

## Parish Community News

### Prayer Request

Please keep Fr. Bruce in your prayers. He is laid up in a cast after he tore his Achilles tendon on his left heel. His right one is borderline! He is off his feet for two weeks and then they will put him in a boot so he can walk a bit. We will keep you posted on his progress. We are hoping for weekday Mass coverage but may have to have a Communion Service or two. In the meantime please keep Fr. Joe and the Parish Staff in your prayers as we begin our Lenten journey one priest down!

**Lenten Fish Fry's** — Knights of Columbus Council 5300 will be hosting Lenten Fish Fry's on each of the six Friday evenings during Lent (no fish fry on Good Friday). Join us in the Parish Hall and enjoy one of the best fish dinners you can get in Southern California. **Take-out meals are available.** Cost is only \$9. Children under 12 are \$3. Serving begins at 6:00 pm. Proceeds support the charitable works of the Council.



**FISH FRY**

**Eucharistic Ministry** — "Go forth to love and serve the Lord, and one another" — this is our send off as we leave the Eucharistic celebration. The Eucharistic Ministry is an opportunity to serve both our Lord and each other when you attend Mass. Please prayerfully consider if this is a ministry that you are being called to participate and serve. Applications are available at the Parish Office. You can contact Maureen with questions.

**You Can Help!** — For several years, St. Raphael's High School Ministry has put on a 5-day camp retreat for teens. Last year, with the help of generous parishioners, **66 teens** attended the retreat! This year's retreat at Rancho La Scherpa will cost \$250 per person. To sponsor a teen, please make your check payable to *St. Raphael Youth Ministry* (with "Summer Camp" on the memo line). You may drop it off at the Parish Office, mail it, or hand it to John after 5:30 pm Sunday Mass. Your sponsorship helps teens who cannot afford to attend the camp. Thank you for your support and God bless you!

**RCIA** — Rite of Christian Initiation for Adults (RCIA) is the process which welcomes those who are inquiring into the life and mission of the Catholic Church. RCIA classes are held at San Roque Parish, 3200 Calle Cedro, Santa Barbara. Call Silvia Morgan at **683-8543** for info.

### Need Help?

Call St. Vincent de Paul: **683-8535**.

### This Week at St. Raphael Church

#### Monday, February 22

St. Vincent de Paul Mtg. Conf. Rm., 2:00 pm  
Adult Confirmation Class, Church, 7:00 pm

#### Wednesday, February 24

Adult Bible Study, PC, Rm. A/B, 10:00 am  
Fr. Bruce's Lenten Bible Study, Parish Hall, 7:00 pm

#### Friday, February 26

Stations of the Cross (English), Church, 5:30 pm  
Lenten Fish Fry, Parish Hall, 6:00 pm  
Stations of the Cross (Spanish), Church, 7:00 pm

PC=Parish Center

### Fast and Abstinence

During Lent, Catholics in the United States abstain from meat on Ash Wednesday and on all the Fridays of the season. We also fast on Ash Wednesday and Good Friday. On a day of fasting, eat only one full meal; you may also eat two partial meals and should not snack between any of them.



Everyone age 14 and older is bound by the law of abstinence. Fasting binds from after one's 18th birthday until after the 59th. Catholics younger and older than that need not fast on Ash Wednesday and Good Friday. Nonetheless, fasting is a praiseworthy practice, even when it is not required.

### Thank You!

Saint Raphael parishioners raised **\$10,464** to help the Haitian people who are suffering in the aftermath of the devastating earthquake. Anyone wanting to donate can send a check to:

Catholic Relief Services  
P.O. Box 17090

Baltimore, Maryland, 21203-7090

Please write "Haiti Earthquake" on the memo line of the check. Thank you for your generosity!