



St. Therese Parish

9525 W Bluemound Rd
Milwaukee, WI 53226

sttheresemke.org
info@sttheresemke.org
(414) 771-2500
Facebook: @sttheresemke

We are St. Therese Catholic Church, a community of believers, who walk together by faith in Christ Jesus, and minister in the Little Way of St. Therese, as we strive hand-in-hand to live as God's people.

St. Vincent Pallotti Parish

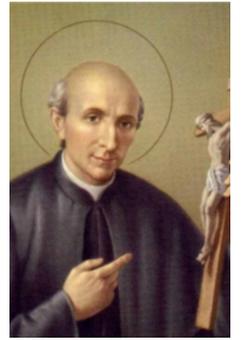
East Church

5424 W Bluemound
Milwaukee, WI 53208

West Church/Office

201 N 76th St
Milwaukee, WI 53213

stvincentpallotti.org / vpallotti@stvpc.org
(414) 453-5344
Facebook: @stvincentpallottimke
YouTube: @st.vincentpallottiparish



A Community of disciples, nourished by the Eucharist, caring for each other and reaching out to others.

February 1, 2026



1st Sunday of Lent

Matthew 4:1-11

In my second-to-last year of seminary, I woke up one September morning to devastating news: two beloved classmates had died in a car crash. I was overwhelmed with grief and anger like I had never known. I entered therapy for the first time and had intense conversations with my spiritual director. For months I felt lost in a spiritual wilderness. But something unexpected happened: I encountered Christ there. The fear and sorrow didn't destroy me. In fact, that spiritual desert was a time of intense growth in faith.

Today's Gospel begins: **"Then Jesus was led by the Spirit into the desert to be tempted by the devil" (Matthew 4:1).** The word "led" denotes a gentle, humble submission to the Spirit. Jesus does not send himself into this desolate place where wild beasts roam and Satan tempts. Who wants to be around roaming, wild beasts? The Church Fathers saw them as symbols of our inner chaos: fears, temptations, wounds. The Spirit leads us there, sometimes against our wishes. But those same Fathers also saw that this deserted place is also where angels ministered to Jesus, amidst his great trial and temptation.

Lenten Challenge: This Lent and throughout life's struggles, the Spirit leads you and me into the wilderness. Name one "desert" into which the Spirit has led you: perhaps grief, fear, silence, change, disappointment. Ask for the grace to go there willingly. The beasts may be real, but they will not harm you. There, the angels are waiting to minister to the Christ living in you, who always goes where the Spirit leads. — *Father John Muir* ©LPi

Parish Pastoral Council

1st Wednesday of the Month at 7:00PM

To contact a Parish Pastoral Council Member, send an email to council@sttheresemke.org or leave a message for them in either parish office. Meeting minutes are available in the parish offices.

Chairperson

Art Nennig

Vice Chairperson

Brett Surinak

Secretary

Jennifer Tierney

Trustees

Dennis Ferger – STP (414) 546-7330
Christopher Gauthier – SVP (414) 302-1033
Ann Maher – STP (414) 698-7016
Lenny Schaefer – SVP (414) 534-1450

Members-At-Large

David Helterbran Linda Okruhlica
Sr. Marilyn Metz Tom Ratkowski
Mary Noeske

Saint Vincent de Paul
(414) 462-7837

Hospital Visits

The Federal Privacy Regulation (HIPAA—Health Insurance Portability & Accountability Act) prohibits hospitals from informing churches of a patient’s presence unless the patient gives permission for the hospital to do so. If you are admitted to a hospital and would like a pastoral visit, please contact either Parish Office.

Prayer List for Mass

It is our privilege to pray at our weekend masses for those in need. If you would like to add a name to the list, please contact either Parish Office.

Need Prayer?

Call the Prayer Network at (414) 810-9844

Need Holy Communion?

Call either Parish Office

Bulletin Deadline:

Monday, 8:00AM

Announcement Deadline:

Thursday, 8:00AM

All submissions must be in writing to either Parish Office; email preferred.

Pastor of St. Vincent Pallotti Parish & St. Therese Parish

Fr. Thomas Pulikkeel Chacko, SAC
ext. 1 at St. Therese and ext. 102 at St. Vincent Pallotti
fr.thomaspc@stvpc.org
(414) 308-6238

St. Therese Parish Office (414) 771-2500
For Parish Emergencies After Hours, Push 0

Office Hours

Sunday: 10:00AM to 11:00AM
Monday: 8:30AM–12:00PM; 12:00PM–3:30PM Remote
Tuesday: 8:30AM–3:30PM
Wednesday: Remote
Thursday: 8:30AM–12:00PM REMOTE; 12:00PM–3:30PM
Friday and Saturday: Closed

Director of Administrative Services

Heather Goeden ext. 2
heather@sttheresemke.org

Finance Director

Christine Jensen ext. 4
christine@sttheresemke.org

Choir Director

Carrie Sanders

Organist

Kathy Luty

Catechesis Ministry

Contact the St. Therese Parish Office

St. Vincent Pallotti Parish School Staff

Office: (414) 258-4165 Fax: (414) 258-9844

Principal

Joe Fryda ext. 111
jfryda@stvps.org

Vice Principal

Tracy Irwin ext. 114
tirwin@stvps.org

Office Manager/Choice Coordinator

Lirse Jones ext. 110
ljones@stvps.org

St. Vincent Pallotti Parish Office
(414) 453-5344

Office Hours:

Monday through Friday: 8:30AM–3:30PM

Director of Admin & Development

Susana Cuellar ext. 109
sscuellar@stvpc.org

Director of Liturgy & Music

Carrie Sanders (414) 258-4165 ext. 107
csanders@stvpc.org

Food Service Director

Laura Ruiz-Reyes ext. 120
lruiz-reyes@stvpc.org

Parish Secretary

Heather Goeden ext. 101
heather@sttheresemke.org

Bookkeeper

Kari Utzerath ext. 104
kutzerath@stvpc.org

Scrip Coordinator

Therese Schaefer (414) 534-3836

Librarian

librarian@stvpc.org

Sacrament of Reconciliation

Saturday: 3:15–3:45PM - St. Vincent Pallotti - West

Sunday: 6:45–7:15AM - St. Vincent Pallotti - East

First Sunday of the Month: 8:15AM - St. Therese

Or by appointment on weekdays

Blessing of the Sick

After Mass on the First Full Weekend of the Month.

You can also contact either Parish Office or Fr. Tom PC on his cell phone at (414) 308-6238 to arrange a visit.

Baptism, Marriage and RCIA

Please call either Parish Office. Preparation can take nine months or more.

Funerals

Contact either Parish Office to plan.

Parish Membership / Support

Anyone over age 18 is invited to register as an adult member.

Please call either Parish Office for more information.



Events for the Week

STP = St. Therese Parish SVP-E = St. Vincent Pallotti East Church
SVP-W = St. Vincent Pallotti West Church

Sunday, February 22 – First Sunday of Lent/Scout Mass at SVP-W

- 6:45AM Reconciliation at SVP-E
- 7:30AM Mass at SVP-E
- 8:15AM Fourth Sunday Formation at SVP-E
- 9:00AM Mass at STP – Live Streamed on Facebook
- 9:15AM Children’s Liturgy of the Word at STP
- 10:00AM Fourth Sunday Formation at STP
- 10:00AM Middle/High School Catechesis at St. Jude
- 10:30AM Mass at SVP-W – Live Streamed and Posted
- 10:45AM Children’s Liturgy of the Word at SVP-W
- 10:30AM Fourth Sunday Formation at SVP-W

Monday, February 23

- 6:25AM Morning Mass at SVP-E
- 6:00PM St Vincent de Paul Society Meeting at STP
- 6:00PM Gr 1-6 Catechesis Program at St. Jude
- 6:00PM Kindergarten Catechesis Program at St. Jude

Tuesday, February 24

- 8:45AM Morning Mass at STP
- 12:00PM Afternoon Mass at SVP-W
- 6:30PM St. Therese Parish Finance Council Meeting at STP

Wednesday, February 25

- 6:25AM Morning Mass at SVP-E
- 8:15AM SVP School Mass at SVP-W
- 5:30PM Stations of the Cross at STP
- 6:00PM Evening Mass at STP

Thursday, February 26

- 11:30AM Adoration at SVP-W
- 12:00PM Afternoon Mass at SVP-W
- 1:00PM Bible Study at STP
- 4:00PM Choir Rehearsal at SVP-W
- 6:30PM Prayer & Worship Committee Meeting at STP
- 7:00PM Group 100 AA @ STP
- 7:00PM Finance Councils Meet & Greet (OFFSITE)

Friday, February 27

- 6:25AM Morning Mass at SVP-E
- 9:00AM Church Cleaning at SVP-W
- 12:00PM Stations of the Cross at STP
- 6:30PM Stations of the Cross at SVP-E

Saturday, February 28

Prayer Shawl/Healing Blessing at SVP

- 3:15PM Confessions at SVP-W
- 3:15PM Rosary at SVP-W
- 4:00PM Mass at SVP-W

Sunday, March 1

Prayer Shawl/Healing Blessing at SVP

Maintenance Collection & SCRIP Order Weekend at STP

- 6:45AM Reconciliation at SVP-E
- 7:30AM Mass at SVP-E
- 8:15AM Confessions at STP
- 9:00AM Mass at STP – Live Streamed on Facebook
- 10:00AM Blessing of the Sick at STP
- 10:30AM Mass at SVP-W – Live Streamed and Posted

Intentions & Readings for the Week



February Sanctuary Candle at STP

†Mary Ann and †Wally Hesselbein

Sunday, February 22

Observance: 1st Sunday of Lent

Readings Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17/Rom 5:12-19/Mt 4:1-11

Monday, February 23

Observance: St. Polycarp, Bishop and Martyr

Readings Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

6:25AM (SVP-E)

Tuesday, February 24

Readings Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15

8:45AM (STP) St. Therese Parish Community

12:00PM (SVP-W) + Diane Kopidlansky (M Reindl)

Wednesday, February 25

Readings: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

6:25AM

8:15AM School Mass

6:00PM St. Therese Parish Community

Thursday, February 26

Readings Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12

12:00PM (SVP-W)

Friday, February 27

Observance: St. Gregory of Narek, Abbot and Doctor of the Church

Readings Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26

6:25AM (SVP-E)

Saturday, February 28

Readings Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

4:00PM †Mary Winard (Family)

Sunday Mass, March 1

Observance: 2nd Sunday of Lent

Readings Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22/2 Tm 1:8b-10/Mt 17:1-9

7:30AM (SVP-E) Deacon Don & †Toni Borkowski

9:00AM (STP) †Kathy Hubrich and the St. Therese Parish Community

10:30AM (SVP-W) Heavenly Birthday Blessings for †Lynn Thompson (J Thompson)



To be included, please call either Parish Office.

AG, Dorothy Ash, Fr. Hugh Birdsall, Peter Carlis, Brandon Choe, Irene Czarnecki, Michael Czarnecki, Shirley Diciaula, Nancy Dineen, Berni Doberstein, Dean Doberstein, Kylie Doyne, Elizabeth and Elijah, Theresa Gamsky, Mary G, Family G, Sue Grignon, Edwin Gunther, Matthew Harrison, Dan Heinz, Josette Jaeger, Andrew James, Janice Kandziora, Mary Kirchner, Helen Klister, Julie Kross, Ellen Lemkuil, Rachel Lund, Kathy Manthe, Debbie Martin, Loretta Merz, Collette Massey, Robert Metrey, Hanna Miroslaw, Fr. Norm Oswald, Celeste Rau, Jacob & Jaxson Rivera, Kaity Shields, Michael Sullivan, Robert Szablewski, Beverly T., Rosann Thate, Terry Valdovinos, Mary Vanderbunt, John Wachowiak, Crystal Webb, Chris Wehausen



Congratulations to our newly baptized. We welcomed **Elena Orozco, daughter of Gerardo and Megan** into our Catholic Community at St. Vincent Pallotti on February 14. May God bless Elena's parents and Godparents as they raise her in the Catholic faith.

A Note from Fr. Hugh Birdsall:

I am writing to share that my life has taken an unexpected turn. Two days before Christmas, I fell in my apartment in Alexian Village (now Avina). I was admitted to the hospital and diagnosed with influenza.

Following my brief hospital stay, I was transferred to the Health Center at Alexian Village (Avina), where I have been since Christmas.

While I no longer have the flu, other persistent symptoms prevent me from returning to my apartment. I ask for your prayers and as I navigate this time in my life. A phone call or brief visit would be appreciated. Please contact the Parish Office for this information.

Thank You.

Fr. Hugh

Best wishes to all the married couples who received the special blessing at Mass last weekend, especially to these couples celebrating milestone anniversaries this year:



**Michael and Eileen Donohoo – 50th Anniversary
Chris and Candy Gauthier – 30th Anniversary**



St Therese Reuniting Us As "One Nation, Under God" Prayer Service

Thank you to all that attended the prayer service last weekend. Our next Prayer Service is scheduled for

March 15 in the Chapel following the 9:00AM Mass at St. Therese. Please plan to join us.

St. Therese SCRIP Order Weekend

It's gift card time! You're invited to place your gift card order through the SCRIP program next Sunday, March 1. Complete the form in today's bulletin and bring it to mass next Sunday. You may also download a form from the St. Therese website and mail or bring it to the parish office no later than Thursday, February 26. Your gift cards will be available the following Sunday. Your participation in this fundraiser is much appreciated. Thank you!



Fourth Sunday Formation

Stay, watch, and learn after Mass about Catholic Identity on the fourth Sunday of the month. On February 21/22, we will show a short video about How to Make a Good Confession. Lent is a great time to participate in the sacrament of Reconciliation. Bring a friend or neighbor to join us!

Bible Study

Thursday Bible Study with Heather Warner continues on Thursday, February 19 at 1:00PM at St. Therese. All are welcome to join at any time!

Be Sure to Pick Up Your Lenten GYFT

Pick up a Lenten reflection booklet from the Grow Your Faith Table in the back of the church to help guide you in your daily prayer this Lenten season. The booklets are compliments of the Christian Formation Committee.

Change to Wednesday Evening and Thursday Afternoon Adoration

Throughout Lent, we will pray the Stations of the Cross in lieu of Adoration at 5:30PM, prior to the 6:00PM Mass on Wednesday evenings and at 11:30AM, prior to the 12:00PM Mass on Thursday afternoons. All are welcome to join us.

We will resume Adoration on April 8.

Sunday Masses Live-Streamed and Recorded!

- The 9:00AM Sunday Mass at St. Therese Parish is live-streamed on their Facebook page and posted on their website after Mass.
- The 10:30AM Sunday Mass at St. Vincent Pallotti is live-streamed and posted on their website and is also available on YouTube.

Schedule a Mass Intention in Memory of a Loved One

Please consider donating a Mass intention in memory of a loved one or in celebration of a special event. To donate, please contact Heather Goeden in the Parish Office.

Looking to donate online? Go to either Parish website to make a contribution on our online giving websites. Thank you for your generosity.

The Stewardship Parish Support tables with each parish's collection totals will be reported on the second weekend each month showing the entire previous month's contributions.

Thank you for your support!

Please remember St. Vincent Pallotti and St. Therese Parish in your will.

Standing Committee Monthly Reports

Christian Formation Committee

- Fourth Sunday Formation continues with a 10-15 minute video after Saturday and Sunday liturgies
- Children's Liturgy of the Word for children is available on the second and fourth Sundays of the month (STP-9:00; SVP-10:30)
- Lenten Mission: March 15-16, 6:30-7:30 "Be Angry and do not Sin..." by Fr. Jose
- Grow Your Faith Table has Lenten Reflection/Meditation booklets out
- The Easter Reflection/Meditation booklets will be available March 21/22

Parish Pastoral Council

- Council was updated on the Progress of combining the two parish office staffs into one combined staff
 - Father PC has assigned 3 members from each parish to review the job activities at both parishes
 - Once that is completed and the work is sorted out, new job descriptions will be prepared
 - Expectation is that this will be completed about the end of March
- Finance Councils from both parishes will begin to meet late February
 - The intent is for the Finance Councils to review current financial positions and activities at both parishes
 - This effort is to provide more details on both parishes financial positions for the Combined Parish Council
 - This will aid the Combined Parish Council in making recommendations for the Next Steps forward for the Collaboration effort
- The Combined Parish Council spent time discussing the input from the recent Town Hall meetings with Parishioners
 - The Communications Ad Hoc Committee was requested to provide a summary for distribution to all Parishioners
 - The March Combined Parish Council meeting will continue discussing the Town Hall input and make its recommendations for moving forward to determine if the Parishes should stay in Collaboration or move to a Merger
 - The Communications Ad Hoc Committee will plan a second meeting with parishioners to present the recommendations for moving forward
- Finding Volunteers was discussed by the Combined Parish Council



Save the Date!!!

St. Vincent Pallotti School Pancake Breakfast

Sunday, March 8 from 8:30AM to Noon

More details to follow!



Our next birthday celebrations will be Sunday March 8 at St. Therese and Sunday, March 15 at St. Vincent Pallotti. Everyone with a March birthday will receive a blessing at Mass.

Refreshments will be available after mass to continue the celebration.



From The Earth Ministry:

As you reflect on this Lenten season, our Earth Ministry invites you to consider the idea of penance as spoken in the Greek New Testament: "metanoia" (Mt



1:15, 3:8,11; Mk1:4; L3:3,8), which goes beyond punishment or denial. Metanoia is a change of mind and heart, a reorientation of one's vision of the world and ourselves, a new way of loving others and God. We'll suggest changes that will be healthier and more caring for our neighbors, ourselves and our Earth, all of God's creation. As most new habits take about six months to become a part of daily living, don't be discouraged if you're not consistent after 40 days of Lent. Keep trying. Your positive persistence is an act of grace.

This week's vision: Be mindful that nano-plastics have permeated the air we breathe and the water we drink (tap water, beer/soda, water in plastic bottles), causing us to inhale or ingest 0.1 to 5 grams of plastic per week (5g = the size of a credit card). God's Earth deserves better.

Action change: To reduce plastic pollution, pledge to not use plastic bags. Keep re-usable shopping bags in your car for groceries, etc., so they are close at hand when you shop, requiring only a quick jaunt back to the car if you forget them. And make returning them to the car part of every unloading of food and other items to the cupboard, fridge or closet. Another alternative is to use paper bags, which you keep and later re-use. Or use bio-degradable plastic bags.

Old-fashioned Penalty Penance: If no reusable bag at checkout, gather all purchases into your pockets, purse or arms and carry them out to your car without a plastic bag.

Help Needed: St. Therese Art & Environment Committee

We are in need of additional help at St. Therese to swap over the church environment for various holidays and Holy Days throughout the year. If this is something you are interested in helping with, please contact Heather in the Parish Office.

How Many Times Can a Catholic Receive Holy Communion in One Day?

Most Catholics don't know this, but the Church is very clear. workload):

† What Canon Law Says

Canon 917 teaches:

“A person who has already received the Most Holy Eucharist may receive it a second time on the same day, only within a Eucharistic celebration in which the person participates.”

The key word is iterum, meaning “again,” but more precisely: one more time only.

So practically:

- If you attend one Mass and receive Communion, it is allowed
- If you later attend a second Mass and fully participate, it is also allowed
- If you attend a third or fourth Mass, no more Communion that day

This prevents turning Communion into something “quantitative,” as if more receptions equal more grace. The Church strongly rejects that mindset.

† The Minimum the Church Expects

One of the precepts of the Church requires Catholics to receive Holy Communion at least once during the Easter season.

Of course, the Church encourages more frequent reception:

- Sundays,
- and even weekdays,

as long as the person is in a state of grace.

† But What About Priests? How Many Times Should They Receive?

This part is often misunderstood.

Canon Law expectation

Canon 905 §1–2 explains how many Masses a priest may celebrate in a day:

Normally: one Mass per day

In pastoral situations (Sunday, Christmas, heavy parish

- a bishop may permit two Masses (bination)
- or even three Masses (trination)

Every time a priest celebrates Mass, he must receive Communion.

It is not optional.

A priest cannot celebrate Mass without receiving, because he acts in persona Christi—in the very person of Christ.

So:

- If a priest celebrates one Mass → he receives once
- If he celebrates two Masses → he receives twice
- If he celebrates three Masses → he receives three times

The restriction of Canon 917 does not apply to priests when they are celebrating Mass, because reception is part of the celebration.

† What About Altar Servers?

Altar servers are lay faithful, so the same rule applies to them as to any other Catholic.

An altar server may receive twice a day,

but only if both times are during Mass in which the server participates.

Even if the server assists at many Masses in one day, he or she may still receive only twice.

Serving more Masses does not grant permission for more Communions.

† So What Exactly Are We Saying?

Catholics (including altar servers):

- Maximum: 2 times per day, and the second time must be at Mass.

Priests:

- Must receive every time they celebrate Mass.
- Can receive 1, 2, or even 3 times depending on how many Masses they are permitted to celebrate that day.

God bless you

You're Invited: Men of Christ Conference

As mentioned in previous bulletins, the MEN of CHRIST conference is returning to a large in person event this year. The date is March 14, the place is the Milwaukee Theater downtown (the old auditorium), the site for more information and registration is menofchrist.net.

Now you've got the what, where, and when. The why? Have you heard the news lately? We are in need of men standing up and living their faith! The who is YOU and anyone else you can bring along with you. Your family needs you to attend. Our parish needs you to attend. Our Church needs you to attend. Our country needs you to attend. Bring your sons, fathers, brothers, uncles, co-workers, friends and see what a band of brothers can do.

Register at menofchrist.net. Call me with any questions and when you have registered; Mike Griffin (414) 248-3653.



Lenten Prayer Opportunities



Wednesdays: 5:30pm at STP
Thursdays: 11:30am at SVP-W
Fridays: Noon at STP and 6:30pm at SVP-E

Confessions

Saturdays - 3:15pm - 3:45pm at SVP-W
Sundays - 6:45am at SVP-E
Sunday, March 1st - 8:15am at STP (First Sunday)
Friday, March 27th: 10:00am to Noon at STP



Pray, Repent & Rejoice
12 HOURS of Reconciliation

March 25, 2026

Go to www.archmil.org for locations and hours.

LENTEEN GIVING 2026



This year we will be collecting monetary donations to provide dinners for the guests at the Guest House and Kathy's House. There will also be opportunities to prepare and serve the meals as well.

If you'd like to donate, be sure to label your envelope "Lenten Giving" before placing it in the collection or mailing it to either parish. If you are writing a check, make it out to either St. Therese Parish or St. Vincent Pallotti Parish and put "Lenten Giving" in the memo line.

Questions? Call Heather in the Parish Office.

STP = St. Therese Parish
 9525 W Bluemound Rd

SVP-E = St. Vincent Pallotti East
 5424 W Bluemound Rd

SVP-W = St. Vincent Pallotti West
 201 N 76th St



LENTEEN MISSION

Sunday, March 15 at 6:30pm at SVP-W
Monday, March 16 at 6:30pm at STP

Join us for an exploration of the spiritual and psychological implications of anger for our personal life and life in the communities we belong to. The presentation will be followed by group discussion/question and answer session.

RSVP using the QR Code, by going to either Parish Website or by calling either Parish Office.



Holy Week Schedule

Palm Sunday (3/29) - Regular Weekend Mass Schedule
Holy Thursday (4/2) - 7:00pm Mass of the Lord's Supper (SVP-W)
Good Friday (4/3) - 2:30pm Liturgy of the Lord's Passion (SVP-E)
 (Stations at 2:00pm)
Easter Vigil (4/4) - 8:00pm (STP)
Easter Sunday (4/5) - Regular Weekend Mass Schedule
Divine Mercy Sunday (4/12) - Multi Parish Adoration at St. Jude from 3-4pm

MOTHER OF PERPETUAL HELP PARISH PRESENTS

IGNITE Parish Mission

Monday, Tuesday, Wednesday
Feb. 23 - 25, 2026 6:30pm - 8:00pm
 Each Night

"Be who God meant you to be, and you will set the world on fire."
 St. Catherine of Siena

Mother of Perpetual Help Parish invites all of you to come to our Parish Mission to experience three days of peace and spiritual growth as we begin our Lenten journey.

LOCATION:

Mother of Perpetual Help East Site:
 2322 S 106th Street
 West Allis, WI 53227



Guest Speaker:
Mitchell Narvasa
 National Speaker, Music Leader, & Ministry Coach with the Augustine Institute



Mother of Perpetual Help PARISH

Lenten Observances for Fast and Abstinence



The Catholic Church asks each member to preserve the penitential character and purpose of Lent. For this reason:

- Catholics who have celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday and each Friday of Lent.
- Catholics who have celebrated their 18th birthday, in addition to abstaining from meat, should fast on Ash Wednesday and Good Friday. Hence, on those days they should eat only one full meal. Smaller quantities of food may be taken at two other meals, but no food should be consumed at other times during those days. The obligation of fasting ceases with the celebration of one's 59th birthday.

Catholics should not lightly excuse themselves from these prescribed minimal penitential practices.

SENIOR PLANET CLASSES

FREE Technology Education for Older Adults

Winter 2026

10:30 a.m. - 12 p.m. in the Firefly Room
 Wauwatosa Public Library

- Introduction to Translation Tools- Tuesday, February 24th
- Smartphone Camera Uses Beyond Photography- Tuesday, March 10th
- Wearables at a Glance- Tuesday, March 24th

REGISTER NOW

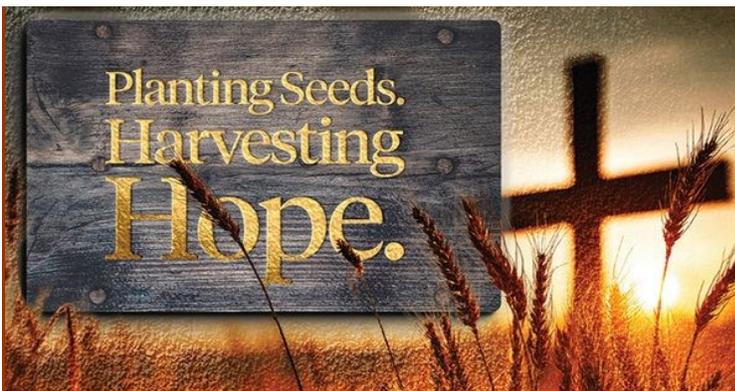


E-mail:
thealth@wauwatosa.net
 414-479-8936



SENIOR PLANET

FROM AARP Wauwatosa HEALTH DEPARTMENT



Your gift to the **Catholic Stewardship Appeal** plants seeds of hope for a bountiful harvest.



Your gift of any size will impact countless lives. To donate, visit www.catholicappeal.org, text **APPEAL2026** to 414-348-8380 or mail your check to the Catholic

Stewardship Appeal, 3501 S. Lake Drive, St. Francis, WI 53235.

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