

SAINT OF THE MONTH

St. Josephine Margaret Bakhita, F.D.C.C., was born in the village of Olgassa in the Darfur region of Sudan in 1869 and died in Schio, Italy in 1947. She was a member of the Daju people, and her uncle was a tribal chief. As a result of her family lineage, her childhood was happy and prosperous. However, in later life she was kidnapped, forced into slavery and was forced to undergo great mistreatment. After traveling to Italy with her captors, she discerned a call to follow Christ. She was eventually freed and became a Canossian religious sister, living in Italy for 45 years.

During World War II, the people of the village of Schio regarded her as their protector. And although bombs fell on their village, not one citizen died. Despite the horrible suffering she faced, she was known for her cheerfulness and gentleness. She had great faith in God's ability to bring good out of terrible circumstances. Her last words before dying were "Our Lady!". After her death, crowds gathered to see her body and ask for her intercession from heaven. In 2000 she was declared a saint by the then Pope John Paul ii.

St. Josephine Bakhita is known as the patron saint of the Sudan, victims of modern slavery and human trafficking. Her Feast Day is on February 8, also known as the World Day of Prayer, Reflection and Action Against Human Trafficking.



LENT 2023 BEGINS ASH WEDNESDAY 22:

9:00 a.m. Mass

7:30 p.m. Mass

8:00 p.m. Sacrament of Reconciliation

will be available after Mass

An infographic titled "ASH WEDNESDAY LENT BEGINS" with a dark background and white text. It is divided into several sections: "WHAT IS LENT?" with icons for praying, fasting, and abstinence; "WHAT IS FASTING?" with a plate and fork icon; "WHAT IS ABSTINENCE?" with a meat and fish icon; "DAYS OF FAST?" with boxes for Ash Wednesday and Good Friday; "DAYS OF ABSTINENCE?" with boxes for Ash Wednesday, All Fridays of Lent, and Good Friday; "WHO ARE REQUIRED?" for fasting with an age range icon and a note about the sick; and "WHO ARE REQUIRED?" for abstinence with a mandatory for everyone note and an age icon.

ASH WEDNESDAY

LENT BEGINS

WHAT IS LENT? PRAYING FASTING ABSTINENCE

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance.

WHAT IS FASTING?

One meal a day, and two smaller meals which if added together would not exceed one full meal.

WHAT IS ABSTINENCE?

Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

DAYS OF FAST?

Ash Wednesday Good Friday

DAYS OF ABSTINENCE?

Ash Wednesday All Fridays of Lent Good Friday

WHO ARE REQUIRED?

Catholics from age < 18 to 59 >

The sick are excused from fasting.

WHO ARE REQUIRED?

Mandatory for everyone older than 14 years old