi</i> | <i>Petra Lopez</i> | <i>Virgie Mercado</i> |
| <i>Lucille Dutra</i> | <i>Gloria Muskopf</i> | <i>Lalie Ferrer</i> |
| <i>Lisa Dmoski</i> | <i>Kent Myers</i> | <i>Saturnina Fuentes</i> |
| <i>Michell Duffey</i> | <i>Tom O'Brien</i> | <i>Reynaldo Corldano</i> |

READINGS FOR THE WEEK

| | |
|--------|---|
| Mon: | Leviticus 19:1-2, 11-18; Ps 19:8-10, 15; Matthew 25:31-46 |
| Tues: | Isaiah 55:10-11; Ps 34:4-7, 16-19; Matthew 6:7-15 |
| Wed: | Jonah 3:1-10; Ps 51:3-4, 12-13, 18-19; Luke 11:29-32 |
| Thurs: | Esther C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Matthew 7:7-12 |
| Fri: | Ezekiel 18:21-28; Ps 130:1-8; Matthew 5:20-26 |
| Sat: | Deuteronomy 26:16-19; Ps 119:1-2, 4-5, 7-8; Matthew 5:43-48 |

St. Felicitas Parish -Spanish-Speaking Community

EN EL DESIERTO

El Espíritu guió a Jesús al desierto durante cuarenta días, y luego el diablo le puso tentaciones. Moisés y los israelitas habían estado en el desierto por cuarenta años antes de ser guiados a la tierra que mana leche y miel. Hubo momentos cuando invocaron a Dios, seguros de que, como san Pablo escribe a los romanos "todo el que invoque el nombre del Señor se salvará". Algunas veces también nosotros pasamos tiempo en el desierto. Literalmente no es un desierto muchas de las veces, sino un desierto en el que parece difícil percibir la presencia de Dios, momentos en los que nos enfrentamos a la dificultad y somos tentados a dejar atrás los caminos de Dios. En este Primer Domingo de Cuaresma, Jesús nos muestra qué hacer en esos momentos: mantenernos firmes y confiar en Dios.

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CONOCIENDO TUS REFERENTES

Cuando Jesús se encontró con la prueba del diablo, se le dieron varios escenarios diferentes. El diablo planteó situaciones que sabía que podían poner a prueba a Jesús, pero situaciones similares nos pondrían a prueba a cualquiera de nosotros. El hambre física es una necesidad real, y muchos de nosotros podemos anhelar el éxito, o un trabajo mejor pagado, o el poder, o cosas similares. La diferencia es que cuando Jesús fue tentado, tenía algunos "referentes" fuertes a las que aferrarse, respuestas seguras para guiarlo. Acudió a pasajes de las Escrituras sencillas y básicas a las que podía recurrir en su momento de necesidad. *Para muchos, uno de esos fundamentos sería Jeremías: "Yo sé los planes que tengo para ti: planes de paz y no de desastre". Para otro, podrían ser las Bienaventuranzas o el salmo 23. Sea lo que sea, ten preparadas esos referentes, esas oraciones o frases "imprescindibles" a las que puedas aferrarte en los momentos en que tu vida sea sometida a una dura prueba. Deja que esos referentes sean tu fundamento firme.*

Lecturas de hoy:

Dt 26:4-10;
Sal 91 (90):1-2, 10-11, 12-13, 14-15;
Rom 10:8-13; Lc 4:1-13.

ANUNCIOS

BAUTIZOS

Los terceros domingos del mes a las 2:00 P. M.
Requiere seis meses de anticipación y estar registrado en nuestra parroquia.

CLASES BAUTISMALES

Los segundos Domingos a las 10:30 A. M.

Lugar: Salón en el edificio # 1 de la Escuela Santa Felicitas.

Si necesita mayor información, puede hacer una cita para una entrevista con el Padre Rafal Duda.

Marzo 7

Fiesta de Santa Felicitas y Santa Perpetua

Para celebrar la fiesta de nuestra Patrona Santa Felicitas, diariamente, durante la celebración de la Eucaristía, tendremos el rezo de la Novena, comenzando el 26 de Febrero para terminar el 6 de Marzo.

=====
La celebración de las Estaciones de la Cruz serán en días Miércoles a las 7.00 P.M. a partir del siguiente Miércoles después del de Ceniza. (03/09) Todos los ministerios estarán participando en la conducción del Santo Via Crucis, y personas voluntarias de la comunidad, que deseen hacerlo.

Por favor déjenos saber para tenerla en cuenta en nuestras asignaciones. ! Gracias!



Segunda Colecta para los programas de ayuda del Obispo en nuestra Diócesis de Oakland. Por favor considere aportar su generosa contribución para este propósito. Dios le recompense su generosidad.

No OLVIDE

El próximo Domingo, 13 de este mes, Necesitamos adelantar el reloj, UNA HORA, el Sábado, antes de ir a dormir.

St. Felicitas Parish Vietnamese Community

6-3-2022: CHÚA NHẬT I MÙA CHAY- C

Chương Trình Thánh Lễ Việt Nam:

***Thánh Lễ:** Chúa Nhật: 4:30 pm

Thứ Sáu: 7:30pm Châu Thánh Thể

8:00pm Thánh Lễ

*Thứ Sáu Mùa Chay: Gẫm Đàng Thánh Giá

***Châu Thánh Thể:**

+Thứ Sáu Đầu Tháng: Sau lễ 8: 15am-12:00pm trưa.

+Thứ Hai- Thứ Sáu: 9: 00am- 4: 00pm (nhà nguyện)



Các Bí Tích:

***Rửa Tội:** Liên lạc với Cha Xứ.

***Giải Tội:** +Thứ 2- Thứ 6: 7:30 am –8:00 am

+Thứ bảy: 3:00 pm - 4:00 pm hoặc có hẹn với Cha.

***Hôn Phối:** Liên lạc với Cha Xứ trước đám cưới 6 tháng.

***RCIA-Giáo Lý dự tòng:** Liên lạc Thầy Phó tế Timothy.

***Giáo Lý-Việt Ngữ:** Trường Hoà Bình/ www.truonghoabinh.org

Mỗi Chúa Nhật: + Lớp Việt Ngữ: 1:00 pm

+ Lớp Giáo Lý: 3:00 pm



CÁC BÀI ĐỌC TRONG TUẦN

Thứ Hai, 7/3: Lv 19: 1-2, 11-18; Mt 25: 31- 46

Thứ Ba, 8/3: Is 55:10-11; Mt 6: 7-15

Thứ Tư, 9/3: Gn 3:1-10; Lc 11:29-32

Thứ Năm, 10/3: Et 4:17k- 17m, 17r-17t; Mt 7: 7-12

Thứ Sáu, 11/3: Ed 18: 21- 28; Mt 5: 20-26

Thứ Bảy, 12/3: Đnl 26: 16-19; Mt 5: 43-48

***Tháng 3 - Tháng Kính Thánh Giuse**



SUY NIỆM TIN MỪNG CHÚA NHẬT I MC- C

Lc 4, 1-13

Ngay từ Chúa Nhật đầu Mùa Chay thánh, Phụng vụ Lời Chúa thuật lại cho chúng ta việc Đức Giê-su đã trải qua những cơn cám dỗ khi Ngài bắt đầu sứ vụ rao giảng công khai. Biến cố đó không chỉ nhắc nhở chúng ta rằng, trong thân phận con người, ai cũng phải đối mặt với cám dỗ. Cơn cám dỗ là cần thiết để nhắc nhở chúng ta ý thức về thân phận con người vốn yếu đuối vì tội nguyên tổ và dễ bị tổn thương trước sức tấn công của ác thần. Vì thế, chúng ta cần được Thánh Thần dẫn đưa vào trong hoang địa của mùa Chay, để ở đó cùng Đức Giê-su, đối đầu với cơn cám dỗ, chúng ta chiến đấu và chiến thắng.

Lạy Chúa Giê-su, xin thương xót chúng con là những người tội lỗi. Chúng con tin thác vào Chúa. (dongcong.net)

Ăn chay và cầu nguyện cho hoà bình ở Ucraina. Xin Chúa cho chấm dứt chiến tranh để mọi người được sống bình an.

Chúng ta cũng cầu xin cho khỏi con dịch bệnh trên thế giới để mọi người được sống khoẻ mạnh và an toàn.



GẤM ĐÀNG THÁNH GIÁ MÙA CHAY

Gắm Đàng Thánh Giá vào mỗi Thứ Sáu Mùa Chay.

Lịch trình như sau:

1:00 pm: Gắm Đàng Tiếng Anh (Trường học)

7:00 pm: Gắm Đàng Tiếng Anh – (Thứ Tư: Tiếng Mẽ)

8:00 pm: Gắm Đàng Tiếng Việt

Trong Mùa Chay, xin đừng mang hoa đến dâng nhà thờ.

**Trường Hoà Bình cần Giáo Lý Viên giúp dạy Giáo Lý cho trẻ em. Giáo xứ cần người thiện nguyện giúp sửa chữa nhà cửa và cũng cần người giúp việc văn phòng và trực điện thoại. Xin liên lạc tại văn phòng số 510-351-5244 với Cô Sharon. Xin cảm ơn.*

Ý chỉ của Đức Thánh Cha trong tháng 3, 2022

Cho một đáp trả Kitô giáo đối với những thách đố đạo đức sinh học. Chúng ta cầu nguyện cho các Kitô hữu đang đối diện với những thách đố mới về đạo đức sinh học; xin cho họ tiếp tục bảo vệ giá trị của sự sống con người bằng cầu nguyện và việc làm.

HỌC HỎI VỀ MÙA CHAY

1. Mùa Chay là gì?

- Mùa Chay là mùa sám hối đặc biệt để chuẩn bị mừng lễ Vượt Qua (chết và sống lại) của Đức Kitô.

2. Mùa Chay kéo dài bao nhiêu ngày? Khởi đầu và kết thúc khi nào?

- Mùa Chay kéo dài 40 ngày, gồm 6 Chúa Nhật, khởi đầu từ Thứ tư Lễ Tro và kết thúc trước thánh lễ Tiệc Ly chiều Thứ năm Tuần Thánh.

3. Việc xúc tro mang ý nghĩa gì? Khi xúc tro thừa tác viên đọc lời gì?

- Việc xúc tro nhắc nhở người Kitô hữu ý thức về thân phận thụ tạo mỏng dòn yếu đuối chóng qua, vì thế phải sống với thái độ khiêm tốn trước mặt Chúa để nhận ra và sám hối về những lầm lỗi thiếu sót của mình. Khi xúc tro thừa tác viên đọc “Hãy ăn năn sám hối và tin vào Tin Mừng”

4. Thế nào là ăn chay?

- Chỉ ăn một bữa no, và có thể ăn nhẹ, lót dạ vào bữa sáng và bữa tối không ăn vặt (kẹo, bánh, trái cây, chè) và không được giải khát bằng nước ngọt, bia, rượu, café.

5. Người ăn chay phải có tinh thần gì?

- Người ăn chay phải có tinh thần bác ái, chia sẻ, giúp đỡ những người túng thiếu, nghèo đói.

6. Theo luật Giáo hội, người tín hữu tuổi nào buộc giữ chay và kiêng thịt?

- Mọi người từ tuổi trưởng thành, tức là 14 tuổi trọn cho đến khi bắt đầu 60 tuổi thì buộc giữ chay. Còn luật kiêng thịt thì từ 14 tuổi trọn trở lên.

7. Thế nào là kiêng thịt như heo, bò, gà... mà được phép ăn tôm, cá, trứng...?

- Ý nghĩa của việc kiêng thịt là nhắc nhở người tín hữu phải chế ngự và làm chủ các ham muốn bản thân.

8. Bốn phương thế Giáo hội thường dùng trong Mùa Chay thánh là gì?

- Là **SÁM HỐI, ĂN CHAY, CẦU NGUYỆN, LÀM VIỆC BÁC ÁI.**
(Lm. Nguyễn Văn Thư)

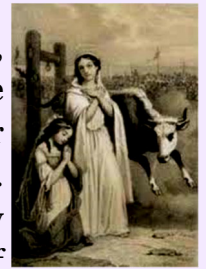
LIVES OF OUR PATRONS SAINTS FELICITY AND PERPETUA

Feast Day March 7th



Perpetua and Felicitas were two 3rd century Christian martyrs. Perpetua was a 22-year old mother with a son a few months old. Felicity, her slave, was pregnant with child. They were from Carthage, a Roman Province in North Africa. Perpetua and Felicitas were arrested and imprisoned, along with three other Christians in 203 A.D. Their crime was defying the Emperor Septimus Severus (193-211), himself of Phoenician origin. He had been a Roman general whose bold military exploits led him to be proclaimed emperor by the army after the death of the immoral Commodus, son of Marcus Aurelius. By Severus' decree, all imperial subjects were forbidden under severe penalties to become Christians or Jews, although only recent converts were affected. While the five (along with their instructor in faith) were being held awaiting execution, Perpetua's father urged his favourite child to save her life and the life of her baby by renouncing her faith. "Father," she answered, "do you see this vessel – waterpot or whatever it may be?...Can it be called by any other name than what it is?" "No," he replied. "So also I cannot call myself by any other name than what I am – a Christian." At a trial shortly afterwards, Perpetua refused to offer a sacrifice for the prosperity of the emperors. When the court asked "Are you a Christian?" she answered, "Yes, I am," thereby condemning herself to death.

Felicity, meanwhile, had been afraid she would not suffer with the rest, because Roman law forbade the execution of pregnant women (on the basis that the unborn child was innocent of any crime). However, in answer to her prayers, her child was born while she was in prison and promptly adopted by a Christian couple. The prisoners turned their last meal into an agape, a love-meal and spoke of the joy of their own sufferings thus astonishing most witnesses, and even converting some of them. When the day of the games arrived, Perpetua and Felicity went to the amphitheatre "joyfully as though they were on their way to heaven", as Perpetua sang a psalm of triumph. A wild heifer was sent against the women. The heifer tossed Perpetua, who got up, straightened her hair, and helped Felicity regain her feet. Absorbed in ecstasy, Perpetua was unaware that she had been thrown, and did not believe it until Felicity showed her the marks on her body. Having survived the animals, the women were to be executed. They exchanged a final kiss of peace. Some of the spectators, inspired by the martyrs' fearlessness, became converts. And these spectators were not the last who would be encouraged by Perpetua and Felicity, who, even at the cost of their lives, worshipped God and not the state. The bodies of the martyrs were interred at Carthage.



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