

## + LENT +

Are you asking and answering the BIG question... "What do you GIVE UP?" and "What do you ADD in?"

What is Prayer- Fasting- Almsgiving? Here are some suggestion for your Families Lenten journey!

**Prayer-** yes, adding -scheduling - prayer time to your life in Lent will (should) become a pattern of living [in Lent and out of Lent]- ultimate goal...

**Pray:** every morning and night, read the readings, read your Bible, say a daily or weekly rosary (*gather the kids-family/friends*), pray the stations of the cross each Friday, choose someone to pray for every day, create a home altar [*statue of Mary, St. Joseph, other saints, Crucifix, Candle, Bible, Rosary...*], go to adoration, pray the divine mercy chaplet, join a Women's or Men's Group, learn a new prayer, read the Lives of a Saint, go to confession, pray with your children and spouse at bedtime, and read a Spiritual book or Meditation

**Fasting-** no, you don't have to GIVE it up forever [*although you could*] but it is a small sacrifice so that one can share in the sufferings of Jesus...

**Food:** candy, gum, soda pop, sugary cereal, breakfast bars, donuts, chocolate, after dinner snacks, in-between meal snacks, ice cream, desserts

**Technology:** limit screen time by certain hours or days of the week, give up a favorite show, delete your favorite apps( games, shopping...) from your phone for Lent, limit yourself or avoid all social media, ( Facebook, Instagram, Twitter, Snapchat...) video games, online shopping

**Bad Habits:** [*these you should GIVE up forever*] leaving the lights on, biting fingernails, using bad words, gossiping, interrupting, rolling eyes, whining, judging others, complaining, holding grudges, bickering with siblings/family/others, poor posture

**Almsgiving-** yes, helping others through the gifts of time, talent, and treasure is sacrificial love ...

**Time:** listen to someone when they talk, assist in tasks at home or work, visit family or friends, go and volunteer , speak kindly to everyone you met, share a smile, participate in events within the parish, school, community, donate the *extra* items in your home instead of storing, simplify

**Talent:** use the gift of your talent to teach -inspire- bless someone else [musical abilities, knit, sew, cook, bake, sing, dance, wood working, mechanic, comedian...] share with others

**Treasure:** Whatever your "fasting" from take the money typically spent and donate it, do a random act of kindness everyday- pay for a meal, someone's fuel, write a letter and include a gift card, fund a kids small business project, journey Lent decreasing and GIVE to others the increase

When the gifts we offer are done in LOVE and out of LOVE they bear Spiritual Fruit when they are for self, title, position, and image they destroy. Journey this Lent seriously... and the joy that will arise come Easter morning and all the morning afterwards will be of God -for God- and with God! Seek Love!

PSR SUNDAY  
+ST. JOSEPH STRINGTOWN+



# Books [for parents] to read during LENT

Jesus and the Jewish Roots of Mary Brant Pitre

Divine Mercy in my Soul: The Diary of Faustina St. Maria Faustina Kowalska

Deep Prayer Deep Conversion Fr. Thomas Dubay

The Fourth Cup Dr. Scott Hahn

Jesus of Nazareth: From the Baptism in the Jordan to the Transfiguration Pope Emeritus Benedict XVI



Meditations for Lent Jacques-Bénigne Bossuet

Go to Heaven by Venerable Archbishop Fulton Sheen

The Hidden Power of Kindness Father Lawrence Lovasik

Frequent Confession: Its Place in the Spiritual Life by Benedict Baur

## PSR Dates of Importance

**First Reconciliation March 4**

6:30 pm St. Joseph Stringtown

**First Eucharist April 19**

7:30 am St. Joseph Stringtown

8:30 am Holy Cross

10:30am St Joseph Olney

**PSR Sunday Schedule**

March 22 SJO

## Lenten Meditation

Say out loud everyday

No one will rise from the dead who has not *First Died with Jesus!*

Ask yourself this daily

What do I need to have die within me? so that I will rise with Jesus?

# March Prayer, Feasts, and Quotes

**O St. Joseph**, whose protection is so great, so strong, so prompt before the throne of God, I place in thee all my interests and desires. O St. Joseph, assist me by thy powerful intercession and obtain for me all spiritual blessings through thy foster Son, Jesus Christ Our Lord, so that, having engaged here below thy heavenly power, I may offer thee my thanksgiving and homage.

O St. Joseph, I never weary contemplating thee and Jesus asleep in thine arms. I dare not approach while He reposes near thy heart. Press Him in my name and kiss His fine head for me, and ask Him to return the kiss when I draw my dying breath.

St. Joseph, patron of departing souls, pray for me. Amen!



The feasts celebrated this month are:

1. First Sunday of Lent, *Sunday*
3. Katharine Drexel (USA), *Opt. Mem.*
4. Casimir of Poland, *Opt. Mem.*
7. Perpetua and Felicity, *Memorial*
8. Second Sunday of Lent, *Sunday*
9. Frances of Rome, *Opt. Mem.*
15. Third Sunday of Lent, *Sunday*
17. **Patrick**, *Opt. Mem.*
18. Cyril of Jerusalem, *Opt. Mem.*
19. **Joseph, husband of Mary**, *Solemnity*
22. Fourth Sunday of Lent, *Sunday*
23. Turibio de Mogrovejo, *Opt. Mem.*
25. **Annunciation of the Lord**, *Sunday*
29. Fifth Sunday of Lent, *Sunday*

“The world offers you comfort, but you were not made for comfort. You were made for greatness.” *Pope Benedict XVI*

“The Eucharist is the secret of my day. It gives strength and meaning to all my activities of service to the Church and to the world.” *Pope Saint John Paul II*

“Nothing great is ever achieved without enduring much.” *St. Catherine of Siena*

“In my deepest wound I saw your glory and it dazzled me.” *St. Augustine of Hippo*

“I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.” *St. Mother Teresa of Calcutta*