

Useful Resources

Below are QR codes that you can scan with your phone camera and bookmark on your smart phones.



ChurchPOP is a fun, informative, and inspirational Catholic website.

<http://www.churchpop.com>



The Catechism in a Year (with Fr. Mike Schmitz) Podcast

<https://ascensionpress.com/pages/catechisminayear>



The Bible in a Year (with Fr. Mike Schmitz) Podcast on YouTube

<https://www.youtube.com/>

Precepts of the Church



Code of Canon Law (CIC)
https://www.vatican.va/archive/cod-iuris-canonici/eng/documents/cic_introduction_en.html

Canon Law is the code of ecclesiastical laws governing the Catholic Church. Within Canon Law are the Five Precepts which the Catechism establishes as “the very necessary *minimum* in spirit of prayer and moral effort” expected of the faithful. (CCC, para. 2041-2043). They are:

1. You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.

2. You shall confess your sins at least once a year.

3. You shall receive the sacrament of the Eucharist at least during the Easter season.

4. You shall observe the days of fasting and abstinence established by the Church.

5. You shall help to provide for the needs of the Church.¹

Traditionally, two other precepts were included: To obey the laws of the Church concerning Matrimony; and to participate in the Church's mission of Evangelization of Souls. Both are still required of Catholics, but they are no longer included in the Catechism's official listing of the precepts of the Church.

Note that the Five Precepts are the minimum expectations of practicing Catholics. They are God's guardrails. They are meant to keep us out of danger. They are to be the foundation of living the Catholic Faith but, just as you wouldn't stop building a house after completing the foundation, so too the Church expects the Catholic faithful to continually build upon that foundation.

Fasting and Abstinence

Speaking of building on that foundation, the 4th Precept requires observance of the Church's days for Fasting (including abstinence), which is the second of the three pillars of Lent, along with Prayer and Almsgiving. In Jesus time, fasting and prayer were traditional forms of Jewish piety revered as a means of seeking the Lord and finding his will. After being baptised, Christ fasted for 40 days and 40 nights in the wilderness to discern and prepare for his mission (Luke 4:1-13). Similarly, the Apostle Paul and Barnabas were



St. Casimir at Canton & Patterson Park Website
<https://stcasimir.org/>



St. Casimir at Canton & Patterson Park Facebook
<https://www.facebook.com/stcasimircantonMD/>



St. Elizabeth of Hungary at Patterson Park Facebook
<https://www.facebook.com/StLizBmore/>

fasting and praying with the Church at Antioch when the Holy Spirit called them to go preach to the Gentiles (Acts 13:1-3).

Fasting is often thought of as simply limiting our food intake. And the Church does require those of us ages 15-59 to fast on Ash Wednesday and Good Friday by taking only one full meal and two smaller meals (that together to no equal a full meal), with no eating in between and only water, juice or milk. All Catholics are also called upon to abstain from all meat on Ash Wednesday, all Fridays in Lent, and on Good Friday (CIC, can. 1251-1253).²



The Good News About Fasting by Jude Winkler, OFM Conv. <https://www.messengersaintanthony.com/content/good-news-about-fasting>

In addition to the minimum requirements, during Lent many faithful abstain or “give up” sweets or other foods, coffee, alcohol, or certain activities as a penance. If these things are keeping you from discerning God’s will, fully living your faith or creating problems in your life and relationships with others, then by all means abstain from them – both during Lent and after.

But, there is no virtue in sacrificing something that makes you (or those around you) miserable and does nothing to increase your understanding and faith. No one was ever made a saint for giving up chocolate for Lent. The Prophet Hosea wrote of God’s desire, saying “For I desire mercy and not sacrifice, the knowledge of God, rather than burnt offerings.”

Pro Tip: If your Lenten fast hasn’t worked out so well, or if you never started, it is never too late. Find something that it taking up too much of your time (smartphone, internet, cable news, sports, reality TV), and dedicate

that time to something that will increase your knowledge of God and help discern his will for you. Go to daily Mass, listen to Catholic podcasts, learn about the lives of the Saints, read books or watch YouTube videos by Scott Hahn, John Bergsma, or Bishop Robert Barron. Just do it. And keep doing it after Lent is over.

Saints of the Week

Scan the QR codes with your phone to read and listen about the lives of the Saints.



March 19 – St. Joseph. A “Just” man and Patron of fathers and stepfathers.



March 20 – Saint Salvator of Horta. Franciscan brother known for asceticism and humility.



March 21 – Blessed John of Parma. Seventh general minister of the Franciscan Order.



March 22 – Saint Nicholas Owen. Jesuit lay brother and one of the 40 Martyrs of England and Wales.



March 23 – Saint Turibius of Mogrovejo. First New World saint, with Rose of Lima, in Peru.



March 24 – Saint Oscar Arnulfo Romero. Archbishop of San Salvador martyred for opposing repressive military junta.



March 25 – Annunciation of the Lord. “Therefore, the Lord himself will give you a sign.” Isaiah 7:14

¹ See CIC, 1. can. 1246-1248; 2. can. 989, 3. can. 920; 4. can. 1249-1251; 5. CIC, can. 222.

² These rules do not apply where health or ability to work would be seriously affected.