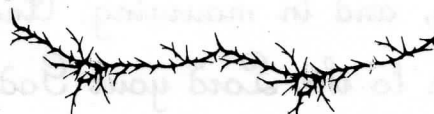


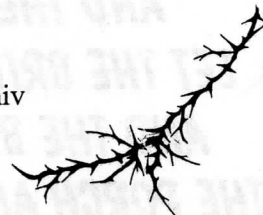


*At that time: Jesus said to his disciples, "When you fast, be not as the hypocrites, sad for they disfigure their faces that they may appear unto men to fast. Amen, I say to you, they have received their reward. But thou, when thou fastest, anoint thy head and wash thy face; that thou appear not to men to fast, but to thy Father Who is in secret and Thy Father Who seeth in secret will repay thee."*

*(St Matthew)*



1. There will be Catechism class today after the 10:00 AM Mass.
2. Wednesday, Friday, and Saturday of this week are the Lenten Ember Days, and are days of special prayer. They are days of fast and abstinence, Wednesday and Saturday are partial abstinence. All days of Lent are days of fast.
3. Wednesday February 24, 2010 is the Feast of St. Matthias the Apostle.
4. **Stations of the Cross and Benediction of the Most Blessed Sacrament every Friday night of Lent at 7:00 PM.** Those who, because of distance, cannot attend are urged to pray the Stations, each Friday night in their own homes and in the presence of their HOME CHAPELS.
5. Blessed Ashes will be distributed after each Mass this morning. Also, please help yourselves to the "Packets of Blessed Ashes" and use them as you know how, they are a sacramental.
6. Please pray for all the Sick and Shut-ins of our Chapels. LET US ALSO PRAY FOR EVERYONE. Let us pray for ALL the priests and religious men and women of the world. Pray for good and holy Vocations.
7. **Beginning with Ash Wednesday**, please do not neglect the daily Lenten Readings.
8. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)
  - SUNDAY: For the People of our Chapels
  - MONDAY: Special Int. of the Donor
  - TUESDAY: Dec. M. Mauritio Henault
  - WEDNESDAY: Dec. Father John Capesius OSB Anniv
  - THURSDAY: Special Int. Geri Venuto
  - FRIDAY: For the Poor Souls
  - SATURDAY: Special Int. Jean Rentschler



*A Thought To Remember ...*

Final impenitence is found only in a soul who purposely wishes to go to hell,  
who flagranty continues to live a life of sin  
and therefore obstinately refuses to live according to the  
Mercy of God.

He goes to hell, who wants to go to hell!!!