

# SAINT CHRISTOPHER CATHOLIC CHURCH

**March 6, 2022**

## St. Christopher Church

*Fr. David Harris, Pastor*  
fr.david@stchrisparishnh.org

*Rev. Thien Nguyen,  
Vietnamese Ministry*

**62 Manchester St.**  
Nashua, New Hampshire 03064  
(603) 882-0632  
info@stchrisparishnh.org  
www.stchrisparishnh.org

## Saint Christopher Academy

*Mrs. Cindy Clarke, Principal*  
cclarke@saintchrisacademy.org

**Grades PreK - 8**  
20 Cushing Ave. &  
6 Bartlett Ave  
Nashua, New Hampshire 03064  
(603) 882-7442  
www.saintchrisacademy.org

## Worship Schedule

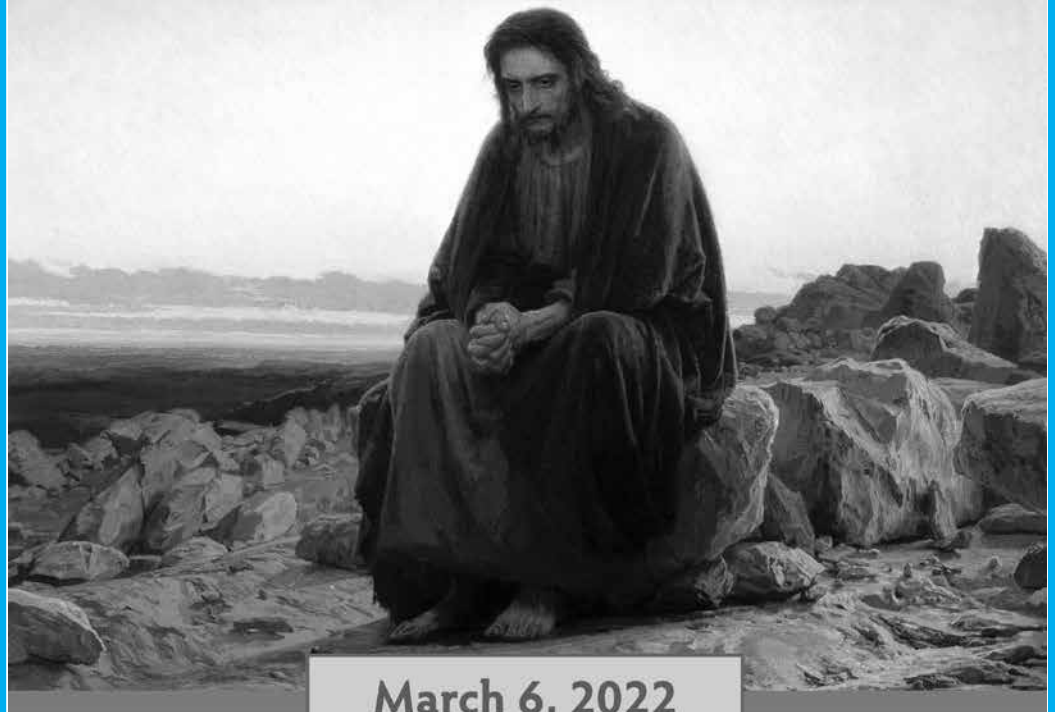
Daily Mass	7:30 AM Mon-Thurs
Saturday Vigil	4:00 PM
Sunday Mass	8:00 & 10:00 AM
Vietnamese Mass	3:00 PM Sunday
Confessions	After Daily Mass, approx. 8:00 AM 3:00-3:30 PM Saturday
Rosary	7:00 PM Tuesday
Eucharistic Adoration	Wednesday 8:00 - 9:00 AM Rosary at beginning
	1st Friday of the Month 1:00-3:00 PM September - June

**Welcome New Parishioners! If you would like to register or you have changed your address, please fill out the form on page 5.**

## First Sunday of LENT

Filled with the Holy Spirit,  
Jesus returned from the Jordan  
and was led by the Spirit into  
the desert for forty days,  
to be tempted by the devil.

Luke 4:1-2



**March 6, 2022**

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## Our Parish Prayer

Heavenly Father, we pray for all of the people and programs of St. Christopher Parish. Unite us as a community of believers and grant us the wisdom, grace, and strength to do your will. We ask this through Christ Our Lord. AMEN.

## Our Mission

We are a Roman Catholic parish whose members live and proclaim the saving message of Jesus Christ.

## Mass Intentions

### Saturday, March 5

8:00 AM The Intentions of the Murphy Family

4:00 PM Dick Blais  
by Helen Blais

William Wells  
by Cindy & Bill Kaminski

### Sunday, March 6

8:00 AM Valentino Oliver  
by his daughter

10:00 AM The people of the parish

3:00 PM Vietnamese Mass

### Monday, March 7

7:30 AM Leonard Migneault  
by Cindy

### Tuesday, March 8

7:30 AM All Souls Day Intentions  
by Parishioners

### Wednesday, March 9

7:30 AM Sean Costello  
by Jeanne Berube

### Thursday, March 10

7:30 AM Maria Mai Thi Cai  
by Her Daughter

### Friday, March 11

5:30 PM Peter Champagne  
by The Fifth Grade Lower Campus

### Saturday, March 12

8:00 AM Kevin O'Connor

4:00 PM Dick Blais  
by Kathy and Caroline

Sonia Regina Soares  
Nogueira  
by Joe Fallon

### Sunday, March 13

8:00 AM For the people of the parish

10:00 AM Albena Neverett  
by Her Family

3:00 PM Vietnamese Mass

### The Sanctuary Lamp Burns This Week:


Sanctuary Lamp - for the people of the parish

### Altar Bread and Wine:

The Altar Bread, which will become the Body of Our Lord Jesus Christ at all Masses during February and March, will be offered for the people of the parish

*Arrangements can be made to donate the monthly Altar bread and wine in honor of a loved one by contacting the rectory at 882-0632 during business hours. Mass intentions can also be scheduled by calling the rectory.*

First Sunday  
of  
**LENT**



**March 6, 2022**

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

Luke 4:1-2

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## RELYING ON GOD

Face it, the last couple of years have worn us all down. Sometimes we don't know how to pray, or we don't seem to find the words we want. It is easy to falter and waver. Lent is a time to get back to the basics. There is much hope and strength in our readings as we begin our Lenten journey. The letter to the Romans tells us today that "everyone who calls on the name of the Lord will be saved," and this is an idea we hear throughout the scriptures. Psalm 91 shows us exactly how to cry for help, "Be with me, Lord, when I am in trouble." In Deuteronomy, Moses teaches the people to bring their firstfruit offerings to God, and put their faith and trust in God, and Jesus teaches us in today's Gospel that we find our life in the word of God.

## GOOD ZEAL AND TEMPTATIONS

In the chapter of Luke preceding today's Gospel, Jesus was baptized in the Jordan and began his adult ministry. Immediately afterward he was led by the Spirit into the desert to be tested. While this might seem almost surreal as we imagine the devil taking Jesus from place to place, it is really much more simple and common than that. For many of us, as we strive to live our lives, we deal with many temptations. Sometimes it is a matter of having the zeal and desire, but not the practical experience or knowledge to carry out a goal. Other times, we are afraid to ask for the assistance that we need to carry a project through to completion. Or we might think that we deserve more, or that our results should be happening more quickly. Our egos can be destructive.

## KNOWING YOUR TOUCHSTONES

When Jesus found himself tested by the devil, he was given several different scenarios. The devil brought up situations that he knew could specifically test Jesus, but similar situations would test any of us. Physical hunger is a real need, and many of us might yearn for success, or better paying jobs, or power, or the like. The difference is that when Jesus was tempted, he had some strong "touchstones" to hold onto, secure answers to lead him. He went to simple, basic scriptures that he could call upon in his time of need. For many, one of those basics would be Jeremiah, "I know the plans I have in mind for you—plans for peace and not disaster." For another it might be the Beatitudes or the twenty-third Psalm. Whatever it may be, have ready those touchstones, those "go to" prayers or phrases that you can hold onto during the times when you are sorely tested in your life. Let those stones be your firm foundation.

## TODAY'S READINGS

Deuteronomy 26:4-10  
Psalm 91:1-2, 10-11, 12-13, 14-15  
Romans 10:8-13  
Luke 4:1-13

### Deanery-wide Lenten Penance Service

A deanery-wide Lenten Penance Service will be held at Immaculate Conception Parish, 216 East Dunstable Road, Nashua on Sunday, March 27 at 2:00 PM. Many priests will be available for private confessions. As we prepare for Lent and Easter, come to the Lord and experience the extraordinary grace of His forgiveness!

### Spring Anniversary Mass

Bishop Peter A. Libasci invites all couples celebrating a significant wedding anniversary in 2022, and those recently unable to participate due to COVID-19, to attend a Wedding Anniversary Mass. The Mass will be held on Sunday, May 1, 2022 at 2:00 PM, at St. Joseph Cathedral, Manchester. To register, please contact the parish office by April 8, 2022.

### Corpus Christi Corner

As part of Catholic Schools week, Saint Chris Academy sponsored a Brown Bag Appeal for Corpus Christi Food Pantry. Between the two campuses, 769.1 pounds of food were collected, with a value of \$1,322.85. Heartfelt thanks to the students and families who participated. And a special thank you to all the students who helped fill the Pantry van.

Suggested food items for the month of March are: Quick bread mixes, scalloped potatoes, baked beans, cookie mix, 1 pound cans of coffee, mustard, ketchup, Saltine crackers, pancake syrup, canned chicken, corned beef hash, and children's toothpaste. There are baskets located at each of the church entrances for your donations, thank you.

### Walk with Jesus

The diocesan theme for Lent 2022 is Walk with Jesus. The Psalms of Ash Wednesday and each Sunday will serve as the signposts that guide us on our Lenten walk.

The Psalms, prayed in English and Spanish with images and music, will be posted weekly on the diocesan website, along with reflection questions and suggested Acts of Mercy. Visit [www.catholicnh.org/walk-with-jesus](http://www.catholicnh.org/walk-with-jesus).

### How to Read the Bible Lenten Workshop with Fr. David

Are you a Catholic who wants to become more comfortable with the VERY BASICS of the Bible? Join Fr. David for this workshop to help you pray with the Bible, ask beginner questions, and better understand the readings at Mass. It will be informal and fun!

The workshop will take place Mondays from 7:00-8:30 PM in the Church Hall. The schedule of topics include:

**March 14 - The Word of God and the Structure of the Bible**

**Monday 21 - The Old Testament**

**Monday 28 - The New Testament**

We will have free Catholic bibles or you can bring your own. Attendance at all sessions is not required.

### Lenten Soup and Salad Dinners

The parish is sponsoring two FREE Lenten Soup Dinners during Lent! A meatless soup and salad will be served following the 5:30 PM Mass on **Friday, March 18 and Friday, April 1**. Please join us for Friday fellowship!

We are also looking for volunteers to help set up and/or clean up after the Lenten Soup Dinners. The setup crew would need to arrive about 4:30 PM to set up tables and chairs and all should be done before 5:30 so you can go to Mass. The clean up crew would help during the dinner to bus tables, empty trash and after dinner break down the hall, clean up in the kitchen and empty the trash. If you or your family can help, please call

the rectory or email [info@stchrisparishnh.org](mailto:info@stchrisparishnh.org).



### We're Here for YOU at St. Christopher Parish!

#### Rectory Hours:

Monday - Thursday 9:00-3:00  
Friday 9:00-12:00

**Rectory Phone:** 882-0632

**Rectory Email:**  
[info@stchrisparishnh.org](mailto:info@stchrisparishnh.org)

#### Fr. David Harris

[fr.david@stchrisparishnh.org](mailto:fr.david@stchrisparishnh.org)

#### Administrative Asst. - Kitty Provost

[kprovost@stchrisparishnh.org](mailto:kprovost@stchrisparishnh.org)

#### Bookkeeper - Jean Dickson

[bookkeeper@stchrisparishnh.org](mailto:bookkeeper@stchrisparishnh.org)

#### Director of Music & Organist -

Carol Ann Skabo

[music@stchrisparishnh.org](mailto:music@stchrisparishnh.org)

#### Religious Educ. - Christine Mercurio

[cmercurio@stchrisparishnh.org](mailto:cmercurio@stchrisparishnh.org)

#### Confirmation - Alex Sullivan

[asullivan@stchrisparishnh.org](mailto:asullivan@stchrisparishnh.org)

#### RCIA - Joe Mercurio

[rcia@stchrisparishnh.org](mailto:rcia@stchrisparishnh.org)

#### Parish Council - Elizabeth Cote

[ecote@stchrisparishnh.org](mailto:ecote@stchrisparishnh.org)

#### Finance Committee -- Tom Nardone

[tnardone.work@gmail.com](mailto:tnardone.work@gmail.com)

#### Bulletin - Marta Nissen

[bulletin@stchrisparishnh.org](mailto:bulletin@stchrisparishnh.org)

Bulletin submissions are due one week before publication.

### Visit St. Chris Parish on Facebook!

Fr. David often mentions to check Facebook for parish news and updates. If you don't use Facebook, you can still see our posts through the parish website by visiting, <https://stchrisparishnh.org/facebook/>



**February 27, 2022 Offertory**

Offertory Envelopes	\$4,197.00
Loose Offertory	\$588.00
Faith Direct	\$2,880.75
<b>Total</b>	<b>\$7,665.75</b>

Church in Eastern Europe	\$51.00
Total-to-date:	\$140.00
Snow Removal	\$35.00
Total-to-date:	\$874.00

**Thank you  
for supporting  
your Spiritual Home!**



**Saint Christopher  
ACADEMY**

Saint Christopher Academy is a pre-kindergarten through grade 8 Catholic school located on two nearby locations. At SCA, students are immersed in an authentically Catholic, academically excellent education within the embrace of a safe, joy-filled community.

Visit us online at  
[SaintChrisAcademy.org](http://SaintChrisAcademy.org)

**Now accepting  
applications for  
2022-2023!**

**Knights of Columbus  
2nd Annual Lenten Season**

**Rosary for Life**

The Knights of Columbus Council 11907 will be leading a Lenten Season Rosary for Life

**When:** Saturdays ~ \*March 12, March 19, March 26, April 2, \*April 9, April 16

**Time:** 9:15 AM / \*10:00 AM

**Where:** Corner of Main St. and Eldridge St., Nashua (Main St. Entrance to Gymnasium)

For those who wish to join us, the Council also invites you to accompany us for 8:00 AM Mass and Eucharistic Adoration on March 12 and April 9 at St. Patrick Church, 29 Spring St., Nashua, NH, after which we will gather for the rosary. For more information, please contact: Peter Duffy at peter.duffy18@gmail.com

**K of C St. Boniface Council  
Golf Fundraiser**

The Council is sponsoring an indoor simulated golf tournament as a fund raiser for local charities on Saturday, March 26, at the Seth Dichard Golf Center, 28 Lowell Road, Hudson, NH ([www.sethdichardgolf.com](http://www.sethdichardgolf.com)). The cost is \$60.00 per person for 2+ hours consisting of nine holes of simulated golf at any one of three specified time slots. More details and registration can be found on the following link: <https://go.rallyup.com/kofc-golf-2022>.

**READINGS FOR THE WEEK**

**Monday:** Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46

**Tuesday:** Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15

**Wednesday:** Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

**Thursday:** Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Mt 7:7-12

**Friday:** Ez 18:21-28; Ps 130:1-8; Mt 5:20-26

**Saturday:** Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

**Sunday:** Gn 15:5-12, 17-18; Ps 27:1, 7-9, 13-14; Phil 3:17 — 4:1 [3:20 — 4:1]; Lk 9:28b-36

**For Vocations**

"The word is near you, on your lips and in your heart." Jesus the Eternal Word continues to call many to lives of holiness as priests, deacons and in the consecrated life. Could you be one of them? Contact the Vocation Office at [mmason@rcbm.org](mailto:mmason@rcbm.org).



**PARISH ACTIVITIES**

**Holy Mass and Confessions**

Saturdays 8:00 AM

**Eucharistic Adoration and Confessions:**

Wednesdays After 7:30 AM Mass

Tuesdays 6:00 - 7:00 PM

(through April 5)

**Rosary:**

Tuesdays 7:00 PM

Wednesdays After 7:30 AM Mass

**Confession:**

Mon. - Thurs. After 7:30 AM Mass

Tuesdays 6:00 - 7:00 PM

Saturdays 3:00 PM

**Friday Stations of the Cross and Mass:**

Stations 5:00 PM

Holy Mass 5:30 PM

**Special Events:**

**Friday Lenten Soup and Salad Supper (Free!) following Stations and Mass:**

March 18 6:00 PM

April 1 6:00 PM

**"How to Read the Bible" Workshop with Fr. David (Free! Monday in Church Hall):**

March 14 7:00 - 8:30 PM

March 21 7:00 - 8:30 PM

March 28 7:00 - 8:30 PM

### Thank You!

A great big THANK YOU to all the Family Faith families and volunteers who were able to donate to our Gianna's Place Baby shower in January and February. The items were dropped off recently to their location and we were able to take a tour of their facility. The staff was welcoming and extended many thanks for the items received. Some of these items will be used immediately as just this week one of the residents delivered a baby girl- Congratulations! Keep this special ministry in your prayers as they serve a great need!

### First Communion and Confirmation

Our Spring classes have begun. If you have a student interested in preparing for Reconciliation, Confirmation, or First Communion, please email [cmercurio@stchrisparishnh.org](mailto:cmercurio@stchrisparishnh.org) for program information. Sacrament preparation registration forms are available at [stchrisparishnh.org](http://stchrisparishnh.org) and will be added to the 2022-23 school year schedules. Questions? Email Chris Mercurio at [cmercurio@stchrisparishnh.org](mailto:cmercurio@stchrisparishnh.org).

**First Communion (grade 3):** These students recently completed classes in Confirmation prep and will continue their studies to receive both Confirmation and First Communion on May 18th. Student and a parent attend class together. Class is 4:30 to 5:30 PM.

**Confirmation:** Students in this class have been baptized, received Reconciliation and First Communion and will prepare to receive Confirmation on May 18th. A parent and student attend class together. Classes are held after the 10:00 AM Mass, from 11:00 AM to 12:15 PM.

### Christ In Us Family Faith Program

#### Rolling registration for this program for Grades K-Grade 6

Our parish students in public school grades K to grade 6 AND their families gather once a month in the Church hall for a light breakfast. Students will participate in a grade level lesson while their parents participate in a program just for them. We can all use a recharge in our faith journey! Students will continue with self paced lessons at home each week and submit completed work online.

Registration forms can be found on our parish website at [stchrisparishnh.org](http://stchrisparishnh.org) Questions? Email Chris Mercurio at [cmercurio@stchrisparishnh.org](mailto:cmercurio@stchrisparishnh.org).



### FAMILY FAITH- FEBRUARY

#### Our Family Faith Class has been busy!

Our February class focused on Mary as our Mother and we also had a guest presentation on Marian apparitions. This slide presentation shared some of the interesting facts about many of the times throughout history that Mary has appeared to the faithful, including Fatima, Guadalupe, Kibeho, and more. Our family craft included St Valentine and St Blaise activities as well as a family prayer jar to make. Add in our yummy breakfast offerings and it was a wonderful way to share some faith and fellowship with our Family faith group.



*Lord, hold our troops in your loving hands.  
Protect them as they protect us.  
Bless them and their families,  
For the selfless acts they perform,  
For us in our time of need.  
And give us peace.  
We ask this in the name of Jesus, Our Lord  
and Savior. Amen.*

Please pray for the following service people from our parish:

Children of William & Yvette Berthelotte:  
LTC Brian Berthelotte (Army);  
LtCol Mark Berthelotte (USAF);  
LCDR Brad Berthelotte (Navy)

Grandson of William & Yvette Berthelotte:  
Cpl. Matthew Berthelotte (USMC)

Son of John & Alana Kocsis:  
SSG. John Kocsis III (Army)

Son of Joseph & Sue Strob:  
Maj. Rob Strob

Son of David & Patricia Taylor:  
SFC James Taylor (Army)

Grandson of Lorraine St. Pierre  
PFC Alexander St. Pierre (Army)

Sons of Laurie Kopka and Grandsons of Madeleine Kopka:  
AT2 Michael Allard (Navy)  
AME2 Joseph Allard (Navy)

Daughter of John Soltis:  
Lt.Col. Kristen Soltis (USAF)

Granddaughter of Dan & Sue Tracy:  
Cpt. Brittany DesLauriers (Army)

Grandson of Betty Batey:  
Major Nick Batey USAF

Nephew of Karen Narkis:  
AMT3 David P. Narkis (Coast Guard)

*To add to our military prayer list, email [bulletin@stchrisparishnh.org](mailto:bulletin@stchrisparishnh.org) or call the Rectory at 882-0632.*

**St. Christopher Parish  
Community Outreach**

**Parish Prayer Line**

*Overwhelmed by life, by care?  
May we help with our prayer?*

St. Christopher's Prayer Line --  
24/7 from us to Heaven!

**Go online to**

[www.stchrisparishnh.org](http://www.stchrisparishnh.org)

**Send email to**

prayerhotline@  
stchrisparishnh.org

**Prayer Shawls**

Our prayer shawl ministry, Creating for our Community, gathers once a month to knit, crochet, and pray as they create beautiful prayer shawls. If you know of someone who could benefit from the gift of a Prayer Shawl, whether they are having difficult time, or simply need the comfort of Prayer wrapped around their shoulders, please contact the rectory at 882-0632.

**Outreach Ministry**

If you are homebound and cannot attend Mass and would like to receive communion, please call the Rectory 882-0632.

**NEW! Home Visitation  
Ministry**

The Home Visitation ministry offers in-home visits for Christian fellowship, conversation, and prayer for parishioners who are unable to attend parish Masses and gatherings due to age or infirmity. We offer a comfortable way to experience Jesus' caring presence.

Please note that this ministry does not provide services such as errands, rides, and housework.

Contact Janet Murphy at 603-204-8382 to arrange a visit.

**Saint John Ogilvie**

*(1579 – March 10, 1615)*

John Ogilvie's noble Scottish family was partly Catholic and partly Presbyterian. His father raised him as a Calvinist, sending him to the continent to be educated. There, John became interested in the popular debates going on between Catholic and Calvinist scholars. Confused by the arguments of Catholic scholars whom he sought out, he turned to Scripture. Two texts particularly struck him: "God wills all men to be saved and come to the knowledge of the truth," and "Come to me all you who are weary and find life burdensome, and I will refresh you."

Slowly, John came to see that the Catholic Church could embrace all kinds of people. Among these, he noted, were many martyrs. He decided to become Catholic and was received into the Church at Louvain, Belgium, in 1596 at the age of 17.

John continued his studies, first with the Benedictines, then as a student at the Jesuit College at Olmutz. He joined the Jesuits and for the next 10 years underwent their rigorous intellectual and spiritual training. At his ordination to the priesthood in France in 1610, John met two Jesuits who had just returned from Scotland after suffering arrest and imprisonment. They saw little hope for any successful work there in view of the tightening of the penal laws. But a fire had been lit within John. For the next two and a half years he pleaded to be placed there as a missionary.

Sent by his superiors, he secretly entered Scotland posing as a horse trader or a soldier returning from the wars in Europe. Unable to do significant work among the relatively few Catholics in Scotland, John made his way back to Paris to consult his superiors. Rebuked for having left his assignment in Scotland, he was sent back. He warmed to the task before him and had some success in making converts and in secretly serving Scottish Catholics. But he was soon betrayed, arrested, and brought before the court.

His trial dragged on until he had been without food for 26 hours. He was imprisoned and deprived of sleep. For eight days and nights he was dragged around, prodded with sharp sticks, his hair pulled out. Still, he refused to reveal the names of Catholics or to acknowledge the jurisdiction of the king in spiritual affairs. He underwent a second and third trial but held firm.

At his final trial, he assured his judges: "In all that concerns the king, I will be slavishly obedient; if any attack his temporal power, I will shed my last drop of blood for him. But in the things of spiritual jurisdiction which a king unjustly seizes I cannot and must not obey."

Condemned to death as a traitor, he was faithful to the end, even when on the scaffold he was offered his freedom and a fine living if he would deny his faith. His courage in prison and in his martyrdom was reported throughout Scotland.

John Ogilvie was canonized in 1976, becoming the first Scottish saint since 1250. His liturgical feast is celebrated on March 10.

**Welcome! Please use this form to register!**

*St. Christopher Parish welcomes all visitors to our Spiritual Home! If you are interested in joining the parish, please complete the form below and either drop it in the Offertory Basket or mail it to the Rectory. One of our Parish staff members will be in touch. Registration forms are also available online at [www.StChrisParishNH.org](http://www.StChrisParishNH.org).*

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_



## Family Connection to this Week's Gospel

### Gospel Reading: Luke 4:1-13

*In the desert, Jesus is tempted by the devil.*

In Luke's Gospel, the story of Jesus' temptation in the desert appears just after Jesus' baptism and before Jesus begins his public ministry. We can imagine this as a time of transition, a turning point in Jesus' life. Perhaps we can liken it to one of the important turning points in our own lives: the decision to marry, the birth of a child, the acceptance of a new job, or the decision to move to a new home. After the moment of decision, having reached the point of no return, we sometimes begin to wonder if we are prepared and ready for the task before us. Turning points can be times of doubt and insecurity. Jesus' response to the temptations of the devil offers an example for responding in faith when our doubts and insecurities tempt us to distrust God's sufficiency. Jesus rebukes the devil by quoting Scripture. Each citation is an affirmation of trust in God. We learn to trust in big things by practicing trust in little things. Our Lenten practices of prayer, fasting, and almsgiving invite us to trust God in these small ways. They remind us that God will suffice for us. They prepare us to trust in God in all things, especially in moments of doubt and uncertainty.

As a family, talk about ways in which trust has been built among members of the family. Observe how being trustworthy in small matters enables us to trust one another in more important matters. Offer specific examples if possible (e.g., children who establish their responsibility in household tasks can be granted greater independence and freedom to choose how they perform these tasks). Today's Gospel shows us how Jesus trusted God in all things. Read aloud today's Gospel, Luke 4:1-13. Discuss how Jesus showed his trust in God when he resisted the devil's temptations. Invite family members to name times when they have trusted God in matters small or large. Write a family prayer together. You might write the prayer so that each line begins with a letter in the word "trust." Pray this prayer together.

Reprinted from <http://www.loyolapress.com>

## Lenten Obligations

**Abstinence** - Catholics over 14 years of age are bound to the obligation of abstinence. Abstinence is to be observed on Ash Wednesday and on all Fridays of Lent. On days of abstinence, meat may not be used.

**Fast** -- Catholics over 18 and up to the beginning of their 60th year are bound to the obligation of fasting. Ash Wednesday and Good Friday are the days of fasting. On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices are allowed.

Participation in daily Mass and the voluntary observance of fasting is recommended.

Commendable, particularly during Lent, is generosity to local, national and world programs of sharing our abundance, the traditional Lenten Devotions and all the self-denial summed up in the Christian concept of "mortification."

## How to Make A Pilgrimage This Lent Without Leaving Home

Nothing will compare to standing in the geographic footsteps of Our Lord, but we can make conscious efforts to live more sacramentally during Lent. Check back weekly for ways to incorporate sacramentality, pilgrimage, and retreat into your Lent without taking a trip overseas.

### **Renew devotion to the Real Presence**

Committing to spending time in Eucharistic adoration is akin to keeping Our Lord company at the foot of the Cross. The veil is lifted and we see through the bread and wine to observe with our senses what we know to be there – that is the Real Presence of the Body, Blood, Soul, and Divinity of Our Lord. Ask Our Lady and St. John to assist you in remaining close to Christ and refusing to abandon Him even under dire circumstances.

## Prayer to Saint Michael

*St. Michael, the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly hosts, by the power of God, cast into hell, Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.*

## Prayer for Vocations

*O Holy Spirit, Spirit of wisdom and divine love, impart Your knowledge, understanding, and counsel to youth that they may know the vocation wherein they can best serve God. Give them courage and strength to follow God's holy will. Guide their uncertain steps, strengthen their resolutions, shield their chastity, fashion their minds, conquer their hearts, and lead them to the vineyards where they will labor in God's holy service. Amen.*

## Prayer for Priests

*Gracious and loving God, we thank you for the gift of our priests. Through them, we experience your presence in the sacraments. Help our priests be strong in their vocation. Set their souls on fire for your people. Grant them the wisdom, understanding, and strength they need to follow in the footsteps of Jesus. Inspire them with the vision of your Kingdom. Give them the words they need to spread the Gospel. Allow them to experience joy in their ministry. Help them to become instruments of your Divine grace. We ask this through Jesus Christ, who lives and reigns as our Eternal Priest. Amen.*

In the Words of

*Pope Francis*

*"Let us ask ourselves what type of words we use. Words that express care, respect, understanding, closeness, compassion, or do we pollute the world by spreading venom: criticizing, complaining, feeding widespread aggression?"*

**Pope Francis I @ Pontifex**  
**February 27, 2022**

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