



CENTRAL WASHINGTON CATHOLIC

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Pāchu Washintin Chmuk Tātpas

JANUARY 2023 *Letter*

The 'Disciplines of Lent' Give Meaning to Lenten Journey

Lent is just around the corner, beginning with Ash Wednesday on February 22. This six-week period is a special time of reflection, in which we prepare for the high point of the Catholic Church year, Easter Sunday.

The milestones of Lent, from Ash Wednesday to Holy Thursday (the last Thursday before Easter, marking the celebration of the Last Supper), Good Friday (on which we commemorate the death of Christ on the Cross), Holy Saturday (recalling the vigil Christ's followers held for Him) and Easter Sunday (a celebration of His Resurrection), give us focal points for prayer and meditation.

To help us give more meaning and a bit of sacrifice to our Lenten journey, the Catholic Church sets the following disciplines for the season. Note: Those who have health issues, work schedules or other special circumstances that make following these regulations unreasonable may be excused.

Ash Wednesday, February 22, required abstinence from meat for those age 14 and above, and fasting between meals for those age 18 to 59, with one normal-sized meal and two smaller meals recommended.

All Fridays of Lent, required abstinence from meat for those age 14 and above. The exception is that Bishop Joseph Tyson has dispensed members of the Diocese from the obligation to avoid eating meat on Friday, March 17, in recognition of the memorial of St. Patrick, patron saint of Ireland. He is suggesting an act of charity as a substitute.

Good Friday, April 7, in addition to the required abstinence from meat for those age 14 and above, fasting between meals is required for those age 18 to 59, with one normal-sized meal and two smaller meals recommended

All Sundays of Lent. As with the rest of the year, attendance at Mass is required at a Saturday evening vigil or on Sunday.

In addition, reception of Holy



Communion is required annually for those not conscious of serious sin. Known as the "Easter Duty," in the United States this can be fulfilled sometime between the First Sunday of Lent, February 26 and Trinity Sunday, June 4. If reception is delayed due to illness, the date of the next worthy Holy Communion determines the beginning of the next annual period. The Church recommends reception of Holy Communion at each Mass attended for those who are properly disposed to receive the Sacrament.

New Parish Center Completed for Our Lady of Fatima Parish

Our Lady of Fatima Parish in Moses Lake has a new parish center, which was dedicated Sunday, January 8. "When I first arrived at the parish quite a few years ago, I saw how much we relied on our original parish center," observed



Statues of Our Lady of Fatima and the three children greet entrants to the new parish center.

Father Dan Dufner, pastor. "I also saw how well-worn and in need of renovation it was."

Similar in size to the old center, the

new 18,200-square-foot building has nine classrooms, a commercial-grade kitchen, bathrooms with showers and a "great room" for both meals and large meetings.

"After considerable discussion and discernment, it became clear that a more feasible and affordable option for the center would

be demolition and new construction. We took our collective leap of faith in this direction in 2020 during the throes of the pandemic, with all of its

accompanying uncertainty," said Father Dufner.

A key parish ministry that has developed over many years is a soup kitchen to feed the less fortunate in the community. Leaders are waiting on the health department to approve their application before they are able to resume serving food. They expect it to be done by February or March.

"After our roughly 60-year run with the old center, we are now well set up for the next 60 or so years with space for religious instruction, meetings, retreats, receptions and other social events, the soup kitchen, and probably ministries we haven't even thought of yet," Father Dufner concluded.

You're Invited to Magnificat Zoom Sessions

The Magnificat Adult Faith Formation program continues in January and February with an **online only** format. Hybrid presentations (online and in a parish setting) begin again in March. Presenters include:

Saturday, Jan. 28: Anchoring Science & Faith: "Evidence of God and Jesus"

Resurrection & Divinity"

Father Jaime Chacon and Becky Cates will lead this session from 9 to 11 a.m., at the following link: <https://us02web.zoom.us/j/84116935317>

Tuesday, Jan. 31: Anchoring Science & Faith: "Evidence of God and Jesus' Resurrection & Divinity"

Father Jaime Chacón will present in Spanish from 7 to 8:30 p.m., at this link: <https://us02web.zoom.us/j/89090870889>

Wednesday, Feb. 1: Virtual Reunion with Catechists: Topic, RCIA – Rite of Election

Bishop Joseph Tyson and Ree Kearns will present in English from 6 to 7 p.m.,

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A Message from Bishop Tyson...

Dear Friends:

As I write this, we are on the cusp of celebrating February 2, the Feast of the Presentation of the Lord, also known in Spanish as “Candelaria” and in English, “Candlemas.” The Feast recounts the Gospel story where elderly Simeon prays these words as he gazes on the child Jesus in the temple (See Luke 2:29-32):

“Lord, now let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel.”

But the more festive antecedent to “Candelaria” for our Spanish speakers comes on the feast of the Epiphany where parishioners often have the custom of baking or buying “rosca de pan” – a kind of sweet bread – with a small figurine of the infant Jesus hidden in the ring-shaped bread. Whoever happens to get a piece that has the baby Jesus is the one to make the tamales for the family feast to celebrate the “Presentation of the Lord.”

What’s the connection? The Magi come to worship the newborn King in a manger. “Manger” is derived from the French verb “to eat.” I still sometimes hear the word “manger” used by older ranchers to describe the feeding trough for cattle. It is as though our liturgy wants us to connect the Eucharist from Easter where we have a “foretaste of the resurrection” (see paragraph 1000 of the Catechism of the Catholic Church) with this first indicator of how Jesus feeds us right from his birth, lying in a “manger.”

Of course, being responsible for making the tamales based on your Epiphany luck of getting the small baby Jesus in your piece of “rosca de pan” underscores the Eucharist connection all the more dramatically! We are fed the bread of life through Jesus Christ, fully human and fully divine, in the elements of the Eucharist. As worshippers, we imitate Jesus by feeding others!

Feeding the newborn in one of the keys in our upcoming statewide PREPARES collection. Through your parishes and in a direct mailing from me, you’ll be asked to help us feed the children of moms with wrap-around care and support. Some



Bishop Joseph Tyson

of that support from PREPARES includes formula and diapers in our PREPARES welcome baskets. Titled “Open Your Heart,” this collection is meant to uplift the beauty of the life of children, born and unborn. We want to walk the journey of life with children from the first moment of conception, supporting their moms, and being especially present during those first critical five years.

Likewise, our upcoming Lenten “CRS Rice Bowl” allows us to support the many projects offered by the Church around the world in places often stricken by poverty and war. We want to feed the world with our love and our care as a Church. “CRS Rice Bowl” allows us to witness our concern and our reverence for life at every stage from childhood to old age.

Let me close on this note, as we remember the death of our Emeritus Holy Father, Pope Benedict XVI. In a very moving passage from his book “Pilgrim Fellowship of Faith,” he recalled how Saint Augustine, at the end of his life, decided to fast from the Eucharist. He wanted to enter Heaven alongside those sinners who needed to fast from the Eucharist due to sin. He wanted to enter with other sinners as a simple pilgrim.

This act of penance was startling to him when Benedict first read Saint Augustine. But then Benedict recalled the old Good Friday liturgy where – not only was there no celebration of the Eucharist – but there was not even a distribution of ANY Eucharist reserved from the previous Holy Thursday liturgy, as there is today.

Of course, Eucharist is central to our

life of faith. But the fact that Pope Benedict noticed this discipline at the end of Saint Augustine’s life suggests that sacraments themselves are not the end target of the spiritual life. Union with Christ is what most counts. This is what we learned in a hard way during the many months during COVID-19 when our spiritual life was like one long Good Friday fast from the Eucharist.

Through this liturgical lens, then we can realize that it does not matter how much or how little we give. What matters is that we give in a way that changes our spending habits and our way of life so we, like Saint Augustine, become better pilgrims with our fellow sinners here on earth even as we strive to become better members of the communion of saints in Heaven. We give to feed others. We fast so others can feast.

“On earth ... as in Heaven.” As we move through “Candelaria” and “Candlemas,” I hope you can allow Christ to light your way wherever you are on that journey from sin and death, to resurrection and redemption.

In advance I thank you for your support of both the PREPARES collection as well as CRS Rice Bowl. In doing so, I hope you discover deeper communion with Christ.

With every best wish and blessing!

Yours in Christ,

Most Reverend Joseph J. Tyson
Bishop of Yakima

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If you have been abused or victimized by a member of the Catholic clergy, please believe in the possibility for hope and help and healing. We encourage you to come forward and speak out.

The Yakima Diocese has a sexual abuse hotline for those who wish to report some incident concerning that issue as regards a bishop, priest, deacon or diocesan employee or volunteer. (888) 276-4490.

PREPARES Collection Calls Us to 'Open Our Hearts'

In February, Catholic parishes throughout the state will ask for financial support to sustain the Pregnancy and Parenting Support (PREPARES) initiative launched by the Bishops of Washington State in 2015. In the Diocese of Yakima, an in-pew appeal is set for February 11-12.

In collaboration with the state's three Catholic Charities agencies, the bishops are asking us to "Open Our Hearts" and reach out in love to help young families who have chosen life but are struggling to raise their children. PREPARES is a parish-based volunteer program to assist families in need during the first five years of their child's life.

The Church's vision for this positive pro-life program is that every parish will someday have this ministry to assist pregnant women and families in need. Statewide, there are currently

170 parishes actively providing this ministry with the help of 880 trained volunteers. Over 6,450 men, women and children have been helped in the past year through the efforts of parish volunteers and PREPARES coordinators across the state.

The PREPARES ministry relies on volunteers to collect and distribute diapers, food, clothing, and other essential needs to those who seek help. Volunteers also act as mentors to mothers and dads in need.

None of this would be possible without the generous donations of parishioners. For those who cannot assist directly, PREPARES always welcomes financial contributions. The Catholic faithful are urged to respond to the Bishops' appeal that they may receive in the mail, or to go online to make a donation at [PREPARESforlife.org](https://preparesforlife.org). The direct link for Central Washington do-

nations is <https://preparesforlife.org/donatecw/>.

Through this program not only are lives changed for the moms, dads and children who receive services, but also changed for the volunteers who provide services. As one volunteer stated:

"At this time in my life I wanted a personal relationship with Christ's poor and marginalized. PREPARES spoke to my heart. In walking with people who have far less than I have, I became humbled by my biases and assumptions about poor people. I now see struggling individuals as resourceful survivalists doing the best they can. I feel small for judging them. My faith has become stronger, as I now see how much God loves all of us. My heart beats with compassion and profound respect for those living on the margins, and I am grateful to God for the life changing experience PREPARES gave me."

You're Invited to Magnificat Zoom Sessions *Continued from page 1*

at the following link: <https://us02web.zoom.us/j/82656274445>. Valeria Flores will present in Spanish from 7 to 8 p.m., at the following link: <https://us02web.zoom.us/j/89886347060>

Saturday, Feb. 4: The Virgin Mary in the Magisterium of the Church (Spanish).

Sister Maria del Socorro Becerra will present in Spanish from 8:30 to 11:30 a.m. at the following link (passcode 198438): <https://us02web.zoom.us/j/86570287108>

Tuesday, Feb. 7: Mary and the Saints (Spanish).

Father Jesús Alatorre will present in Spanish from 7 to 8:30 p.m. at the following link: <https://us02web.zoom.us/j/89090870889>

Saturday, Feb. 18: Defense of Marian Dogma (Spanish).

Sandra Barros will present in Spanish from 8:30 to 11:30 a.m. at the following link (passcode 198438): <https://us02web.zoom.us/j/86570287108>

Thursday, Feb. 23: Mission of the Church

Father Dan Steele will make this presentation in English, from 7 to 8:30 p.m., at the following link: <https://us02web.zoom.us/j/84116935317>

Check next month's newsletter, as well as the diocesan website, www.yakimadiocese.org, for more information. For details about the Magnificat program, contact Valeria Flores at (509) 759-7791 or valeria.flores@yakimadiocese.net.



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How do YOU encourage respect for life?

Why not contact the **Pro-Life Coalition of Central Washington** and request a free speaker for your church or group? Choose from:

- talking points you can use for all ages to defend respect for life;
- advice for teens on navigating the hazards of dating;
- natural family planning (limited speakers);
- someone working with human trafficking victims in our area;
- medical personnel explaining the Catholic stance on euthanasia.

Email us today at prolife@prolifecw.org to request a free speaker on these or other topics.

Stand up for life!

The Pro-Life Coalition of Central Washington is a non-profit 501(c)(3) organization, 4001 Summitview Ave., Suite 5, #16, Yakima, WA 98908 (509) 985-6248

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NEWS

From Around the Diocese

Help Others Through Rice Bowl Program

Parishes and schools throughout the Diocese of Yakima will participate again in this year's Rice Bowl collection, using the cardboard rice bowls and calendars given out at the beginning of Lent to collect money saved through fasting, or given as alms for the poor.

The boxes are collected during Holy Week, and the funds are distributed both around the world and in local communities to combat hunger – 75 percent of every donation goes to Catholic Relief Services' humanitarian efforts around the world, while 25 percent is returned to the diocese to support local efforts to alleviate poverty.

Last year, 17 grants of \$1,000 each were awarded to non-profit organizations in the Yakima Diocese. That used up all of the remaining money in the Diocese's Rice Bowl fund, with the help of a grant from diocesan discretionary funds.

Catholic Relief Services is the official international humanitarian agency of the Catholic Church in the United States. For decades, CRS Rice Bowl has provided a wonderful opportunity to encounter different people from around the world, know more about their lives and recognize them as our sisters and brothers. Here are some suggestions this year:

- Use your CRS Rice Bowl and Lenten Calendar each day to guide your prayer, fasting and almsgiving.
- Read the Stories of Hope and daily reflections to inspire your Lenten journey.
- Use the CRS Rice Bowl recipes to prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our sisters and brothers around the world.
- Visit crsricebowl.org to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.

Your sacrifices during this holy season have the power to change lives by providing enough nutritious food for families to thrive. And by practicing the pillars of Lent through CRS Rice Bowl, both your faith and connection to our one human family deepen.

Marriage Encounter Planned

Worldwide Marriage Encounter is presenting an In-Person Weekend Experience, March 10-12, (in English) at Immaculate Heart Retreat Center in Spokane. To learn more about Worldwide Marriage Encounter, please call and leave a message for Ken and Cheryl at (509) 922-9813 or email Ken and Cheryl at kcnagle@comcast.net. Please apply at www.wwme.org (Search in-person weekend, Spokane, WA under "Apply").

Memories of Pope Benedict Inspire Appreciation for The Church

By Christine Corbett Conklin

It was an experience of a lifetime. The open-top "popemobile" edged closer and closer along the pathway of St. Peter's Square, until he was about eight feet



Emeritus Pope Benedict XVI greeted visitors to St. Peter's Square in 2009.

away from us: Pope Benedict XVI, smiling and waving to the crowd. His eyes were kind and gentle. It seemed as though he looked directly at us – although I suppose it could have been the woman to our immediate left, in her colorful Tyrolian dress with full skirt and puffy white sleeves!

The vehicle continued on its way, delivering the Pope near to the altar situated above the steps of the Square, where he would celebrate one of countless Wednesday Masses. Afterwards, he would once again be driven past us, this time wearing his red cap-pello – or brimmed hat – and waving to the crowd of thousands of people.

With the December 31 death of Pope Emeritus Benedict, I have been thinking a lot about that magical summer day in 2009. My daughter, Erin, and I arose early that morning and rode by cab from our hotel in Rome to the entrance of St. Peter's Square. It was open seating for the papal audience and we wanted to get good seats, close to the front. When the crowd was allowed to enter, we abandoned all dignity and ran with a few other people to get front-row seats.

There was a vibrant energy in the crowd. We were individuals from around the world, speaking many languages, united in our Catholic Faith, all waiting to glimpse God's representative here on earth. Many of our local clergy have had the opportunity to meet one or more of our Holy Fathers, up close and personal. However, for two lay people with no special standing, this was remarkable in its own way as we sat with the crowd, literally surrounded by the "universal church."

Following the Mass, attendees were

instructed to hold up any objects which we wished to have blessed by the Pope. To this day, I treasure a bottle of holy water, plus a small, wooden San Damiano cross that I had brought to be blessed.



The popemobile and its occupant made an impressive sight.

The direct line of succession from Saint Peter continues in the Catholic Church with the service of Pope Francis. We are part of a 2,000-year (and counting) tradition. Christ promised that "the Church would be with us always." Through trials and turmoil, good days and bad, it remains a great blessing to be Catholic!

Let us pray for the repose of the soul of Emeritus Pope Benedict XVI and all of our deceased clergy and religious, as the story of our Catholic Church continues to be written.

January Features Pro-Life Events in Two Communities



Tri-Cities Students for Life and other community members lined both sides of the street near John Dam Plaza in Richland on January 16.

Syndee Saucedo spoke to attendees at the Mass for Life, January 8, at St. Paul Cathedral.



Members of St. Paul Cathedral Life Teen and Yakima Students for Life were among hundreds who joined in a Walk for Life, January 21 in Yakima.