



Fasting from Envy

A good friend shared with me this quote: "Of all the little devils in my life, envy robs my life of the most joy." This was what a Yup'ik woman said to her when she was a new Jesuit volunteer over twenty

years ago. What is envy? The *Catechism of the Catholic Church* defines envy as: "Resentment or sadness at the sight of another's good fortune, and the immoderate desire to have it for oneself, even unjustly. It is one of the seven capital sins. When out of envy the individual wishes grave harm to a neighbor it is a mortal sin, contrary to the tenth commandment" (2539). Because the emotion of envy robs us of the joy of living our life it is the most potent cause of unhappiness. It often comes from low self-esteem that results from an upward social comparison threatening a person's self image. For example: another person has something that the envier considers to be important to have. If the other person is perceived to be similar to the envier, the aroused envy will be particularly intense, because it signals to the envier that it just as well could have been him or her who had the desired object.

Another friend shared with me the idea that envy is the sin of the middle class, as we constantly compare ourselves to others, never satisfied with what we have but always wanting more. This often happens bilaterally. While the single person longs to be in a lifelong joyful marriage, freed from loneliness; the married person longs to return to the freedom and solitude of being single. When we are at our spiritual worst this tendency to envy may actually cause us to try to disrupt the joy of another. The tendency to envy is a universal and most unfortunate aspect of human nature because not only is the envious person rendered unhappy by their envy, but the envier also wishes to inflict misfortune on others. Kant defined envy as a tendency "to see our own well-being overshadowed by another's because the standard we use to see how well off we are is not the intrinsic worth of our own well-being but how it compares with that of others" (*Metaphysics of Morals*). St. Gregory the Great taught, "From envy are born hatred, detraction, calumny, joy caused

by the misfortune of a neighbor, and displeasure caused by another's prosperity."

"Envy" and "jealousy" are often used interchangeably, but, both words actually stand for two distinct emotions. In proper usage, jealousy is the fear of losing something that one possesses to another person (often a loved one), while envy is the pain or frustration caused by another person having something that one does not have oneself.

So is there a cure for this tendency in our human nature toward envy? The *Catechism of the Catholic Church* suggests this: "Envy represents a form of sadness and therefore a refusal of charity; the baptized person should struggle against it by exercising good will. Envy often comes from pride; the baptized person should train himself to live in humility" (2540). St. John Chrysostom offers this antidote in a homily: "Would you like to see God glorified by you? Then rejoice in your neighbor's progress and you will immediately give glory to God. Because you can conquer envy by rejoicing in the merits of others, God will be praised." Fostering loving kindness toward others and a sense of profound gratefulness for who I am and what opportunities I have helps me fast from envy.

Have a great Lent.

Diocesan Choir FOR Installation Events

Choir rehearsals for the installation events for Bishop-Elect Burns will begin in March. Please come join in song with musicians from throughout the Diocese of Juneau to celebrate and welcome our new bishop.

Rehearsals will be held at St. Paul's on:

- Wednesday at 7 p.m., March 4th
- Wednesday at 7 p.m., March 11th
- Wednesday at 7 p.m., March 18th
- Tuesday at 7 p.m. March 24th
- Tuesday at 7 p.m. March 31st (Mandatory)



Solemn Vespers — 7 p.m. Wednesday, April 1st (St. Paul's)
Installation Liturgy — 3 p.m. Thursday, April 2nd (St. Paul's.)
Christm Mass — 9 a.m. on Friday, April 3rd (Cathedral of the Nativity)

For more information contact: Connie Preecs at 789-2290,
e-mail gpreecs@gci.net or Mary Stone at 723-8157.



KATY RICE
DIRECTOR OF RELIGIOUS EDUCATION

Religious Education Happenings During Lent

SACRAMENTAL PREPARATION

Baptism: Baptism classes for parents of infants and young children are available by appointment. We recommend you take the class before your child is born, if possible. Please call Katy to inquire about classes: 586-1317 or cathedraldre@acsalaska.net.

Please pray for the young people of our Parish who are preparing for 1st communion and Confirmation during the Easter Season.

GODLY PLAY LENTEN SCHEDULE

During Lent, the Godly Play classes will focus on the main themes of Jesus' ministry, told in the Faces of Easter story. Be sure to pick up a *Parent Page* outside of your child's classroom each Sunday so you can discuss with your child what they are learning.

Godly Play classes will meet every Sunday of Lent. We will not have classes on April 12th, Easter Sunday!

CATHEDRAL YOUTH MINISTRY LENTEN SCHEDULE

February 25th is Ash Wednesday. We will not have youth group so that youth and their families can attend the 7pm Ash Wednesday Mass at the Cathedral.

During Lent, the Youth groups will meet on Wednesdays March 4th, 11th, 18th, & 25th. Due to the events surrounding the Bishop's Installation on Thursday, April 2nd, we will not have youth group on Wednesday, April 1st. The following week is Holy Week and we will not have youth group on Wednesday, April 8th. We encourage youth to attend the Holy Triduum services with their families.



CATHEDRAL YOUNG ADULT MINISTRY

Every Saturday morning from 9 – 10 am, a small group meets at the Downtown Heritage Coffee on Franklin Street, to read and discuss the upcoming readings for Mass. This is a great way for those of us in our 20's and 30's to gather together and discuss, explore and ask questions about our faith and prepare for the Sunday Liturgy. Feel free to drop in any Saturday morning! Please contact Jessica at 586-1317 if you have any questions.

CATHEDRAL LENTEN SCHEDULE

Ash Wednesday, February 25th, Masses are:
7:00am, 12:10pm & 7:00pm at the Cathedral

All Fridays of Lent: Rice Bowl Supper and Stations of the Cross beginning Friday, February 27th, Supper at 6:00pm in the parish hall, Stations of the Cross, 7:00pm, Cathedral Worship space

Centering Prayer Workshop, Thursday, March 12th, 6:30-8:30pm, Cathedral Worship Space

Lectio Divina Workshop, Tuesday, March 17th & Thursday, March 19th, 6:30-8:30pm, Cathedral Worship Space

LENTEN PENANCE SERVICES

St. Paul's, Wednesday, March 25th, 7:00pm

Cathedral, Thursday, March 26th, 7:00pm

SERVICES FOR INSTALLATION OF BISHOP EDWARD BURNS

Vespers, Wednesday, April 1st 7:00pm, St. Paul's
Installation Mass, Thursday, April 2nd, 3:00pm, St. Paul's

Chrism Mass, Friday, April 3rd, 9:00am, Cathedral

EASTER TRIDUUM

Holy Thursday, April 9th, Mass of the Lord's Supper, 7:00pm, Cathedral

Good Friday, April 10th, Stations of the Cross, 12:10pm, Celebration of the Lord's Passion, 7:00pm

Holy Saturday, April 11th, 8:30pm, Cathedral

Easter Sunday, April 12th, 8:30am & 11:00am



FROM SR. MARIE LUCEK, OP
CATHEDRAL PASTORAL ASSOCIATE

A SUGGESTED LENTEN PRACTICE

One of the activities our newly-formed women's book club did recently was to choose a practice that would help us to "find God in all things."

Each person chose a different way to do this. One cut out the words "find God in all things" and put them on her dresser where she would see them every morning and every evening. Another thought of God whenever she looked at her young child. Still another asked God each morning for a "postcard" and each day she was alert to the "postcard" God would send her. I decided to use the bells that chime every hour as my reminder to be aware of God's presence in that moment, whether in the face of another, in a message I am reading or in a quiet moment in the depths of my being.

Whatever practice we chose, each of us was more consciously aware of God's abiding presence and of how God was active in our lives. During the Lenten season we are asked to fast, to give alms and to give more time to prayer. In essence, in choosing a practice to "find God in all things" we were choosing to spend more time in prayer than what was usual for us. I invite each of you to consider doing something similar during Lent as a way of being more conscious of God's loving presence in your own life. My chosen practice has been so effective that every time I hear the bells now I think of how God is blessing me.

Papal Message Reflects Core Principles of Operation Rice Bowl

**National Lenten Initiative Calls on Catholics to Fast; Fight
Hunger**

BALTIMORE, MD, Feb. 9, 2009 – Pope Benedict XVI's Lenten message calling on Christians to fast and "give to the poor what had been set aside from their fast" deeply reflects the core principles of Operation Rice Bowl, Catholic Relief Services' annual Lenten initiative.

Every Lent, millions of Catholics use symbolic rice bowls as the focal point for their communal prayer, fasting, and

almsgiving, and to adopt the attitude of "Good Samaritan" by helping people who have been affected exponentially by skyrocketing food prices and hunger.

Over the last year, a global food and the economic crisis aligned to cause a dramatic spike in the price of food around the world. Although commodity prices have since fallen in global trading, this is not necessarily reflected in local markets, and food is still out of reach for many.

Operation Rice Bowl is an opportunity for Catholics to make a difference. Participants in the program are encouraged to fast and make a small sacrifice: prepare a simple meal each week and donate the money they are saving to Catholic Relief Services' development programs that help to alleviate hunger.

Last year, Catholics raised more than \$7 million through Operation Rice Bowl, 75 percent of which is used to fund hunger and poverty projects in 40 countries. The remaining 25 percent stays in U.S. dioceses to support food pantries and soup kitchens.

The Papal Lenten message highlights the very tenets of Operation Rice Bowl: "It is precisely to keep alive this welcoming and attentive attitude towards our brothers and sisters that I encourage the parishes and every other community to intensify in Lent the custom of private and communal fasts, joined to the reading of the Word of God, prayer and almsgiving."

"Operation Rice Bowl gives people in developing countries hope and an opportunity to break free from the cycle of poverty and hunger by earning a steady income, increasing their farming production and connecting to markets where they receive a fair price for their crops," CRS President Ken Hackett, explains. "And it gives people here an opportunity to show support for those less fortunate."

In Egypt, for example, Operation Rice Bowl-funded microfinance programs to encourage small businesses so people can earn a living and put food on the table. In the Philippines, the initiative funds programs that help farmers increase their crop yields and ensure enough food in their communities. In Honduras, Operation Rice Bowl funds are used to assist small farmers in improving their crop yields by facilitating training opportunities where farmers are able to exchange their knowledge and experience.

CATHEDRAL PARISH DIRECTORY

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Mass Schedule

Saturday Vigil 5:30 pm

Sunday 8:30 & 11:00 am & 5:30 pm

Monday-Friday 12:10 pm

Friday 9:30am **Wildflower Court**

Saturday 9:30 am

Sacrament of Reconciliation

Saturday 4:00 - 5:00 pm

and by appointment.

Cathedral of the Nativity
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Ash Wednesday Masses
7:00am, 12:10pm & 7:00pm