



St. Peter Canisius International Catholic Parish Jakarta

Monthly Bulletin – February 2023

CATHOLIC SOCIAL TEACHING ON COMMON GOOD

Beloved Sisters and Brothers,

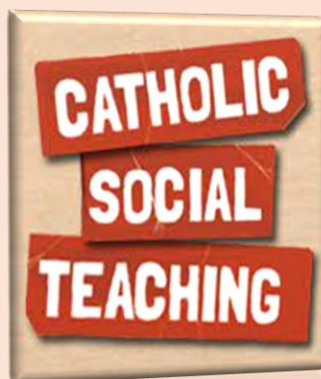
What is the Common Good? In theological terms the common good is defined in Pope John XXIII's encyclical *Mater et Magistra* and Vatican II as **"the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfilment more fully and more easily."**

Social life is a lot like being on a sports team. Individual players want to be as successful as possible, perhaps by scoring lots of points. The ultimate goal of each player, however, is the success of the team, a goal more than the sum of every player's statistic. A team does not win because each player tries to score as many points as possible, but conditions do need to be optimal for each individual player to play well in order for a team to win. The good of both the individual and the team are interdependent. The common good is a lot like the set of "optimal conditions" that allow both the team and its players to succeed.



The common good in Catholic social teaching "consists of **three essential elements**"

- **"Respect for the person, as such"** - The Church goes on to cite the obligation for public authorities to respect fundamental and inalienable rights. This means far more than the utilitarian "greatest good for the greatest number," but insists that majorities respect individual rights.
- **The "social well-being and development of the group"** - The Church goes on to call 'development' the embodiment of all social duties and insists public authorities "arbitrate...between various particular interests" to attain it. Essential to this is ensuring the accessibility to each person of "what is needed to lead a truly human life: food, clothing, health, work, education and culture, suitable information, the right to establish a family, and so on."
- **Peace** - The Church notes the proper responsibility of public authorities to ensure the security of society, through morally acceptable means.



Who is responsible to carry out the common good? First of all, everyone has responsibility for the common good as an embodiment of charity and justice. In Pope Benedict's words, "The more we strive to secure a common good corresponding to the real needs of our neighbours, the more effectively we love them. Every Christian is called to practice this charity, in a manner corresponding to his vocation and according to the degree of influence he wields in the pólis."

The state shares responsibility for the common good since “the common good is the reason that the political authority exists.” The State must ensure the coherency, unity, and organization of civil society “in order that the common good may be attained with the contribution of every citizen.

As we study and reflect on the theme of Common Good this year, together as a community we work in creative ways to improve the wellbeing of people in our society and the wider world.

Fr. B.B. Triatmoko, SJ



ONLINE & OFFLINE MASS SCHEDULE



ST. PETER CANISIUS INTERNATIONAL CATHOLIC PARISH CHOIR SCHEDULE FOR FEBRUARY 2023 OFFLINE/ONLINE FROM ST. THERESIA

DATE	DAY	MASS	TIME	CHOIR
Feb 04,	Sat	05th Sunday of Ordinary Times	3:30PM	Eucharistic Sounds Choir
Feb 05,	Sun	05th Sunday of Ordinary Times	3.00PM	ELFACS Choir
Feb 11,	Sat	06th Sunday of Ordinary Times	3:30PM	Eucharistic Sounds Choir
Feb 12,	Sun	06th Sunday of Ordinary Times	3.00PM	The Choir Immortal
Feb 18,	Sat	07th Sunday of Ordinary Times	3:30PM	Eucharistic Sounds Choir
Feb 19,	Sun	07th Sunday of Ordinary Times	3.00PM	ELFACS Choir
Feb 25,	Sat	1st Sunday Lent	3.00PM	Eucharistic Sounds Choir
Feb 26,	Sun	1st Sunday Lent	3:30PM	The Choir Immortal

CANISIUS CHAPEL

DATE	DAY	MASS	TIME	CHOIR
Feb 05,	Sun	05th Sunday of Ordinary Times	6:00PM	Genesis Choir
Feb 12,	Sun	06th Sunday of Ordinary Times	6:00PM	Genesis Choir
Feb 19,	Sun	07th Sunday of Ordinary Times	6:00PM	STPCICP Youth Choir
Feb 26,	Sun	1st Sunday Lent	6:00PM	Genesis Choir

Please note: Ash Wednesday Mass on 22nd February 2023 at 10:00 am, St. Stefanus Church, Cilandak by ELFACS choir (Only Physical Mass)



Kindly drop your dried blessed Palm Leaves at St. Theresia Church Sacristy.



Youth Fellowship Activities



YF together with our Parish Young Adult Pro's and St Peter Canisius Youth Choir (SPCYC) welcomed the New Year 2023 by hosting special New Year Mass for our parish youths on 14th January 2023. Fr. Francis Teo, MCSPA who celebrated the Mass asked the youth to bear testimony of Jesus as done by John the Baptist.

Jesus is the Lamb of God - the sacrificial lamb who follows the will of God the Father. Father Francis described a lamb, as an animal who is very meek and docile. When it is about to be slaughtered there is little resistance or none at all, the lamb just waits quietly. Like a lamb who is meek and docile, Jesus followed whatever it was that was pleasing to God the Father even death on the cross, crucified for the salvation of mankind. For the Jews an unblemished lamb is the sacrifice of choice, so when John the Baptist said Behold the Lamb of God, who takes away the sins of the world, he is referring to Jesus as the one who will be sacrificed. John

stands as a witness of this divine truth.

The Role of Youth in Today's Church is very important and Pope Francis in multiple times has encouraged and invited the youth to serve the Lord. Serving young people cannot only prepare them to become future leaders, but also allows them to contribute to the church. This is seen many times in the Bible, as God often used young people to do great things.



We encourage our Parish youths to become active in our parish community activities and show their talents in different ways and by doing that they can serve the Church and our Lord.



PARISH FUNFAIR- 2023



“Being Light to the Nations for the Common Good”

Abiding to Pope Francis’ program of Fratelli Tutti to spread fraternity, solidarity & common good & in accordance to the mission of KAJ’s (Archdiocese of Jakarta) mission to support the small businesses (UMKM) whilst empowering all different groups within our parish, our parish hosted the Parish Fun Fair on Saturday 4 February 2023.

Five hundred sixteen visitors including special guests from **Yayasan Anak Akar** (of the indigent kids), **Yayasan Mpati** (NGO for Autism), **Pa Van Der Steur Orphanage**, **Melania Senior Home**, Lovely Hands were served by 75 Volunteers, 4 sponsors, 9 F&B vendors, 12 Product Vendors, entertained by 2 bouncies, 7 arcades & 7 workshops, in the beautiful venue of Kinderfield Highfield Duren Sawit Campus.

The CCD Groups sponsored & manned the Arcades & Bouncies. Parishioners & friends opening booths including the Jesuit Refugee Service & Yayasan Mpati. The workshop conducted by volunteers & CCD students & parents offered various unique workshops including Rosary Making, Wax Sachet, Origami, Valentine Hand-Crafted Gift, Valentine Cards, Flower Arranging Contest, Saint Garage & Board Game Corner. The heart of the Fun Fair was a vibrant centre stage started off with an opening prayer by Bro Lito Racho & Sis Melissa Abineno from the Council and Father Moko greeted the parishioners at noon. It was an interactive stage all day long as you can see in the photos with the lead of MC Ashley Roque, Dina & J-Ar Suarez.



EMCEES: J-AR SUAREZ & ASHLEY ROQUE



Opening Prayer by Bro Lito

God Almighty for a good weather and showering his blessing in successfully organizing the funfair event. We thank all the parishioners, well-wishers for your presence, your prayers & Contributions. All the proceeds collected from the funfair will go to the above Yayasan’s.

In the spirit to be Light to the Nations and in support to the Ministry of Walking with the excluded, we thank




Opening Dance Ge Mu Fa Mi Re by CFC Handmaid of The Lord

Our special congratulations to all the winners:

1. WE GOT TALENT

- 1) Daniel from Yayasan Mpati
- 2) Kimiko & Denzel Hari Soejono - SD St Tarsisius
- 3) Kayla Lie - Bunda Mulia School
- 4) Coachelle, Phoenix, Brooklynne - ACS Jakarta
- 5) Kate & Papa Joe Dirga - ACS Jakarta
- 6) Ailyn Sitorus - Rainbow Kids Cempaka Timur / Yayasan Mpati




We Got Talent: Ailyn Sitorus
from Rainbow Kids

2. WE GOT SAINTS

Recipient of Prizes from Citibank :

- 1 Greg Redden as St Nicholas
- 2 Aidan as St. George
- 3 Mark Alexander Harnito as St. Mark
- 4 Kyrallynn as Mama Mary
- 5 Ailyn Sitorus as Angel
- 6 Aiden as 3 Kings



We Got Talent: Daniel from
Yayasan Mpati

3. Flower Arranging Contest Participants

1. JOY Team (Diana - Katreen – Veronica)
2. MELANIA Team of Melania Senior Home (Oma Walu - Oma Esi - Oma Eni)
3. MAWAR Team of Lovely Hands(Ibu Yolanda - Ibu Yenni - Ibu Lili)
4. MELATI Team of Lovely Hands : Ibu Kristin - Ibu Merry - Ibu Siti Z.
5. KAMBOJA Team of Lovely Hands : Ibu Juni - Ibu Ita - Ibu Aryani
6. DAHLIA Team of Lovely Hands : Ibu There - Ibu Rensi
7. CFC Handmaid of the Lord Team (Merlie - Nancy – Maria)
8. The BEST BUD Team (Paula - Jessica – Lusi)
9. St. SERVATIUS Team (Ibu Putri - Ibu Anom - Pak Nana)



We Got Talent: Denzel & Kimiko
Soejono from SD Tarsisius

On Canvas Painting: Kayla Lie from
Bunda Mulia School



Angklung by Lovely Hands



We Are the World by STPC Youth Choir



Service Team with Fr. Moko



Main Door Prize Winner



Melania Senior Home Guests with Fr. Moko



Main Door Prize Winner



Workshops



Main Door Prize Winner



Workshops



Workshops



Sponsor Appreciation



We Got Talent: Coachella, Phoenix, Brooklynne



We Got Saints



Guest Star: Herto Bastian Abul



Flower Arrangement Contest



United Choir



Winners of We Got Saints, sponsored by Citibank



Generous Sponsors



Finale - Joint Performance: STPCICP Choir United & Pa Van Der Steur Orphanage



Sponsor: RS Abdi Waluyo



Thanks for Prayer Warriors



Tennis Arcade



Dunk Tank



The Arcades



Theresia CCD Confirmation



South Jakarta CCD
Confirmation



ACS CCD Group



Coding Class Voucher from Studio Kode



Meeting Santa



**PARISH
FUN FAIR**
Feb 4, 2023 | 10 am - 2 pm
Kinderfield Highfield School

Thank you, Danke, Gamnsahamnida
Xie xie ni, Arigatou

Chorus:
Merci beaucoup, Terima kasih
Gratias vobis, Salamet po.

**Obrigado, Khoob-khun, Dhanyavaad
Tashakkor, Dziękujemy.**

Chorus:
Merci beaucoup, Terima kasih
Gratias vobis, Salamet po.

**PRaise THE LORD
ALLELUIA!!!**

**THANK YOU EVERYONE
for our lovely
PARISH FUN FAIR 2023**





JOY OF GIVING



STPCICP's Christmas Charity Drive

God's blessings come our way through the hearts and hands of our generous parishioners, diligent team, and volunteers, in cooperation with LDD KAJ (Diocese' social foundation) and JRS (Jesuit Refugee Service).

With the vision of childlike gestures of our children bringing up their gifts for baby Jesus at the crib, Joy of Giving (JOG) is our parish annual charity drive around Christmas time where we invite our parishioners to donate gifts to be distributed to selected institution or groups. Our last JOG in December 2022 managed to



gather good amount of various donation items such staple food packages (sembako), snacks for over 200 goodie bags, baby diapers, powdered & UHT milk, school stationery supplies, toys, sanitary supplies. They were distributed to 8 (eight) groups; namely Kelompok Anak Belajar Cakung – education & learning center in slum area, Sanggar Anak Akar & Sanggar Anak Harapan – both are street children shelters, Rumah Prolife & Yayasan Sinar Kasih - these two give home to underprivileged persons including children, disabled people, African refugees community

in Grogol, LDD Deaf Children/Difabel Ministry's Christmas Day celebration at the house of the BKK Sisters in Kramat and we also donate goodie bag items and sembako to St. Robertus Bellarminus Church – a Jesuit parish situated in the low-economy area of Cililitan East Jakarta.

Each recipient of our Joy of Giving 2022 were happy and grateful for what



they've received. These wonderful events won't be possible without your generous participations. Once again, our parish would like to express our heartfelt gratitude. Thank you for your gifts, baby Jesus is really pleased with your love and generosity to for his little brothers and sisters.



SEASON OF LENT – OUR JOURNEY



We are approaching Lent, as we welcome Ash Wednesday on February 22nd this year, especially for Catholics, Lent is the awaited time of 40 days to humble ourselves, look back on how we have probably faltered in our spiritual life and how our relationship with the Lord stands once again. Through fasting, abstinence and almsgiving, we are directed to ask how much can we sacrifice for others? How much have we given to the Lord? Be it time, energy, or any type of self-giving.

Lent or in Bahasa Indonesia called Prapaskah, is a very special and solemn moment to reflect on Jesus' journey while He was in the world. How He fought the evil temptations, how He gave us teachings of life, suffering, betrayal, how to face betrayal, heart breaks and how to love till the end, love untiringly. The Catholic faith gives us quite easy directions during Lent, namely Fasting (eating one full meal a day), Abstinence (doing less of something we indulge in i.e., not eating meat on Fridays, not having sweets for 40 days) and Almsgiving (an act of charity to help those who are in need). Yet during these 40 days we can do more. We can be creative in what we give up for Lent, go beyond the rules to show how much we can do to help others. Matthew 25: 40 "Whatsoever you do to the least of my brothers, that You do unto Me" reminds us that when we extend a helping hand to those who are suffering, those who are in need, The Lord is much aware of this and is pleased.

Brothers and sister in Christ, let us not be afraid to help even if it reaches our own discomfort. Focus on why we are doing these acts and rely on the Lord's providence. These small acts should not be met with regret but with great joy as we better understand the incredible sacrifice that Jesus Christ made for humanity. Feed the hungry, visit the sick, call up the lonely, hug our loved ones, spend a little more time in prayer regularly, refrain from being sarcastic, choose love over anger in any situation.

Through fasting, we feel what it means to be hungry and thirsty. Through abstinence, we are taught that we don't always get what we want when we want it. All these are experienced by those who are less fortunate than we are. These 40 days should be welcomed with great enthusiasm as we journey together with Christ and our fellow men, as we humble ourselves before the Holy One and seek His mercy to open our hearts. On Ash Wednesday, the ash marked on our forehead reminds us how little we really are, "Remember men you are of dust and to dust you shall return". May we always be reminder that we are all the same in the eyes of the Lord, all loved, all cherished, all HIS.

Dear bro/sis in Christ, we ought to be grateful for forty-day liturgical season of special prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at Easter Sunday. As we enter our Lenten journey, may we be brought closer to Christ which will leave us changed by our encounter with Him. Amen!

You can download beautiful Lenten Calendar by clicking the link below:

<https://catholiccharitiesny.org/news/2023-lent-calendar/>

By Melissa Abineno

COME AND JOIN OUR PARISH INITIATIVES



Dear Parishioners, inviting all of you to join our different parish initiatives to serve the Lord and the community. Your talents are your blessings from Lord, please use for the benefits of the community. Below are various Parish communities / groups / sections / ministries or activities you can join and contribute in different ways.



One of the aims is to introduce to our wider parishioners; including the newly baptized among us, that we have group/community with specific activities that they may join or be involved in.

At present our Parish has the following communities/groups/sections/ministries or activities:

- Ushers
- Lectors
- Choir/ Youth Choir
- Altar Servers
- EMHC - Extraordinary Ministries of Holy Communion
- CCD - Confraternity of Christian Doctrine
- RCIA - Rite of Christian Initiation of Adults
- Komsos – Social Communication
- JFC – Jesus Friend of Children
- YF / YFC – Youth Fellowship / Youth for Christ
- CYS – Catholic Youth Society
- YAPro – Young Adult Professionals
- FAM – Family Apostolic Ministry
- VFF – Virtual Faith Forum
- SMPG – Santa Monica Prayer Group
- LOJF EF – Light of Jesus Family English Feast
- CFC – Couples for Christ
- ONLINE Comm.



The fundamental question many parishioners ask: ***How Can I Serve in the Church?***

God has given you special talents and gifts that you can use to support your local congregation, help your community, and serve God's children everywhere. You follow the example of Jesus Christ as you seek to meet individual needs one person at a time. Some of the most important service you will give will be informal, simple acts of kindness and love toward individuals without being asked or assigned to do so. You can help others feel God's love and reach their potential as you share your time, talents, and means to help meet their needs. Part of your personal growth and learning will come as you serve in the Church and help others learn and grow as well. As you get to know others in your local congregation, you will realize that you have much to offer them.

Come Join Us, Let's make use of our talents and time to support our Parish in different ways....

YOUR KIND CONTRIBUTION MATTERS

We thank all Parishioners for your continued generous contribution for our Parish. You have wholeheartedly supported and helped our parish. It's your generosity keeps us moving and serving the Lord. Our second collection for the parish operational cost has been stopped since Jan 2023, we urge Parishioners to support our parish generously to continue our parish mission. You may use the QR code below to pay through Gopay, OVO, Dana, Shopee, T-money or direct transfer to Bank Account - **PGDP Internasional Santo Petrus Canisius, Acct No. 664 177 7773, Bank Danamon** – Cabang Usman Harun, Jakarta, or **Bank Mandiri Account No. 103.000778611-0**



Here is the QR Code for receiving offering and gifts for Mass intentions. Please end your transfer amount with Rp. 22/= (twenty-two) for Mass intentions. For example, if you wish to give 100K gift for Mass intention, kindly transfer to this parish account number the amount of Rp. 100.022,- Thank you and God bless you and your family for your continuous support.

For all other Parish operations cost, you can donate any amount to the above-mentioned bank accounts or by using QR code.

www.expatcatholicparish.org
SUNDAY MASS INTENTIONS
Send text to 08118039728; format:
Name (or Anonymous):
Parish of origin, City:
Intention:
ATTENTION: PLEASE SEND BY SATURDAY EVENING AT THE LATEST
CONTACT US:
office@expatcatholicparish.org
priest@expatcatholicparish.org
Whatsapp: 081 180 EXPAT(39728)

THANK
YOU
*Your generosity
made a difference*



We are here to respond should you need any information

Please do not hesitate to contact us @ St. Peter Canisius International Catholic Parish office. Jl. Gereja Theresia No. 2, Jakarta Pusat - DKI Jakarta. Telephone. +62-21-3917806 / WA +62 811 8039 728,
Email. office@expatcatholicparish.org

<https://www.expatcatholicparish.org/>

Parish Activities in the month of January

Pray The Surrender Novena

Jesus Christ revealed the Surrender Novena to Fr. Dolingo Ruotolo, an Italian priest, to teach us to turn our troubles over to Him and surrender them to His will. We gave ourselves to our Lord and dedicated these 09 days novena to all those who are needy and to end the various sufferings in the world. O Jesus, we surrender ourselves to you, take care of everything!



Triduum to The Infant of Prague

The littleness displayed in the novena to the Infant Jesus of Prague helps us grow spiritually. Prayer to the Infant Jesus humbles us and reminds us of the importance of maintaining and cultivating our relationship with the Lord.

“The more you honor me, the more I will bless you.”

Such is the promise of the “Infant of Prague.” This promise has been kept over and over again yielding countless fruits over the centuries in every country of the Earth.

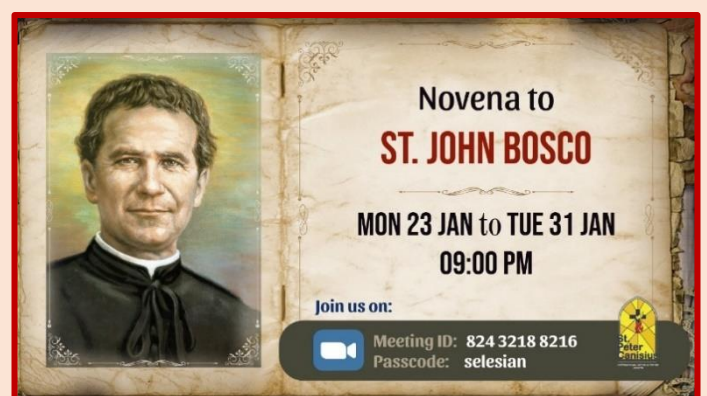
Triduum online prayer was prayed for seeking the blessings from The Infant of Prague.

Novena to St. John Bosco

From early childhood, St John Bosco dreamed of rescuing young lads from bad habits and believed that they could lead better lives if they were provided with better opportunities. He offered his extraordinary skill set to the service of God by educating and re-engaging children and youth who lost their path along the way.

How can we, like St John Bosco, help our neighbours through our many blessings and talents?

09 days online novena to St. John Bosco was prayed by our parish to seek God’s blessings for our parish youth.



MARRIAGE VOW RENEWAL

1 January 2023
At 3:00 pm Mass
St. Theresia Church

Contact for Registration
and Further Detail:

Christine
+62815-8775-225
Vinolia
+62811-807-209



Registration:
[Bit.ly/marriagevowrenewal](https://bit.ly/marriagevowrenewal)

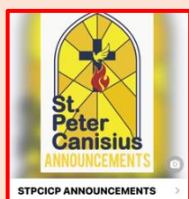


Renewing Marriage Vows

As a tradition of our Parish, on 01st Jan of every year, we renew the marriage vows for all the married couples. This year with the fear of pandemic slowly reducing, many spirited young and old married couples joined the physical Holy Mass to renew the marriage vows and to seek God's providence to continue to live with God's love and blessing on their married life.

Blessing of the House with Holy Water and Salt

House blessing by Holy Water and Salt is a yearly practice in our Parish and this is done during the new year time. This was distributed during the month of Jan and all parishioners were urged to bless their house and surroundings. Blessed salt is also traditionally used to bless homes. It can be sprinkled, or even laid down in a line, intended to act as a spiritual line of protection against evil spirits. If you have not collected the Holy water, salt and chalk, please contact the Parish office



UPCOMING EVENTS



Baby & Child Baptism

Baptism

Parish Open for Physical Baptism

For more details please contact
Our Parish Secretary WA (08118079728)
Tuesday to Saturday - 1000 to 1600 hrs

FIRST FRIDAY MASS WITH ADORATION TO THE BLESSED SACRAMENT

EVERY FIRST FRIDAY OF THE MONTH
7:30 PM (JKT)
© ST. THERESIA CHURCH

COME & JOIN ONSITE MASS

St. Peter Canisius Int'l Catholic Parish

TUESDAY MASS
Every Tuesday 11:00 AM
@St. Pope John XXIII Chapel, Gereja Kristus Raja, Ground Floor
Paroki Pejompongan

If you wish to offer mass intention please use the following link:
<http://bit.ly/tuesmassintention>
Deadline: Monday 06:00pm

Gift offering:
Bank Swarman
A/C 64 64 77773
PGDP Internasional
Santa Petrus Canisius

Novena to OUR LADY OF LOURDES

FRI 3 FEB to SAT 11 FEB
09:00 PM

Join us on:

Meeting ID: 853 5979 8462
Passcode: immaculate



**1ST SATURDAY DEVOTION
TO THE BLESSED VIRGIN MARY**

Presented by
STPCICP Young
Adult Professionals

7 JAN, 4 FEB, 4 MAR
1 APR, 6 MAY, 3 JUN
1 JUL, 5 AUG, 2 SEP
7 OCT, 4 NOV, 2 DEC

Join us on:

Meeting ID: 828 2781 3893
Passcode: devotion

**09:00 pm
(Jakarta Time)**




**DAILY ROSARY/
SCRIPTURAL ROSARY**

Join us on:


Meeting ID: 828 2781 3893
Passcode: rosary



STPCICP PRAYER MINISTRY


"HAVE NO ANXIETY AT ALL, BUT IN EVERYTHING, BY PRAYER AND PETITION, WITH THANKSGIVING, MAKE YOUR REQUESTS KNOWN TO GOD" PHILIPPIANS 4:6

1. Fill our Googleform link:
[Bit.ly/stpcicpprayers](https://bit.ly/stpcicpprayers)



OR
2. Send WA text to 08118093728
PRAYER FORMAT REQUEST AS FOLLOWS:

Name:
Location/Parish:
Type of prayer:
☐ Healing
☐ Work Related
☐ School Related
☐ Family
☐ Other relationships
☐ Repose of soul
☐ Thanksgiving
☐ General
 Prayer Intentions:



ST. PETER CANISIUS INTERNATIONAL CATHOLIC PARISH

**EVERYONE is WELCOME to JOIN
NO REGISTRATION NEEDED**

**SUNDAY MASS
@ ST. THERESIA CHURCH
SATURDAY 3:30 PM
SUNDAY 3:00PM**

**@ ST. CANISIUS CHAPEL
SUNDAY 6:00PM**




Fratelli Tutti

FRATERNITY AND SOCIAL FRIENDSHIP

YOUTH FELLOWSHIP SESSION

WITH FR. BAMBANG TRIATMOKO, SJ.

SAT 25 FEB 2023 AT 1:00 – 2:30 PM, RUANG PERTEMUAN IN CANTEN ST. THERESIA CHURCH





SINGING WORKSHOP LED BY JOSEPH CHANG

**INSPIRED
YOUTH SERVICE**


JOIN OUR CHOIR!

**AGE
13-20 YEARS**

**VENUE
GEREJA THERESIA
YAKOBUS YOHANES ROOM**

**SESSION
6 AUGUST 2022
10AM-12PM**

**SIGNUP OR
INQUIRIES**
WA: +62 815-7431-8727
WA: +62-811-1397-975

Prayer Sacrifice

Fasting Reconciliation

Penance Almsgiving

Lent

"Because of the increase of iniquity, the love of many will grow cold" (Mt 24: 12)

Season of Lent

St. Augustine

"Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble scatters the clouds of concupiscence, quenches the fire of lust, kindles the true light of chastity."