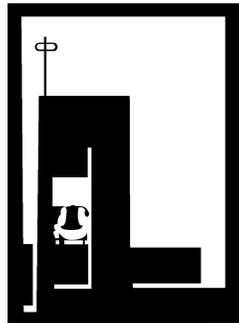
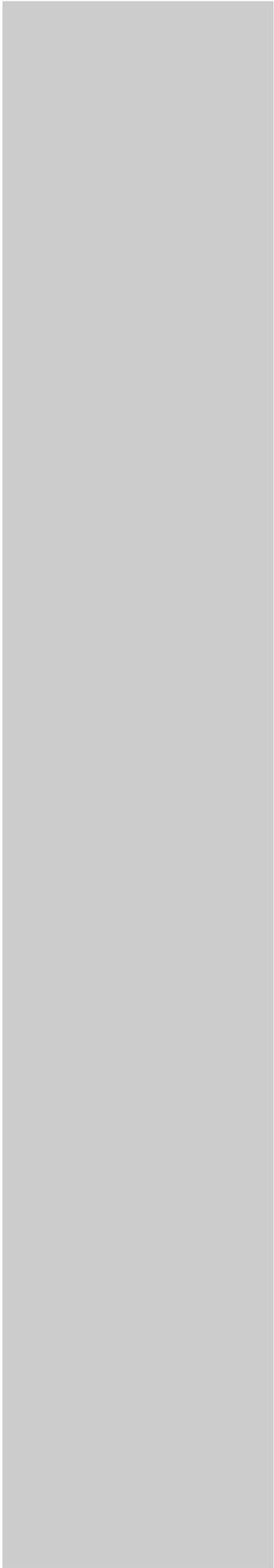


The Community of St. Matthew



*... exists
in the world
as a visible
expression of
God's love.*





Since 1886

Rabbi Allen Maller writes to Christians about the practice of Lenten Fasting.

In our consumer-driven culture, we have largely lost the spiritual value of self-restraint that is important in the Buddhist, Christian, Hindu, Jewish and Muslim traditions. In 21st-century America, self-control may be the single biggest factor influencing life expectancy. Most of those who exercise self-control will have a good chance of living into their 90s. Excessive pleasure-seeking and lack of self-restraint, however, will cut short the lives of millions of others. Most religions have taught that self-restraint is a virtue. Fasting and ritual dietary restrictions are widespread spiritual examples.

What people do not eat may be even more important than what they do eat. All animals eat, but only humans choose not to eat some foods that are both nutritious and tasty. Some people do not eat meat for religious/ethical reasons. During Lent, Catholics abstain from meat on Fridays and fast on Ash Wednesday and Good Friday. As a general prohibition all year long, Hindus do not eat beef; Jews and Muslims do not eat pork. And on Yom Kippur—the Day of Atonement—Jews do not eat or drink anything at all for 24 hours. Every year for the entire month of Ramadan, Muslims fast from first light until sundown, abstaining from food, drink and

marital relations. The Koran says: “Oh you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may [learn] self-restraint” (2:183). What do the religious practices of abstinence and fasting teach us? What spiritual benefits occur when we fast?

Fasting produces many different outcomes. Most importantly, fasting teaches compassion. It is easy to talk about the world’s problem of hunger and to feel sorry that millions of people go to bed hungry each day. But not until one feels hunger in one’s own body is there a real impact: empathy is much stronger than pity. Empathy should lead us to action. Fasting has moral value if compassion toward others has been extended in the process. As the prophet Isaiah wrote, “The kind of fasting I want is this: remove the chains of oppression and the yoke of injustice, and let the oppressed go free. Share your food with the hungry and open your homes to the homeless poor” (Is 58:6-7).



PARISH EVENTS

DID YOU KNOW ---

March is Food Campaign month for Neighborhood House. The goal is to collect 160,000 pounds of food during this campaign. Each week donations are brought from St Matt’s to Neighborhood House. Please help by bringing a non-perishable food item with you as part of your weekly Eucharistic celebration, or make a monetary offering in the yellow envelopes provided in the back of church. Thanks from St Matthew’s Food Shelf Ministry

CORRECTION - FIRST RECONCILIATION CELEBRATION

Students who have been preparing for this first Reconciliation will celebrate with their families **this Sunday, March 21 at 4:00 PM in the church**. Parishioners are welcome to join them for this celebration and/or remember these young people in your prayers as they participate more fully in the sacramental life of the church.

PASTORAL COUNCIL SELECTION

Pastoral Council selection process will be completed on Pentecost Sunday, May 23. Parishioners are invited to enter the discernment process, or to suggest the names of others who should be invited [current council members will do the inviting]. Contact any one of the council members--or call the parish office--for more information.

EDUCATION AND
FAITH FORMATION NEWS

CULVER'S NIGHT

Join the fun at Culver's on Tuesday, March 23 from 4:00-9:00 PM. 10% of all sales will go to the St. Matthew's Home and School Association. Thanks for the continued support.

2010 SOCK DRIVE RESULTS

Thank you for donating so generously to the Listening House Sock Drive. We collected 577 items. Listening House staff said that the first 25 people who sign up at the center that day would be allowed to choose a shirt/jacket and a pair of pants. All the clients may turn in their socks and get a new/or washed pair. We talked with a woman at Listening House from Sudan who shared her experience as a refugee with us. We walked away knowing how very fortunate and blessed we are.

Lent 2010
Church of Saint Matthew
490 Hall Avenue
Saint Paul, MN 55107
651-224-9793

Sundays of Lent
Saturday: 5:00 pm
Sunday: 8:00 & 10:30 pm

Lent Weekday Masses
Monday: 6:45 am
Tuesday through Thursday
6:45 am & 12:10 pm
Friday
6:45 am & 5:15 pm

Stations of the Cross
Monday: 7:00 pm

Confessions
Tuesday: 7:10 am
Saturday: 4:00 pm

ST. MATTHEW'S FISH FRY!!

Invite you family, neighbors, friends, co-workers. The last one is March 26 from 4:30-7:30 pm. Coordinated by the St. Matthew's Men's Club and our co-sponsors, Home & School; Boy, Cub, and Girl Scouts; Rosary Society; Street Children of Bucharest, and Casa Guadalupana. Flyers, for posting, and volunteer information, we can always use some help, are available at the Scrip table. Questions? Tim Nowak 612-269-9471.

THIS WEEK AT
SAINT MATTHEW

Sunday	March 21
Monday	March 22
6:45 AM, CH	Mass
3:00 PM, SH	Loaves and Fishes
6:45 PM, XC	Boy Scout Meeting
7:00 PM, MC	Stations of the Cross
Tuesday	March 23
6:45 AM, CH	Mass
12:10 PM, CH	Mass
2:00-6:00 PM, PC	St. Mary's Clinic
3:00 PM, SH	Loaves and Fishes
Wednesday	March 24
6:45 AM, CH	Mass
9:15 AM MC	School Mass
12:00 PM, MC	Mass
1:00-6:00 PM, PC	St. Mary's Clinic
2:45 PM, MC	Children's Choir
3:00 PM, SH	Loaves and Fishes
6:30 PM, SC	Religious Education, Grades 1-10
7:00 PM, MC	Adult Choir
Thursday	March 25
6:45 AM, CH	Mass
12:10 PM, CH	Mass
3:00 PM, SH	Loaves and Fishes
Friday	March 26
6:45 AM, CH	Mass
4:30-7:30 PM, SH	Lenten Fish Fry
5:15 PM, MC	Mass
Saturday	March 27
Sunday	March 28
2:00 PM, MC	Celebration of Forgiveness (Non-Sacramental)

Abbreviations:

MC – Main Church
CH – Chapel
PC – Parish Center
SH – Social Hall
SC – School
CC – Child Care
XC – Extended Day

STEWARDSHIP

In today's second reading, St. Paul says, "For his sake I have forfeited everything; I have accounted all else rubbish so that Christ may be my wealth." Does my stewardship suggest that I could say the same?

Sharing Last weekend, through the normal four channels, \$7,250 was given. Thanks to all 'faithful stewards.' The \$341,519 over 37 weeks of the fiscal year is \$3,655 greater than last year; \$2,538 greater than two years ago.

Other money: \$134 in school envelopes; \$145 for food shelf; \$323 to help pay the archdiocesan assessment [is greater than \$45,000]; \$5 in 'fuel' envelope. Thank you to each donor.

CHALLENGE: a parishioner couple, well aware of the need of a balanced budget, is offering to match—dollar for dollar up to \$3,500—additional money given by other parishioners. Can you/will you help? [Kindly mark you envelope as you distinguish the 'normal' donation and the 'challenge' donation.] Thanks in advance.

Service: Choir practice... drive neighbor to doctor

Prayer: Daily prayer... rosary... mass... Stations of the Cross

Children: \$15.25, Thank you! They wrote: 1 hour in prayer... cleaned room

FESTIVAL news...about 6 months and counting—September 18 & 19, 2010]. We're back! Start thinking about Fall Festival for 2010!! We'd like y'all to start thinking about what contribution you can make to make this year's festival an even greater success than 2009 [which was a doozy...can we top \$20,000?]. We feel, with the involvement of all, it'll be possible. Joan, Jan, Elaine, Angela

The Sassy Silver Seniors

First meeting: April 14, 2010—6:30PM—social hall. All are welcome; bring your ideas and suggestions—if you can't attend, call the parish office.

Mailing last week. 1: The main reason was to publicize the Holy Week schedule; and the decision was made to include both a statement of 2 months' of contributions [and the pledge] for 2010. Both the money counters and the 'computer inputer' work diligently; yet, errors, oversights, or typos do occur. Please call them to the attention of the office.

2: The 'flower form' was sent; it will not be stuffed into a bulletin. A list of all those remembered and honored and the donors will appear in the bulletin immediately after Easter.

3: Make note of the Assumption plan.

PARISH DIRECTORY

Saint Matthew Church Office..... 651-224-9793
 Fax.....651-228-9448
 Hours: Monday-Friday, 8 AM-12 NN; 1-4 PM
 Web site: st-matts.org
 Bulletin Email: bulletin.editor@st-matts.org

Pastoral Staff

Pastor..... *Father Stephen Adrian*
 Deacon..... *Rev. John Murphy*
 Parish Pastoral Administrator..... *John Riehle*
 Dir. Education & Formation..... *Doug Lieser*
 Dir. Music & Liturgy *Bonnie Faber*
 Dir. Child Care and KLT *Shar Lavelle*
 Bookkeeper *Cindy Hoffman*
 Administrative Assistant *Nicole Johnson*
 Dir. Food Service *Donna Jenniges*
 Parish Engineer..... *David Rosas*

Phone Numbers

Parish School..... 651-224-6912
 KLT Kids 651-665-0786
 Child Care Center..... 651-224-1459
 Prayer line 651-686-5463 or 651-455-6886

Schedule of Services

Weekend Liturgies Saturday: 5:00 PM
 Sunday: 8:00 & 10:30 AM
 Weekday Liturgies Monday-Friday: 6:45 AM
 1st Friday: 6:45 AM & 5:15 PM

Reconciliation

Tuesday..... 7:15 AM
 Saturday..... 4:00 PM

Sacrament of Baptism

Parents who are parishioners make arrangements with the Pastor or the Deacon one month prior to baptism.

Sacrament of Marriage

Couples make arrangements with the Pastor or the Deacon six months prior to wedding. Must be a member of the parish

Parish Council Members

Parish Council email: *parishcouncil@st-matts.org*

Karen Thompson	Georgann Henjum
Connie Aligada	Joyce Osborne
Jason Delmont	Anthony Minus
Dean Steinbrenner	Chris Stevens
Stephen Adrian	David Burrows