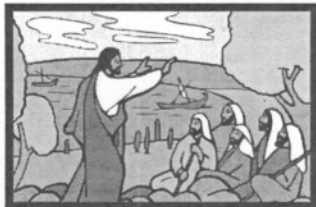


FIRST SUNDAY OF LENT
MARCH 1, 2009



What does it mean to "fast"?

To fast is to do without food. Its purpose is to experience the effects of not eating. It also serves to be a penance or a sacrifice for the purpose of strengthening us. When we don't eat, for even a little while, we get hungry. When we get hungry, we have a heightened sense of awareness. If, when we eat too much, we have a sluggish feeling, when we fast, we have a feeling of alertness. Fasting is a wonderful exercise whenever we want to sincerely ask for an important grace from God. It is not that our fasting "earns" God's attention, but by fasting, we clarify our thinking and our feeling. It is purifying and prepares us to pray more deeply.

As Catholics, we are required to fast on Ash Wednesday and Good Friday. Of course, anyone is free to fast at any time that it is helpful for their prayer and reflection. It is not recommended that anyone with impaired health should fast in any way. It is also important to note that everyone who fasts should drink enough fluids on a fast day.

What does it mean to "abstain"?

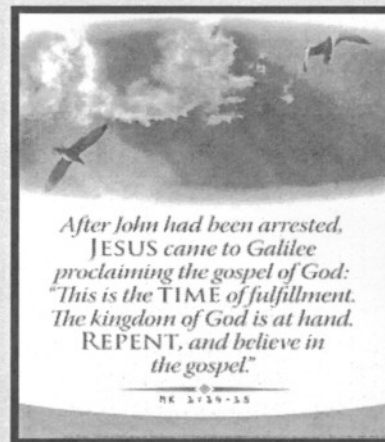
To abstain is to not eat meat. Its purpose is to be an act of penance—an act of sacrifice that helps us grow in freedom to make much bigger sacrifices. Of course, it would not make sense to make the sacrifice of not eating meat, and then eat a wonderful meal I might enjoy even more. Many People eat a vegetarian diet, for a variety of reasons, and eating meat is not even an issue. It might be possible to abstain from a non-meal that I really like, on all the Fridays of Lent. It should be noted that many people in this world cannot afford to eat meat or do not have access to it. Part of our abstaining from meat can place us in solidarity with so many of our sisters and brothers around the world.

**STATIONS OF THE
CROSS**

Friday, 3-6-09
St. Bartholomew Parish
2 PM and 7 PM



Please join us for our Annual Fish Fry, sponsored by St. Bart's School PTG, each Friday of Lent in the Cafeteria 4:30 until 7:30. Let's make this a successful fundraiser for our PTG!



REFLECTION

Lent's forty days can change our hearts. Three exercises of the heart are appropriate: fasting—to appreciate the hungers of our own hearts; prayer—to open our hearts to hear God speak and allow us to respond from the heart; and almsgiving—to open the eyes of our hearts to see those around us most in need. Ask God to transform your heart, turning into flesh what has become stony.

Have a blessed week.
Sister Dorothy



School News

PTG MEETING

Please join the PTG for their monthly meeting on Monday, March 2nd at 6:30

pm. The meeting will take place in the Library. All parents and guardians are welcome.

RECONCILIATION

Please keep our second graders in your prayers as they make their First Reconciliation on Tuesday, March 3rd at 7 pm. The students have been working very hard to prepare for this important day.

ASSEMBLY

Our students in grades K-8th will be attending an assembly on Wednesday, March 4th. The assembly will focus on nutrition.

MASS

Please join Miss Begley and the 2nd and 3rd graders for Mass on Thursday, March 5th at 10 am. Our students would love to have you join us.

FISH FRY

Please support our school by attending our Annual PTG Fish Fry, every Friday during lent, except Good Friday. The Fish Fry is held in the school cafeteria from 4:30 pm-7:30 pm. All proceeds from the Fish Fry benefit the students of the school.

**THE ST. BARTHOLOMEW
BRUINS ARE IN THE
PLAYOFF'S!**



**THE GIRLS JV TEAM ARE
SECTION CHAMPS AND
HAVE WON THEIR FIRST
PLAYOFF GAME!!!**

**THE BOYS JV AND VARSITY
TEAMS WILL BE IN THE
PLAYOFFS!!**

GO BRUINS!!!



**ST. BARTHOLOMEW SCHOOL
HONOR ROLL**

7TH GRADE—HIGH HONOR

JARRED BREVARD MARISSA PAREDES
JAKE PUNTURI

HONORS

BILL BUTTERFIELD KATIE DAWSON
CHAD TODD

HONORABLE MENTION

MEGAN MATURO NANETTE PINA

8TH GRADE—HIGH HONOR

AARON HORNE JD MACIOCE

HONORABLE MENTION

MATTHEW CASEY

Central Catholic Honor Roll

HONORS

Nicholas Nejak

Richard Pirollo Benjamin Punturi

(our apologies for inadvertently forgetting their names last week)

Volunteers Needed!



The Basic Needs Assistance Program of Catholic Charities of the Diocese of Pittsburgh is in need of volunteers

with social work or clerical support experience. By volunteering you will be directly helping those in need. Conveniently located in Downtown Pittsburgh's Cultural District, the office is easily accessible by public transportation. To volunteer for this program, contact Judy at 412-456-6975.

**Golden Agers
There will be no March meeting
See you in April!!**



**UPCOMING RETREAT
March 13-15, 2009
Call Colleen Ford @ 412-242-7207**

**UPCOMING EVENTS AT
ST. BARTHOLOMEW'S**

**The World Day of Prayer for Women...
Friday March 6th, 2009**

10:00 AM Fellowship.. (Cafeteria)
11:00 AM Prayer Service, all parishioners
are encouraged to attend. (Church)

**St. Bartholomew Annual Retreat...
March 20—March 22**

All men of the parish age 18 and over are
invited to attend. Call Sam at 412-683-8082
for additional information.

**Lenten Pilgrimage...Sacred Shrines of
Ohio**

Tuesday March 24

All parishioners are welcome to join this
spiritual tour. Call the rectory for reserva-
tions.



**Catholic Alumni Club
of Pittsburgh**

CO-ED
SOFTBALL/TENNIS PLAYERS
WANTED

Singles, 21 and over, looking for a new way to
meet people, make friends, and share good
times with others? Check out the Catholic
Alumni Club. The group offers tennis, parties,
picnics, dances, hiking, volleyball, dinners,
scripture, study, trips, and many other great
events. For more information or an applica-
tion, go to their website:
www.cacpittsburgh.org or call Meredith at 412-
683-8082

Have you been thinking about life as a Priest, Sister
or Religious Brother? The Pittsburgh Religious Voca-
tion Council and the Serra Clubs of the Pittsburgh
Diocese are sponsoring a Vocation Awareness Week-
end at the Martina Spirituality Center,
5244 Clarwin Avenue, West View. The
event will begin Friday, March 27, 2009 at
6:30 PM and end Sunday, March 29 at
12:30 PM. The weekend is open to Catho-
lic men and women, ages 18 to 55. There
is no cost to the attendees. For informa-
tion about registration call the Department
for Consecrated Life at 412-456-3068.



 **Mass Intentions
for the Week**

MON., March 2, Lenten Weekday

10:00 AM Deceased members of the
Myers Family (Joan Tomer)

TUES., March 3, Lenten Weekday

8:00 AM St. Irenaeus
9:00 AM St. Gerard Majella, St. Joseph

WED., March 4, Lenten Weekday

8:00 AM St. Irenaeus
9:00 AM St. Gerard Majella, St. Susanna
7:00 PM Holy Hour

THURS., March 5, Lenten Weekday

10:00 AM Lawrence Craver (Ladies of Charity)

FRI., March 6, Lenten Weekday

10:00 AM Jeanne Doyle (Carole Taylor & Jim Benedict)
2:00 PM Stations—St. Bartholomew
7:00 PM Stations—St. Bartholomew

**SAT., March 7, Vigil Second Sunday of
Lent**

4:00 PM Confessions
"Rite of Sending"
5:00 PM Henry & Rose Ditillo (Son, Ronnie)

SUN., March 8, Second Sunday of Lent

8:00 AM Ann Colaizzi (Son & Family)
10:30 AM People of the Parish

Please remember in you prayers
the sick, shut-ins, and hospitalized
members of the Parish.

Please remember in your prayers the
departed members of our parish family,
especially,

**Joseph Wollenschlaeger
Hugh McShane**



**The Sanctuary Candle is lit this
week in memory of
Betty Manzo
from her family**