

FROM THE PASTOR'S DESK:



Dear people of God, friends all,

Thanks for your attention at Mass last weekend! It's not always easy to dwell on the importance of a good sense of **Stewardship**, especially regarding Finances. But the parishioners and friends of the Cathedral never shrink from challenges! While not everyone has the heavy responsibility for generosity that goes with wealth, we all recognize **our duty to return to God in sacrifice a fair portion** of what He's blessed us with.

Soon – after the Super Bowl, of course! – our attention will move in a different direction. In just ten days **Lent** will begin. Yet it's best not to wait until **Ash Wednesday on Feb. 17** to make plans for it. Now is the time to give thought about how to make it a powerful time of religious progress.

You know, we usually spend a lot of time thinking of something to “give up for Lent.” That very thought inspires both smiles and grimaces, because so often it ends up being a trivial “penance,” something that's just symbolic.

Symbols are good but the reality they suggest is always more important. So I urge you to **do something more substantial this Lent**. Try to come up with some practice or project that really does increase your religious or moral self-discipline.

In this vein let me suggest an old-fashioned word: **mortification**. For centuries the Church has known that **grace increases in situations of physical distress**. That's why we fast – not because it's a diet, but because it **hurts!** That's why we should “do extra” for Lent – commitments that are time-consuming and inconvenient and expensive and so forth – because then we will appreciate more what Christ's **death** for us means!

One “hard thing” for many people comes when they realize they should resume **going to confession regularly**.

But repentance is perhaps the most classic of all Lenten attitudes, so don't be afraid to do it! The tips printed below may help you. Also, renewed devotion to Mass and daily prayer is also among the most honored way of rediscovering what's really important. In any case, **please start thinking about Lent now!**

I know I usually end my *Bulletin* column a bit differently, but somehow I don't think anyone will mind if just this once I pose instead a final question:

Who Dat?

NOTICE!
Saturday VIGIL MASSES
on Feb. 6 & 13 are
CANCELLED due to
Mardi Gras Parade
traffic!

20 Tips For Making A Good Confession

(This handy list is based on one drawn up by another priest. I pass it on to you now to help you in your planning for Lent!)

You should:

1. examine your conscience regularly and thoroughly;
2. memorize an act of contrition;
3. wait your turn in line patiently and silently;
4. come at the time reconciliation is scheduled, not a few minutes before it ends;
5. use a regular formula for confession so that it is familiar and comfortable;
6. speak distinctly but never so loudly that you might be overheard;
7. state your sins clearly and briefly without rambling;
8. confess all mortal sins in number and kind;
9. confess your own sins and not someone else's;
10. never be afraid to say something “embarrassing” – just say it;
11. don't confess “tendencies” or “struggles,” just sins;
12. never worry what the priest might think of you – he usually admires your courage;
13. never fear that the priest will not keep your confession secret, for he is bound by the Seal of Confession;
14. answer the priest's questions briefly if he asks for any clarification;
15. listen carefully to any advice the priest might give;
16. carefully listen to and remember the penance and be sure to understand it;
17. ask questions if you can't understand what he means when he says something;
18. don't leave the confessional before the priest has finished giving you absolution;
19. keep in mind that priests can have bad days just like you do; and
20. remember that priests go to confession too – they know what you are going through!

ASH WEDNESDAY SCHEDULE

Masses here at the Cathedral on Ash Wednesday, February 17, will be at: 7 am, 12 noon (celebrated by Bishop Muench), and 5:15 pm. Ashes will be distributed at all Masses.

FAST AND ABSTINENCE: During Lent the Church imposes certain penances to aid believers to enter fully into the penitential spirit of the season. First of all, all Catholics over 14 are to abstain from eating meat on ALL FRIDAYS and, with especially serious obligation, on Ash Wednesday and Good Friday. If between the age of 18 and 59 all Catholics are also obliged to FAST, that is, are limited to ONLY ONE FULL MEAL (with no in-between meal snacks!) on Ash Wednesday and Good Friday. Priests and deacons may dispense a person from these obligations for a very serious reason, but a grave responsibility for each Catholic to do some penance during Lent always remains.

COLLECTIONS... We take up only ONE collection during the Preparation of the Gifts at Mass. Your regular weekly envelope and all other donations may be put into it. On the first full weekend of each month (like this weekend, Feb. 6/7) we ask for a special donation for **Cathedral Maintenance and Repair**. Please be generous.

CONSECRATED LIFE... The annual World Day of Consecrated Life is celebrated this year on Sunday, Feb. 7. Men and women who have consecrated their lives to God through the public **vows of poverty, chastity, and obedience** deserve our praise and gratitude. Consecrated life is one way our baptismal commitment is lived out more fully: have you thought of it?

TAX INFORMATION... Remember, IRS regulations require a statement from the church or copies of your canceled checks in order to claim charitable donations made to us last year. Contact the Cathedral's Parish Office at 225-387-5928 or office@cathedralofstjoseph.org and we will be happy to provide you with a copy of your 2009 contribution statement.

PICTORIAL DIRECTORY... If your picture wasn't taken for our soon-to-be-published pictorial directory, please send in a photo that can be used. You can either mail it to or drop it by the Parish Office, or email it to us at office@cathedralofstjoseph.org.

WEDDING ANNIVERSARY CELEBRATION... At 3 pm on Sunday, Feb. 28, Bishop Muench will celebrate a **special Mass** at Sacred Heart of Jesus Church honoring couples married for 25, 50, and 65+ years in 2010. The honorees' families are also invited to the liturgy and reception afterwards. Couples belonging to the Cathedral Parish wishing to attend should call our Parish Office to register. (If a registered member of another Church parish, please call your own Parish Office to sign up!) The *registration deadline* is Feb. 15.

Census...The time to complete your Census 2010 Questionnaire is near. Please make every effort to fill out the Census Questionnaire that will be mailed to your home next month, and return it in timely fashion. It should take only 10 minutes to complete it. Also, if you are interested in being a Census worker, telephone 866-861-2010 toll-free to apply.

Office Closed... The Parish Office will close for Mardi Gras on Monday/Tuesday, Feb. 15/16. There will be **no confessions or Mass on these days**.

Stewardship of Finance

This weekend the Commitment Forms for the Stewardship of Finance phase of our Total Stewardship Program will be collected.

Please prayerfully consider your pledge for 2010, complete your Commitment Form, and drop it in the collection when you come to Mass. If you prefer, you may simply mail the form to the Cathedral Office at 412 North Street, Baton Rouge, LA 70802-5496.

Both regular and special gifts are freely offered. Christ's own example of willingness to give His life for us sets a marvelous example, though: in prayer ask Him how you would best share His blessings to you.

ROOTS OF FAITH... An attractive, full-color "coffee table" book tells the story of our Church in south central Louisiana. The Parish Office still has some copies for sale, for \$32 each. Make checks payable to St. Joseph Cathedral.

The Way Of The Cross... will be prayed each Friday during Lent at 11:30 am. The noontime Mass will follow at 12:05 pm.

PRAYER LIST - FEBRUARY 2010

Hospital/Sick: Fran Bourgeois, Richard Boudreaux, Meredith Burns, Jesse Carline, Ozile Carpenter, Helen Casse, Michael Conger, Nicole Couper, Carolyn Daigle, Merle Day, Erlene Ferguson, Nina Fox, Mary Furlow, Jennifer Gauthier, Andrea Gunnells, Gwen Hamilton, Nomie James, John Jones, Carolyn Kennedy, Glenda Kennedy, Jack Kinnear, Torrey Kleinpeter, Tammy Lane, Glee Lashouto, Walter Lechner, Peggy Moore, Clementine Lott, Father Pat Mascarella, Bill McAuliffe, Ann Messina, Westin Morley, Lisa Namie, Elizabeth Orgeron, Nicky Perrinoes, Frank Rice, Farrell Richard, Patrick Richoux, Ruth Traylor, Fr. Than Vu, Mickey Waguespack, and Annette Williams

Homebound: Mary Zolodick

Nursing Homes: Chetta Cangelosi, Josie Cangelosi, Lettie Counce, Mae Couvillion, Elizabeth Hamilton, and Elaine Taranto

Other Concerns: For military and diplomatic personnel

This list is printed monthly. To add a name, please contact the Parish Office at 225-387-5928 or office@cathedralofstjoseph.org

SANCTUARY LAMP... Our Sanctuary Lamp burns every day before the Blessed Sacrament. If anyone is interested in dedicating the prayers of our Cathedral community symbolized by this prominent vigil light to a loved one who is sick, in need, or deceased, or in thanksgiving, please call the Parish Office at 225-387-5928 for details on how to do this.

Apostleship of Prayer: The intention for the month of February is **Scholars**. That scholars and intellectuals, by sincere search for the truth, may come to know the one true God.



ST. JOSEPH CATHEDRAL
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MASS INTENTIONS... *Week of 2/6*

Sat.	4:00 pm	Simon Maggio Family
Sun.	8:00 am	Agnes & Joseph F. Blasi, Jr.
	10:00 am	For all Cathedral Parishioners
	12:00 noon	Mary C. Morgan
Mon.	12:05 pm	Lillian Cline Koster/Benedict Cline
Tues.	12:05 pm	Frank Faraci, Andrew Manley, Cedric Aucoin, Jr.
Wed.	12:05 pm	Zimmermann Family
Thurs.	12:05 pm	Rosina Faraci, Morris Parrino, Ernest Carrier Family
Fri.	12:05 pm	Purgatorial List



WEEKLY PRAYER INTENTIONS...

Saturday:	For Christian Unity
Sunday:	For youth
Monday:	For the grace to deal with disappointments
Tuesday:	For the poor and needy
Wednesday:	For the unchurched
Thursday:	For unemployed persons
Friday:	For the sick and homebound

SCRIPTURES FOR THE WEEK...

Saturday	1 Kgs 3:4-13; Mk 6:30
Sunday	Is 6:1-2a,3-8; 1 Cor 15:1-11 or 15:3-8,11;
Monday	1 Kgs 8:1-7,9-13; Mk 6:53-56;
Tuesday	1 Kgs 8:22-23,27-30; Mk 7:1-13;
Wednesday	1 Kgs 10:1-10; Mk 7:14-23;
Thursday	1 Kgs 11:4-13/Mk 7:24-30;
Friday	1 Kgs 11:29-32;12:19; Mk 7:31-37;

STEWARDSHIP OF MONEY... The regular collection for Jan 23/24 totaled \$8986.00 (161 Identified Givers gave \$8618.00; unidentified givers contributed \$368.00). The annual collection to assist the Church in Latin America came to \$673.00. "Pay your tithes in a spirit of joy. Give to the Most High as He has given you, generously, according to your means." (Sir 35:8-9)

GIVING TO THE CATHEDRAL... It's best if everyone is an Identified Giver, paying by check or using envelopes. This permits your generosity to be deductible in accord with applicable tax laws.

Another option in giving is by automatic direct bank draft transfer. Contact your bank and set up a regular donation, made from your checking account directly to the Cathedral, on a schedule you determine.

The Cathedral will also accept gifts of stock, real estate, or distributions from other funds. Please call the Cathedral Office at 225-387-5928 if this is something you would like to arrange.

Finally, have you remembered the Cathedral in your will?