WASHINGTON

Fulcrum director honored in White House ceremony

Joe Womac, the executive director of the Fulcrum Foundation, which supports Catholic education in the Archdiocese of Seattle, was one of nine Catholic school leaders honored Jan. 25 at the White House for their innovation and dedication. The group, which included a student, a few principals, diocesan education officials and other school representatives, was recognized as part of the Obama administration’s “Champions of Change” program, which highlights different groups each week for contributions they make to their communities. The attention to Catholic school leaders was timed to coincide with Catholic Schools Week Jan. 29 to Feb. 5. At the gathering, Joshua DuBois, head of the White House Office of Faith-Based and Neighborhood Partnerships, praised Catholic schools for not only serving their own students but also local communities.

WESTERN WASHINGTON

Pro-life campaigns planned in five cities

From Ash Wednesday, Feb. 22, through Palm Sunday, April 1, the spring 40 Days for Life campaign will hold peaceful prayer vigils outside Planned Parenthood abortion clinics in Everett, Olympia, Seattle, Tacoma and Vancouver.

The Everett pro-life event will begin with a kick-off gathering Feb. 18 from 5 to 8 p.m. at Our Lady of Perpetual Help Parish’s Hensen Hall, 2508 Hoyt Ave.

It will be the seventh campaign held in Everett. The prayer vigil draws support from Catholic parishes throughout Snohomish County. Scores of volunteers and more than eight priests have joined in the earlier campaigns to pray for an end to abortions.

Around the world, 40 Days for Life anti-abortion campaigns have been held in 422 cities. The campaigns have inspired more than 3,000 mothers to spare their unborn babies from abortion, according to the national group.

Several abortion clinics have closed following 40 Days for Life campaigns and many abortion clinic employees have quit their jobs and left the abortion industry.

For more information, visit www.40daysforlife.com.

SEATTLE

Fair will match volunteers with charities

Christ Our Hope Parish will hold its 2nd Annual Downtown Volunteer Fair Sunday, March 4 from 1 to 4 p.m. Last year’s event drew 200 people to the historic Josephinium building in downtown Seattle, 1902 Second Ave.

Representatives of over 35 charities and agencies that serve poor, homeless, sick, hungry and lonely people will be available to meet one-on-one with potential volunteers.

The Fair is supported by Virginia Mason Medical Center and co-sponsored by the Church Council of Greater Seattle, the Downtown Seattle Association and the Pike Place Market Foundation.

For more information, visit www.annualdowntownvolunteerfair.org or contact Fran Abbott at 206-452-1734.

SEATTLE

Retreat calls Catholics to be ‘light of the world’

The Seattle Archdiocesan Council of Catholic Women will hold a Journey of Faith Retreat on March 17 from 9:30 a.m. to 3:30 p.m. in the Isaac Orr Conference Room, 910 Marion St.

The theme of the retreat is “From our Baptism, we are called to be Light.” Featured speakers include Father Raymond Cleaveland, pastor of Christ the King Parish; singer Evelina King; and Corinna Laughlin, St. James Cathedral’s pastoral assistant for liturgy, who will lead a themed tour of the cathedral.

The retreat is open to both women and men, and will include communal prayer, adoration and opportunity for confession. Registration opens at 9 a.m., following 8:15 a.m. Mass in the cathedral. The cost is $35.

For more information, visit www.seattlewco.org or contact Sue at 253-350-1874.

OAK HARBOR

John Michael Talbot to give concerts

Popular Christian musician John Michael Talbot will hold two evenings of “Sacred Music, Teaching and Prayer” on Feb. 15 and 16 at St. Augustine Church, 183 Oak Harbor St. Both events begin at 6:30 p.m.

Talbot is one of the pioneering artists of what has become known as contemporary Christian music. He is recognized as Catholic music’s most popular artist, with over 4 million sales and compositions published in hymnals throughout the world.

For more information, call the parish office at 360-675-2303.

OFFICIAL

Lenten Regulations for the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain from meat on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and on all Fridays during the season of Lent.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one’s needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted.

Abstinence. On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18 - 59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

THE CHANCERY
FEBRUARY 9, 2012

AVISO OFICIAL

Normas para la Cuaresma en la Arquidiócesis de Seattle

En esta temporada de penitencia, la Iglesia se basa en la sabiduría de las Escrituras y la tradición al sugerir un tiempo de intensa oración, ayuno y limosna.

Los católicos de los Estados Unidos están obligados a abstenerse de la carne durante el Miércoles de Ceniza y todos los viernes de Cuaresma. Los católicos también están obligados a ayunar el Miércoles de Ceniza y el Viernes Santo. Se recomienda firmemente el acatamiento voluntario del ayuno todos los días de semana de la Cuaresma, así como la abstención de carne todos los viernes del año.

El Miércoles de Ceniza es el día 22 de febrero del 2012.

El Viernes Santo es el 6 de abril del 2012.

Ayuno. En un día de ayuno se permite una comida completa. Se permite otras dos comidas suficientes para mantener la fuerza, según las necesidades de cada uno, pero las dos juntas no pueden igualar a la otra comida completa. No se permite comer entre comidas, solamente líquidos, incluyendo leche y jugos.

Abstinencia. En los días de abstinencia no se puede comer carne.

La obligación del ayuno se aplica a los católicos entre los 18 y 59 años de edad. La obligación de la abstención se aplica a quienes tengan 14 años de edad en adelante. La ley no obliga si la salud o a la capacidad de trabajar se ven seriamente afectadas.

LA CANCELLEIRÍA
9 DE FEBRERO DEL 2012