



## FISH DURING LENT

I am not sure if abstaining from eating meat in favor of fish sticks during the five or six Fridays in Lent is for Catholics only or is it for all who traditionally observe Lent. Legend has it that a medieval pope had connections to a fishing business so he banned the eating of red meat on Fridays to give his fishing industry friends a boost. We know that story isn't true. We know that Jesus fasted for 40 days and died on a Friday so Catholics honor the event by avoiding animal flesh one day of the week. That explanation is fine but doesn't explain why red meat and poultry are targeted and seafood is fine.

The main reason for this is the "fast". In the beginning some worshippers ate only bread. By the middle ages, they began to avoid meat, eggs and dairy. By the 13<sup>th</sup> century, the meat-fish divide was firmly established and Saint Thomas Aquinas gave the answer as thus:

Fasting was instituted by the Church in order to bridle the (concupiscences i.e. a strong desire for appetite especially lust) which regard pleasures of touch in connection with food and sex. Put simply, Aquinas thought that fellow Catholics should abstain from eating land locked animals because they are too darn tasty. Lent is a time for simplicity. In the 1200s, eating meat was considered a luxury so eating meat was decadent and no way to celebrate a holiday centered on modesty.

Saint Paul's first letter to the Corinthians has also been used to justify fasting. Paul wrote ...There is a kind of flesh for men, another for beasts, birds and fish. Maybe that distinction is taken from Judaism's own dietary restrictions which separates fowl and land locked animals from fish. However, neither the Torah, Talmud or New Testament clearly explains the reason behind the divide.

Thanks to King Henry VIII and Martin Luther, Protestants don't have to worry about their diet. When Henry ruled, fish was one of England's most favorite dishes but when the Catholic Church refused to give Henry a divorce, Henry broke from the church. Eating fish then became a pro-Catholic statement and King sympathizers and Anglicans began to eat meat on Fridays. Martin Luther declared that fasting was up to the individual and not the church. King Edward VI who was 10 years old at the time tried to reinstate the fast and improve the country's fishing economy. Some Anglicans picked up the fast again but Protestants who were then the strongest group in Continental Europe – didn't take the bait.

## HOLY WEEK AND EASTER

In a few short weeks we will be ending our Lenten Season and begin our Holy Week celebration which culminates into what is traditionally known as Easter. This Christian holiday is when we celebrate and commemorate the central event of our faith – the resurrection of Jesus Christ. Easter for us is probably the most important day of our church year as our entire liturgical year of worship centers around this day.

Easter consists of our Holy Week and Easter itself. The last seven days of Lent prior to Easter is our Holy Week. The week consists of the following:

**Palm Sunday:** The Sunday before Easter which is the celebration of Jesus' entry into Jerusalem. This day is called Palm Sunday because as Jesus rode into Jerusalem, large crowds of people spread out palm branches on the ground before him as a sign of his kingship.

**Maundy Thursday:** A day sometimes overlooked by many churches, as this day symbolizes Jesus as the suffering servant. Jesus washes the feet of his disciples and gives them bread and wine to partake in remembrance of him.

**Good Friday:** This day marks the crucifixion of Jesus on the cross. Thought not really a "good" day, this day is a day of mourning and sorrow because of the sacrificial death. It may also be considered to be a day of gratitude for the supreme sacrifice that Christ made for us.

**Holy Saturday:** Not really celebrated as a "special day" as this day is usually reserved for preparing the church for the Easter service. Most people do not attend a Holy Saturday service. Holy Saturday is a "service of the Word". Though this service is short, brief and humble, it can enrich any congregation that decides to offer it.

**Easter:** The most important holy day of our Christian church. This day celebrates the resurrection of our Lord Jesus Christ and confirms the claim that Christ had the authority to forgive the sins of the world and the power to come back to life again. It gives Christians the hope that we too will be able to experience a resurrected life in heaven.

*Yours in Christ,  
Joe Maldonado, Senior Warden*

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### **Bishop's Visitation, Palm Sunday, and Holy Week Services**

***Bishop Hunn will be with us to preach and celebrate on Sunday, March 21 via Zoom. With the current restrictions while the positivity rate for COVID-19 remains above 10%, plans at this time for Palm Sunday and Holy Week are not complete. Once everything is confirmed, everyone will be notified by email. Please check your email frequently!***



### **MARCH PRAYER LIST**

*Please keep these members and friends of St. Christopher's in your daily prayers...*

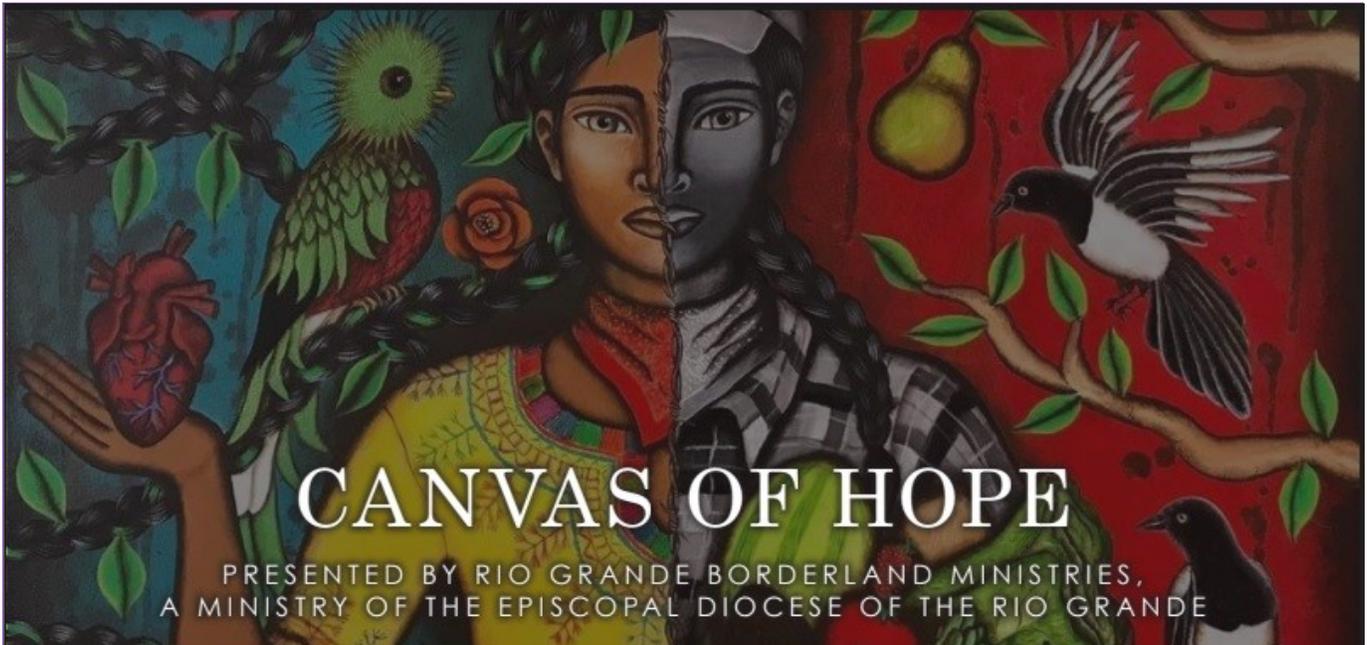
***Robert Soto and family*** (Member), ***Augie Vega and the Ramos family*** (Member), ***Paula Dominguez*** (Member), ***Virgie Shinn*** (Member), ***Patty Lane*** (Member), ***Luis Garcia*** (Member), ***Linda East*** (Member), ***Mary Reyes*** (Cano), ***Roger McNeil*** (Mowad), ***Kevin Salcedo, Joe Heidrick*** (Shinn), ***Fernando Peña, Christy Darling, Jerry Brown*** (Shinn), ***Hank Hosford*** (Mowad), ***Noah Rios, Carlos Rubio, Sr.*** (Navidomskis), ***Octaviano Tavares*** (Rodriguez), ***Donna Hvizdos*** (Hudak), ***Mariann Chavez*** (Shinn), ***Shenay Moore*** (Truesdale), ***Roman Morales and family, Estela and Jesus Salcido, Sammie Garcia*** (Shinn), ***Chasaidy Cantrell*** (Truesdale), ***Lorin Garcia*** (Navidomskis), ***Patti Tobin*** (Navidomskis)

***Happy  
Birthday***

***Almighty God, we commend to your care and keeping all of the men and women of our armed forces at serving at home and abroad and their families and friends***

***Please contact Holly to add or delete names***

**MARCH BIRTHDAYS**  
***Iker Herrera 2 David Garcia 9***  
***Holly Truesdale 26***



Rio Grande Borderland Ministries responds to the ongoing humanitarian crisis unfolding at our southern border. As global pandemic surges, the need for relief and advocacy for people at the border continues to grow. In order to spread awareness and build our network of supporters, Rio Grande Borderland Ministries is hosting an online community art fundraiser titled Canvas of Hope. The event will feature artists passionate about migration, including musical performances, poetry readings, artists talks, and more.

Canvas of Hope is accepting donations of paintings, printmaking, photography, drawings, prints, mixed media, and sculpture. While we encourage work to be migration related, we are also open to unrelated works.

Submitted art will be auctioned to raise money to support shelters in Juárez and Ojinaga, Mexico. The art will be displayed on our website and for our online media event, May 1st, 2021. 100% of the proceeds will go towards supporting the work of RGBM in helping to feed, shelter, and care for our migrant and indigenous neighbors.

**Contact Email: [admin@riograndeborderland.org](mailto:admin@riograndeborderland.org)**

**Call Type: Auction**

**Eligibility: International**

**State: Texas**

**ENTRY DEADLINE: 3/19/21**

**Images - Minimum: 1, No Maximum**

**Total Media - Minimum: 1, No Maximum**

**Entry Fee (Canvas of Hope): Free**

All entries should be submitted via email ([admin@riograndeborderland.org](mailto:admin@riograndeborderland.org)). Include an image list in the body of the email with title, medium, and size. Artists should also submit a short artist statement describing your background, your work, your contact information, and your interest in issues of migration. All entries will be chosen from high-resolution (300dpi) jpeg or png images. Files not to exceed 5MB.

**FOR MORE INFORMATION: [RIOGRANDERBORDERLAND.ORG](http://RIOGRANDERBORDERLAND.ORG)**

**CHECK OUT OUR  
WEBSITE AND  
LIKE US ON FACEBOOK!**



## **ST. CHRISTOPHER'S EPISCOPAL CHURCH**

**300 Riverside Drive El Paso, Texas 79915**

**Church Office: 915 859-9329**

**THE EPISCOPAL CHURCH WELCOMES YOU!**

**Email:**

**stchristopherselpaso@gmail.com**

**Website:**

**www.stchristopherselpaso.org**

### **WORSHIP SERVICES**

**Sunday**

**Holy Eucharist 10:00 a.m. via Zoom**

**Thursday**

**Eucharist & Healing 10:00 a.m. via Zoom**

**No in-person services at this time**



**St. Christopher's  
Soup Kitchen**

**is closed at this time due to COVID-19**

***BISHOP OF THE DIOCESE  
OF THE RIO GRANDE  
The Right Reverend Michael B. Hunn***

### ***CLERGY AND STAFF***

***The Reverend Alejandro Reyes  
Associate Priest***

***The Reverend Miguel Ramirez  
Associate Priest***

***Holly Truesdale  
Parish Administrator***



### ***VESTRY***

***Joe Maldonado - Senior Warden  
Virgie Shinn - Junior Warden  
Carlisle Navidomskis  
Bruce Truesdale Edward Cowling***

### ***CHURCH OFFICE HOURS***

***Administrator  
and Church Office***



***9:00 a.m. - 12:00 p.m.  
Monday through Friday  
Due to COVID-19  
the Administrator is operating  
the Church Office from  
her home  
852-3954 or 252-2475***

***Do not hesitate to call her 24/7  
in the event of an emergency  
or in pastoral need***

### ***ST. CHRISTOPHER'S MISSION STATEMENT***

***Our Mission, as vessels indwelt  
by the Holy Spirit, is to proclaim  
the Gospel and teach the Faith;  
to bring Christ's healing power to  
those who are wounded and hurting;  
to share our blessings with those in  
need; to administer the Holy  
Sacraments; and to live our lives to  
God's glory, sharing the love of  
Jesus Christ with all people.***

