

## **Blessed Trinity**

Catholic Church

-Bring Christ to All and All to Christ-

#### **Parish**

#### Pastoral Staff

Fr. Matías Hualpa Pastor Fr. Attila Frohlich Parochial Vicar

José Alemán, Javier Inda and Ernesto Sosa **Deacons** 

Olga Venegas
Religious Education

Maria Teresa Perez
Director of Development and
Institutional Advancement

#### **Parish Office Hours**

Monday - Friday: 9:00 am - 4:00 pm Saturday & Sunday: CLOSED

reception@blessed-trinity.org Phone: 305-871-5780

#### **School**

Pre-K2 through 8th Grade

Mrs. Susy Del Riego **Principal** 

#### **School Office Hours**

7:30 am - 3:30 pm Summer hours 8 am to 12:00 pm

btschool@blessed-trinity.org Phone: 305-871-5766

Website: www.blessed-trinity.org









## Sunday, March 5, 2023 Second Sunday of Lent



## The Transfiguration of Jesus

"This is my beloved Son, with whom I am well pleased; listen to him." MT 17:1-9

#### Mass Schedule

Daily Mass Monday -Friday 7:30 am, Saturday 8:30 am
During Lent - Mon, Wed, Fri 6:30 pm (Spanish)
& Tue & Thur 6:30 pm (English)
Vigil Mass 5:00 PM (English)
Sunday:

English - 8:30 AM , 10:30 AM & 5:30 PM (Youth Mass) Spanish - 12:30 PM

#### **Confessions**

Saturday 4pm to 5pm and Sunday 9:45am to 10:30am

Our Church is Open Monday—Friday 7:30 AM—3:00 PM 4020 Curtiss Parkway, Virginia Gardens, Florida 33166



Baptisms are held on the 1st Sunday of the month in english. Please call the parish office at least 2 months in advance. Sponsor letters are necessary for Godparents and must be confirmed and practicing Catholics in good standing with all their sacraments of initiation. Class for parents and godparents before baptism is obligatory. Los bautizos son el 2ndo domingo del mes en español. Por favor llame a la oficina 2 meses antes. Padrinos deben ser catolicos practicantes con todos sus sacramentos y deben traer una carta de permiso de su parroquia. La clase de preparación para los padres y padrinos antes del bautizo es obligatoria.

<u>Communion and Confirmation</u> require 2 years of preparation in order to receive the Sacrament. La Primera Comunión y Confirmación requieren 2 años de preparación para recibir el sacramento.

Holy Matrimony - You should schedule to meet with our priest at least 8-10 months prior to expected wedding date. A date cannot be set until all you have met with the priest. Usted debe hacer cita con el sacerdote por lo menos 8 a 10 meses antes de su boda. No se puede establecer una fecha hasta que se reunan con el sacerdote.

#### Annointing of the Sick / Unción de los enfermos -

Anyone who is ill, anticipating surgery, or undergoing medical testing is encouraged to receive the Sacrament of the Anointing of the Sick.

Cualquier persona que esté enferma, anticipando una cirugia, o sometiendose a pruebas médicas, puede recibir el Sacramento de la Unción de los enfermos.

#### Communion to the Sick / Comunion a los enfermos -

If you are homebound for any reason and would like to receive communion, please call the parish office so we can arrange for a minister to come to you.

Si no puede asistir a Misa y necesita que le traigan la Comunion, por favor llame a la oficina para que le manden un ministro.

#### The Vocation Cup Week of 03/05/23 - 03/11/23

Jim & Linda Preston — English Gloria Wildenburg — Spanish

Please sign up to host the Vocation Cup for a week in your home, to pray for vocations to the priesthood and religious life.

Please call Lucy Diaz at 305-316-6833 Llame a Ana Maria Sora al 305-298-6703



#### **MARCH 2023**

#### 6 Monday

Dn 9:4b-10/Lk 6:36-38

#### 7 Tuesday

Saints Perpetua and Felicity, Martyrs Is 1:10, 16-20/Mt 23:1-12

#### 8 Wednesday

Saint John of God, Religious Jer 18:18-20/Mt 20:17-28

#### 9 Thursday

Saint Frances of Rome, Religious Jer 17:5-10/Lk 16:19-31

#### 10 Friday

Gn 37:3-4, 12-13a, 17b-28a/Mt 21:33-43, 45-46

#### 11 Saturday

Mi 7:14-15, 18-20/Lk 15:1-3, 11-32

#### 12 SUNDAY THIRD SUNDAY OF LENT

Ex 17:3-7/Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42



#### **STEWARDSHIP**

Managing God's Gifts To Us

Offertory Totals for

February 22 & 26, 2023 - \$9481.30 Thank you for your generosity! Gracias por su generosidad!



The Sanctuary Lamp will burn the week of March 5, 2023

In memory of Don Riedinger
Offered by
His wife

# MASS Intentions

Date	Time	INTENTION	REQUESTED BY
Vigil	5:00 PM	†Don Riedinger	Elaine Riedinger
Sunday, March 5	8:30 AM	†††Americo Martins, Maria Irene Rodrigues & Isaura Martins	Their family
	10:30 AM	People of the Parish	Parish Priests & Deacons
	12:30 PM	†Jose Luis Rios †Guillermo Meyer, Sr. †Carlos Ascanio Infante ††Marietta & Carlos Pappe People of the Parish	Su familia Su familia Su familia Su familia Su familia Parish Priests & Deacons
	5:30 PM	†Paul Gresh	Ray's Guitars
Monday, March 6	7:30 AM	†Matthew McDonough Stephanie Herrera - birthday blessings Mike Droop - healing All the intentions in the prayer binder	Julie Lanza & family Debbie, Debbie & Linda Chuck & Maria Postel Parish Priests & Deacons
	6:30 PM	Por todas las intenciones en el libro	Sacerdotes y Diaconos de la Parroquia
Tuesday, March 7	7:30 AM	†Wehbe Antonios Wehbe Elizbeth Clark - birthday blessings Katherine Walton birthday blessings All the intentions in the prayer binder	Joseph Wehbe & family Fr. Matias Fr. Matias Parish Priests & Deacons
	6:30 PM	†† Joseph & Mary Agostino †Iris Cutz All the intentions in the prayer binder	Jim & Iris Agostino Jim & Iris Agostino Parish Priests & Deacons
Wednesday, March 8	7:30 AM	†Rogerio Plasencia, Sr. †Peter Sudasassi †Jake Casiano All the intentions in the prayer binder	His family Lynda & Bill Randolph Cindy Casiano Parish Priests & Deacons
	6:30 PM	Por todas las intenciones en el libro	Sacerdotes y Diaconos de la Parroquia
Thursday, March 9	7:30 AM	†Caridad Guevara Jill Tombley - healing Eloy Perez - healing All the intentions in the prayer binder	Morales family Lazara family Lazara family Parish Priests & Deacons
	6:30 PM	All the intentions in the prayer binder	Parish Priests & Deacons
Friday, March 10	7:30 AM	†Matthew McDonough Maria Garcia birthday blessings Maria Gutierrez birthday blessings All the intentions in the prayer binder	Lynda & Bill Randolph Fr. Matias Fr. Matias Parish Priests & Deacons
	6:30 PM	Por todas las intenciones en el libro	Sacerdotes y Diaconos de la Parroquia
Saturday, March 11	8:30 AM	Deceased Priests of the ADOM Joseph Wehbe - birthday blessings All the intentions in the prayer binder	Parish Priest & Deacons His family Parish Priests & Deacons



Requests for prayers for a loved one who is sick, for the deceased, in praise &gratitude for God's blessings or for any special intentions, may be sent to the parish by calling us or filling out the form on our website.



#### For the sick and elderly of the parish especially,

Zach Knigge, Xonia Garcia, Ski Wojciechowski, Marie Allen, Raymond Gormley, Maria Luisa Torrado, Doug & Tasy Cruz, Maria Rosa Castek, Ricardo Roses, Mayelin Valle, Sebastian Ordoñez Garcia, Eduardo Cabrera, Juan C. Capote, Ayden Arguello, Mirida de Paz, Isabel Gil, John Lopez, Joanna Dabdud, Jorge Rojas, Tania Peña, Caridad Torres, Toni Boyle, Maura Hernandez, Celeste Hurst, Steve McLure, Gladys y Roberto Oteiza, Juan Portugués Lopez and Flerida Peralta de Lopez, Jeremias Gonzalez, Fr. Elkin, Nelia Triana, Dorothy Troudt, Robert Puyada Sr., Ruth Coward, Rita & Jose Veiguela, Juan Jose May, Julio Rodriguez, Paul Baumann, Msgr. Jean Pierre, Roger Ghalloub, Nici Garcia, Aileen LaFont, Beth, Marianne Novotak, Sarah Prescot, Mark Favor, Jacob Estrada, Haydee Marie Gomez, Ana Pabst, Carmen Carrasco, Gloria Diliz, Kayden Brennan, Michael E, Ray Castillo, Sonia Gancaives, Ileana Westman & Elva Jauregui

Ever-living and ever-loving, Lord God, You are the everlasting salvation of those who believe. Hear us on behalf of all who are sick. We ask You to have mercy on them that, their bodily health may be restored. We thank You and praise You through Jesus the Christ. Amen.

#### For the eternal repose of the recently deceased of our parish.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. ... Like the seed buried in the ground, you have produced the harvest of eternal life for us; make us always dead to sin and alive to God.

#### For the Pope's Intentions - March For victims of abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.



Join Fr. Matias to pray for our Parish Intentions



Rece con el Padre Matias por las Intenciones de la Parroquia

\* In this month dedicated to Love, may we grow in love for each other, our spouses, children, family, friends and community.

\*For our Parish, that we become a source of light to all to help develop a closer relationship with Christ.

\*For all our members, that we hear and follow that call from Jesus to get more involved in the parish, helping us all become disciples of Jesus.

\*En este mes dedicado al Amor, que crezcamos en el amor por los demás, nuestros cónyuges, hijos, familia, amigos y comunidad.

\*Por nuestra Parroquia, que seamos fuente de luz para todos para ayudar a desarrollar una relación más cercana con Cristo.

\*Por todos nuestros miembros, que escuchemos y sigamos ese llamado de Jesús para involucrarnos más en la parroquia, ayudándonos a todos a convertirnos en discípulos de Jesús.









Greetings in the Lord!

here are a few.

On this second Sunday of Lent we hear the Gospel account of the Transfiguration. When Peter saw Jesus shining in the glory of God he said, "Lord, it is good that we are here." We are blessed to have a close-knit, welcoming, and caring community at Blessed Trinity. It is good that we are here at Blessed Trinity!

As I am installed as your pastor, I thank God and Our Blessed Mother Mary for the gift of ministering at Blessed Trinity Church and School. I am also filled with gratitude for so

Archbishop Thomas G. Wenski for trusting me with the pastoral care of Blessed Trinity Church and School. To my brother priests, Deacons and Religious Sisters of the Archdiocese of Miami that serve alongside me in this beautiful calling and ministry.

many blessings that cannot be enumerated but

The Church Staff and Clergy for their amazing dedication, faithfulness, and love for our mission and their unfailing support for me. The School Administration, Faculty, Staff, Students, and Parents for their continuous support and love of Catholic Parochial Education.

To all ministries and volunteers who serve and make our mission to Bring Christ to all and All to Christ possible. Our parishioners and benefactors for your generous support with your time, talents, and treasure.

Each of you is a gift in my ministry and life, you are all in my prayers.

The same Jesus Christ who was transfigured on the mountain in the sight of Peter, James, and John, makes himself present in the Eucharist, in the Word of God, in our parish community, in the other Sacraments, and in our faith fomation. May we echo with our lives the words of Peter, "It is good that we are here!"

May God bless you. Father Matías A. Hualpa

¡Saludos en Nuestro Señor Jesucristo! En este segundo domingo de Cuaresma escuchamos el relato evangélico de la Transfiguración. Cuando Pedro vio a Jesús brillando en la gloria de Dios, dijo: "Señor, ¡qué bueno sería quedarnos aquí!" Tenemos la bendición de tener una comunidad unida, acogedora y solidaria en Blessed Trinity. ¡Qué bueno sería quedarnos aquí en Blessed Trinity! En este día en el que el arzobispo me instala como párroco de Blessed Tinity, agradezco a Dios y a Nuestra Santísima Madre María por el don de servir en la iglesia y escuela de Blessed Trinity. También estoy lleno de gratitud por tantas bendiciones que no se pueden enumerar, pero aquí hay algunas. Al arzobispo Thomas G. Wenski por confiarme el cuidado pastoral de la Iglesia y Escuela de Blessed Trinity. A mis hermanos sacerdotes, diáconos y hermanas religiosas de la Arquidiócesis de Miami que sirven junto a mí en este hermoso llamado y ministerio.

Al personal y el clero de la iglesia por su increíble dedicación, fidelidad y amor por nuestra misión y su apoyo constante para mí. La administración de la escuela, la facultad, el personal, los estudiantes y los padres por su continuo apoyo y amor por la educación católica parroquial.

A todos los ministerios y voluntarios que sirven y hacen posible nuestra misión de Llevar a Cristo a Todos y Todos a Cristo. Nuestros feligreses y benefactores por su generoso apoyo con su tiempo, talentos y tesoro.

Cada uno de ustedes son un regalo en mi ministerio y vida sacerdotal, todos ustedes están en mis oraciones.

El mismo Jesucristo que se transfiguró en el monte a la vista de Pedro, Santiago y Juan, se hace presente en la Eucaristía, en la Palabra de Dios, en nuestra com unidad parroquial, en los demás Sacramentos y en nuestra formación en la fe. Que hagamos eco con nuestra vida de las palabras de Pedro: "Señor, ¡qué bueno sería quedarnos aquí!"

Que Dios les bendiga. Padre Matías A. Hualpa



Congratulations Father Matias!

We are so blessed and grateful to officially have you as the Pastor of our parish



Estamos muy bendecidos y agradecidos de tenerlo oficialmente como el párroco de nuestra parroquia











ARCHBISHOP'S CHARITIES & DEVELOPMENT DRIVE

#### 2023 ABCD Parish Progress

Thank you for your participation in and support of the annual Archbishop's Charity and Development Drive (ABCD). Each year, our parish counts on the support of our community so that we can not only achieve our parish goal, but also so that we can unite as a Catholic community to and spread the love of Christ beyond our parish doors.

If you have made a pledge, thank you for your continued generosity to fulfill that pledge. If you have yet to make a gift, please consider making a gift to the ABCD today! OUR PARISH GOAL IS: \$123,235.79

Through your generosity, we serve hundreds of thousands of individuals and families in our Catholic community through outreach, formation, evangelization, and worship. Your support is truly appreciated! Thank you and God bless you!

#### ABCD 2023 Progreso de la Parroquia

Gracias por su participación y apoyo a la Campaña Anual de Caridades y Desarrollo del Arzobispo (ABCD). Cada año, nuestra parroquia cuenta con el apoyo de nuestra comunidad para que no solo podamos lograr nuestra meta parroquial, sino también para que podamos unirnos como comunidad católica y difundir el amor de Cristo más allá de las puertas de nuestra parroquia. Si ha hecho una promesa, gracias por su continua generosidad para cumplir esa promesa. Si aún tiene que hacer una donación, ¡considere hacer una donación al ABCD hoy!

NUESTRA META PARROQUIAL ES: \$123,235.79 A través de su generosidad, servimos a cientos de miles de personas y familias en nuestra comunidad católica a través del alcance, la formación, la evangelización y la adoración. ¡Su apoyo es realmente apreciado! ¡Gracias y que Dios lo bendiga!





KNIGHTS OF COLUMBUS
FATHER CARNEY COUNCIL #17003

This Lent, join us for a delicious Baked or Fried Fish Meal at the Blessed Trinity Parish Hall. Use the QR code for pre-orders.



Fridays of Lent 3/10, 3/17, 3/24, and 3/31 6:00 p.m. to 8:30 p.m.

\$15 Father McGivney Meal \$20 K of C Combo \$7 Future Saint (Kid's Menu) Drinks and dessert available

Menu items are subject to availability

Thanks to our special friends at



2275 W9th Ave. Hialeah, FL 33010 (305)885-4577

 We are Catholic men building a bridge back to faith. There is much good and necessary work to be done in this world, and that is what Knights do every day Knights of Columbus

McGivney Meal:

fish, coleslaw, fries, & tartar sauce.

K of C COMBO The McGivney plus 6 shrimp

FUTURE SAINT (Kid's Meal)

Fish fingers or

Mac N Cheese, Fries

Fridays of Lent

February 24<sup>th</sup> to March 31<sup>st</sup>

FATHER CARNEY
COUNCIL #17003



BLESSED TRINITY CATHOLIC CHURCH

### **JUDEO CHRISTIANITY:**

A SURPRISING CONFLUENCE





Come join in community to learn and reflect on our shared history.

We will cover topics such as:

- The Mystery of the Last Supper
- The Meaning of the New Passover
- The Fourth Cup and the Death of Jesus
- The Jewish Roots of the Christian Faith

Each week there will also be time to reflect and share thoughts & questions on the topics discussed

TUESDAYS | 7 PM - 8PM BLESSED TRINITY PARISH HALL FEBRUARY 28 - MARCH 21 SENTEN MASS SCHEDULE HORARIO DE MISAS PARA QUARESMA

February 23 thru March 31 23 de febrero al 31 de marzo

Morning daily mass at 7:30 am - English

Evening mass at 6:30 pm Tuesday & Thursday - English Lunes, Miercoles y Viernes - Español

Stations of the Cross - Via Crucis Friday/Viernes - 7:15 pm (bilingual)

Praying - Fasting - Almsgiving

### Eucharist Adoration



**Every Wednesday** Todos los miercoles

8 AM to 1 PM and/y 7 PM to 8:30 PM

Come spend an hour with Jesus! ¡Venga a pasar una hora con Jesus!



### Archdiocese of Miami **Development Corporation**



Dear young people, put your talents at the service of the Gospel, with creativity and boundless charity. – Pope Francis

Your gifts opened the door of our world to God and bring hope for our people. Help us bring hope to those in need by making a gift today, www.isupportABCD.org.

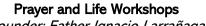
Continue to make that impact. Make a gift today!

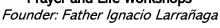
Queridos jóvenes, pongan sus talentos al servicio del Evangelio, con creatividad y caridad sin límites. -Papa Francisco

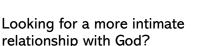
Tus dones abrieron la puerta de nuestro mundo a Dios y traen esperanza a nuestro pueblo. Ayúdenos a llevar esperanza a los necesitados haciendo una donación hoy, www.isupportABCD.org.

Continúe haciendo ese impacto. ¡Haz un regalo hoy!

#### LEARN TO PRAY TO LEARN TO LIVE









Register for the Prayer and Life Workshops! This workshop will take you through the Scriptures and a series of prayer methods, helping you develop an intimate relationship with Our Lord.

Become a friend of Jesus and walk with joy along

Participants find Our Lord's Peace and experience the joy of living.

Workshops will be imparted in English on Thursdays 7 - 9 PM

starting Thursday, March 16 for 15 consecutive weeks.

Information session Tuesday, March 14 at 7 PM

Bring your bible and notebook, Jesus is waiting for you!

For more information, call or text Andreina Barroso (305) 479-0664 andreinabarroso@gmail.com



Hope to see you there!!

All ladies of the Parish are invited to join us for refreshments and a reflection by Fr. Attila

### **Enlarge the Space of Your Tent**

As we journey through this sacred time of Lent, we are invited to walk with the Church, her sacred texts, and her call to metanoia. Our personal experience will unite us with those who seek God in many different ways.

We will reflect on some of the challenges that await us on the road, how we can prepare ourselves to face them, and why the Church calls us to undertake such a journey.

## Entrando a Canaán Día de Oración y Sanación para

Tú o alguien que conoces sufre de una experiencia de aborto?



Arquidiócesis de Miami/ Ministerio de Respeto a la Vida Proyecto Raquel Tf 954-981-2984 ProjectRachel@theadom.org



BLESSED TRINITY CATHOLIC SCHOOL 1ST ANNUAL



## SAVE THE DATE

SATURDAY, APRIL 22, 2023

Save the date for our pig roast competition and bazaar!

Start gathering your team and take home the prize for best tasting lechon.

Visit our **Bazaar with** great items for **Mother's** Day!



As one of the celebrations of the 65TH ANNIVERSARY

of the

#### ARCHDIOCESE OF MIAMI

Please join us as missionary disciples for a unique, mission-driven

**DESTINATION GALA** 

November

Funds raised will benefit catholic education www.adomdevelopment.org/65gala

For sponsorship and event information, please contact events@theadom.org or (305) 762-1051

#### SCHEDULE OF EVENTS

THURSDAY, NOVEMBER 9, 2023 Welcome Reception 5:00 p.m. - 7:00 p.m.

FRIDAY, NOVEMBER 10, 2023

Mission Experience 7:30 a.m. - 1:00 p.m.

Mini Golf Dessert Reception

8:00 p.m. - 10:00 p.m

SATURDAY, NOVEMBER 10, 2023 Golf Scramble & Luncheon 7:00 a.m. - 1:00 p.m.

Kids' Movie & Game Night 7:00 p.m. - Midnight

65th Anniversary Gala & Concert

Cocktail reception • 7:00 p.m. - 8:30 p.m. Dinner • 8:30 p.m. 10:30 p.m.

EARTH WIND & FIRE • 10:30 p.m. - Midnight

#### SUNDAY, NOVEMBER 10, 2023

Sunday Mass & Breakfast Mass 8:30 a.m. - 11:00 a.m.

Children are welcome to attend all events except the Gala and Concer-At that time, they are invited to attend a private kids' movie & game night at the resort.



### TEAM REGISTRATION FORM

Form due Friday April 7, 2023

\$400.00 Registration Fee\* per 4-person team \*Includes pig (40-50 lbs) and 4 aprons

April 22, 2023

**Blessed Trinity Back Field** 4020 Curtiss Parkway

We will award:

- Best Tasting Lechon
- Best Chicharron
- Best Team/Booth Presentation

Setup & Field Opening - 6:30am Judging/Tasting - 1pm



For more information contact: Tere Perez - 305-871-5780

Adriana Perez - 305-519-6880

Liz Barrera - 305-496-2165

If paying by cash or check, please pick up order form from the back of the church or parish office.



The Lenten season is a time of preparation for the liturgical celebration of the suffering, Death, and Resurrection of Christ. Many Catholics spend that time on the three practices of Lent: prayer, fasting, and almsgiving. It is also a time to participate in the Sacrament of Penance and Reconciliation.

The season of Lent lasts from Ash Wednesday until the evening of Holy Thursday. If Sundays are excluded from the count, the season lasts forty days. The forty-day length of Lent is rooted in the biblical usage of the number forty. Forty is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus' time of trial in the desert in preparation for his public ministry, proclaiming the Gospel.

#### Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan.

He was among wild beasts,

and the angels ministered to him.

After John had been arrested,

Jesus came to Galilee proclaiming the gospel of God:

"This is the time of fulfillment.

The kingdom of God is at hand.

The forty-day period of Jesus' trial in the desert echoes a number of events in the Old Testament:

- The face of the earth was cleansed and purified during the promised period of days and nights that rain poured down during the great flood—"I will bring rain down on the earth for forty days and forty nights, and so I will wipe out from the surface of the earth every moving creature that I have made" (Gen 7:4).
- The face of the earth was renewed during a fortyday period after the mountain tops appeared and the waters of the great flood receded—"The tops of the mountains appeared. At the end of forty days Noah opened the hatch of the ark that he had made" (Gen 8:5-6).
- Moses spent forty years as a shepherd in the desert before God called him to lead the Israelites out of slavery—"Moses fled when he heard this and settled as an alien in the land of Midian . . . Forty years later, an angel appeared to him in the desert near Mount Sinai in the flame of a burning bush" (Acts 7: 29-30).
- Moses fasted for forty days and nights on Mount
   Sinai before receiving the tablets of the covenant—

- "So Moses stayed there with the LORD for forty days and forty nights, without eating any food or drinking any water, and he wrote on the tablets the words of the covenant, the ten commandments" (Ex 34:28).
- The Israelites spent forty years wandering in the desert, as a time of testing, trial and purification of the people, before reaching the Promised Land—"Now the Israelites had wandered forty years in the desert, until all the warriors among the people that came forth from Egypt died off because they had not obeyed the command of the LORD" (Jos 5:6; see Num 32:13).
- The prophet Elijah spent forty days in the desert before encountering God on Mount Horeb—"[Elijah] got up, ate and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb" (1 Kgs 19:8).
- The Ninevites were given forty days before God was going to destroy the city, allowing time for repentance and conversion—"Jonah began his journey through the city, and had gone but a single day's walk announcing, 'Forty days more and Nineveh shall be destroyed,' when the people of Nineveh believed God; they proclaimed a fast and all of them, great and small, put on sackcloth" (Jon 3:4-5).



## Living the Faith

## **JOURNEY TO THE FOOT OF THE CROSS:** BISHOP RICKEN OFFERS 10 THINGS TO REMEMBER FOR LENT

Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis of the United States Conference of Catholic Bishops (USCCB), offers "10 Things to Remember for Lent":

- 1. Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting, and Almsgiving—as the three things we need to work on during the season.
- 2. It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
- 3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hot dogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
- 4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends, and coworkers."
- 5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control—it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
- **6.Don't do too much.** It's tempting to make Lent some ambitious period of personal reinvention, but

- it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.
- 7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.
- 8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
- **9. Reach out in charity.** As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.
- 10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.



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