

### *Lent and Fasting*

As we each find our own ways to mark the season of Lent (that began this past Wednesday), we follow in the footsteps of centuries of Christians who have spent time preparing to celebrate the resurrection of Christ. In 325, the Council of Nicea discussed a 40-day Lenten season of fasting. It is unclear whether the original Lenten observances were intended only for new Christians preparing for Baptism, but it was soon expanded to encompass observance by the whole Church.

How exactly the churches counted those 40 days varied depending on location. In the East, one only fasted on weekdays. The Western Church's Lent was one week shorter, but included Saturdays. But in both places, the observance was both strict and serious. Only one meal was taken a day, near the evening. There was to be no meat, fish, or animal products eaten.

Until the 600s, Lent began on Quadragesima (Fortieth) Sunday, but Pope St. Gregory the Great (540-604) moved it to a Wednesday, now called Ash Wednesday, to secure the exact number of 40 days in Lent—not counting Sundays (which were considered fast-free days).

By the 800s, some Lenten practices were already becoming more relaxed. First, Christians were allowed to eat after 3 p.m. By the 1400s, it was noon. Eventually, various foods (like fish) were allowed, and in 1966 the Roman Catholic Church only restricted fast days to only Ash Wednesday and Good Friday. It should be noted, however, that practices in Eastern Orthodox churches are still quite strict.

The type of fast Jesus himself endorsed was the following, found in Matthew 6:16-18, "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

## ***Saint Christopher Catholic Church***

***160 Holt Spur Drive  
Jamestown, Tennessee 38556  
Reverend Father Michael Sweeney, Pastor***



***February 17, 2018  
First Sunday of Lent***

**Masses: Saturday Vigil: 6:30 P.M. (CST)  
Holy Days (Vigil): 6:00 P.M. (CST)  
Confessions: After Mass (1st Saturday of month or as needed)  
Spanish Communion Service: Sundays 8:00 A.M.(CST)  
Father Michael Sweeney: Rectory 865-882-9838  
Emergency: 865-216-6453**



**Liturgical Ministers for Next Week  
(February 24, 2018)**

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**Readers:** W. Allen / P. Dalton / S. Mahon  
**Altar Servers:** J. Rindler / B. Rindler  
**Eucharistic Ministers:** Temporarily Suspended  
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**February Sacristan:** ..... Wanda Hailey  
**Hospitality:** ..... Linda Savastano  
**KoC Round Table Coordinator:** ..... George Savastano  
**Mass Intentions:** ..... Sarah Mahon  
**Webmaster:** ..... Stormy Allen  
**Web-Page:** ..... [www.saintchristopherjamestown.com](http://www.saintchristopherjamestown.com)  
..... [www.facebook.com/saintchristopherjamestown](http://www.facebook.com/saintchristopherjamestown)  
**Bulletin:** ..... Mary Germann  
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**INTENTIONS**



Together, let us pray for the needs of our brothers and sisters. Remember the sick, home-bound, caregivers and recovering of our parish and all those on the St. Christopher prayer list (available to view in the narthex) in your daily prayers: Juan Herrera; Zachary Chamness, grandson of George & Linda Savastano; Cissy and Vickie, daughters of Joyce Vaughn; Pete Yahner, brother of Sarah Mahon; Don Briggs; Mary Henise; Joyce Mulligan; Bruce Bigard, brother of Allen Bigard; Mollie Ann Wenzel, daughter of a friend of Allen Bigard; Kate Cunningham; Teddie Stevenson; Leo Duchon; Mike Emmons; Mike Baldalament and for those of us who suffer in silence. Also, pray for our military personnel, especially those serving in harm's way. For these and all other unspoken needs; we pray to the Lord.

**ATTENDANCE & DONATIONS**

**February 10, 2018**

Parish: \$ 125  
Building Fund: \$ 167  
Candles: \$ 11

Sat. Night Service / Bilingual Service: 40 / 10  
Ash Wednesday: NA  
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**MASS INTENTIONS**

**February 17, 2018**

For the repose of the souls of **William** and **James Murray**,  
Father and brother of Peggy Dalton;  
Requested by **Peggy Dalton**.  
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**ANNOUNCEMENTS**

The Bishop issued a directive to curtail using the chalice for communion and to **not** shake hands at the sign of peace. This is in effect until further notice [until flu season is over].  
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We have Stations of the Cross on Fridays during Lent at 12:00 noon and again at 6:30 pm. We hope you will be able to attend one of these services.  
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The **second collection** this weekend is for the Black and Indian Missions.

**Liturgical Ministers for Future Week(s)**

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**Mar. 3<sup>rd</sup>** **Readers:** R. Germann / M. Criswell / P. Dalton  
**Altar Servers:** F. Schuch / A. Stucker  
**Eucharistic Ministers:** Temporarily Suspended  
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**Mar. 10<sup>th</sup>** **Readers:** B. Rindler / S. Mahon / W. Allen  
**Altar Servers:** D. Briggs / A. Cruz  
**Eucharistic Ministers:** Temporarily Suspended