

Sunday, March 16, 2025—Second Sunday in Lent

Emergency Information: In the event that the Church and Parish Offices are closed due to inclement weather or other unforeseen circumstances, please call the parish phone number or visit our website for updates and information. Please use your judgment when coming to Mass and remember that safety is the primary factor.

PARISH ADDRESS:

935 Bennetts Mills Road, Jackson, NJ 08527

Parish: Tel: 732-370-0500

Fax: 732-963-0805

Religious Education Office: 732-370-1515
Parish: Website: www.saintaloysiusonline.org

PARISH OFFICE HOURS:

The Parish and Religious Education offices are open Monday through Friday from 8:30am until 3:30pm.

Mass Schedule - All Masses are available by live stream through our website.

Daily Mass - Monday through Friday: 8:30am

Saturday - 5:00pm

Sunday - 7:00am, 8:30am and 10:30am

Little Children of God - a children's program which takes place at the 10:30am Mass for children ages 3-7.

The Church is open for daily prayer Monday through Friday. Access is through the parish office.

Confession: Saturday at 4:00pm in the Church or by appointment by calling the parish office.

St. Vincent de Paul Assistance Hotline: 732-370-0098

PARISH STAFF:

Pastor: Very Reverend John P. Bambrick, V.F., Ext. 218

FrBambrick@saintaloysiusonline.org

Parochial Vicar: Reverend RJ Ballacillo, Ext. 207

FrRJ@saintaloysiusonline.org

Weekend Assistant: Reverend James McDevitt

Deacons: Uku Mannikus, Rene Perez & Vincent Rinaldi

Business Manager: Sherri Kroesch skroesch@saintaloysiusonline.org, Ext. 203 Director of Sacred Music: Naomi Capasso musicministry@saintaloysiusonline.org, Ext. 217

Parish Secretary: Pat Mulholland

parishoffice@saintaloysiusonline.org, Ext. 204

Religious Education Department:

Parish Catechetical Leader: Jennifer Petrillo jpetrillo@saintaloysiusonline.org, Ext. 311
Sacramental Coordinator: Paula Mammana sacraments@saintaloysiusonline.org, Ext. 314

NEW WAY TO SUPPORT THE PARISH

Scan code to give



THE DIOCESE OF TRENTON is committed to the initiatives outlined in the U.S. Bishop's Charter for the Protection of Children and Young People and to its own policies and guidelines in regard to the reporting and investigation of sexual abuse allegations involving minors.

If you have been sexually abused as a minor by a member of the clergy or anyone representing the Catholic Church, or if you know of someone who was, you can report that abuse through the diocesan ABUSE HOTLINE: 1-888-296-2965 or via e-mail at abuse-line@dioceseoftrenton.org.

The Diocese of Trenton reports any allegations of sexual abuse to the appropriate law enforcement agencies. Anyone with an allegation is also encouraged to provide that information to local law enforcement authorities.



Dear Parish Family,

Inquiring minds want to know, 'What is an indulgence?' I have written about indulgences before but will give it another try.

Let's start with the definition from the Catechism; "Every sin has consequences. It disrupts our communion with God and the Church, weakens our ability to resist temptation, and hurts others. The necessity of healing these consequences, once the sin itself has been forgiven, is called temporal punishment. Prayer, fasting, almsgiving, and other works of charity can take away entirely or diminish this temporal punishment. Because the fullness of redemption was obtained for us by Christ, the Church attaches to certain prayers and actions an indulgence or pardon, that is, the full or partial remission of temporal punishment due to sin. Christ, acting through the Church, brings about the healing of the consequences of sin when an individual uses such a prayer or engages in such an action."

There are two kinds of indulgences; the first is Plenary, meaning all temporal punishment is remitted, and demands that one be free of both venial and mortal sin. The second is a Partial Indulgence and, as the name suggests, it is a partial remission of temporal punishment, and one will be free of mortal sin, but not venial. Indulgences can be gained for oneself or for those souls in purgatory, but not for another living person. Indulgences are derived from the treasure of merits of Christ, the saints and the Virgin Mary.

It is curious that while few Catholics seem to know much about indulgences, they are well versed in the objections of the Protestant Reformer, Martin Luther, who rejected indulgences even though they had been universally accepted for nearly 1,500 years. The Council of Trent defended indulgences based on Church Tradition (which Luther likewise rejected entirely), and theologically on Matthew 16:19 and 18:18 (which he found dubious). Vatican II likewise affirmed the Church's long held tradition of indulgences, and Pope St. Paul VI issued Indulgentiarum Doctrina updating the teaching on the practice of indulgences.

While indulgences have come up from time to time, over time they have found renewal in the Papacy of Pope Francis who offers indulgences for all manner of times and seasons. He has promoted the use of indulgences in the breadth and length of his Papacy.

For the Holy Year of Hope, Pope Francis has offered a Plenary Indulgence. On May 13, 2024, the Apostolic Penitentiary issued a decree on the plenary indulgence, which may be obtained during the upcoming Holy Year by making a pilgrimage, piously visiting a sacred place, or performing a work of mercy and penance. The indulgence is subject to the usual conditions — sacramental confession, reception of Holy Communion, prayer for the intentions of our Holy Father, and total detachment to all sin, including venial sin, recite the creed, Our Father, and Hail Mary or other Marian prayer. The designated pilgrim Churches are the Cathedral, and the Co-Cathedral as well as other Churches in the Diocese of Trenton which are published on the Diocesan Website. You can also make a pilgrimage to Rome or Jerusalem then fulfilling the other requirements.

Peace and Good - Fr. Bambrick





Stations of the Cross every Friday in Lent at 7:00pm in the Church Join ministry groups for a simple soup supper at 6:00pm in Morello Hall before Stations of the

Cross. BYOB (Bring Your Own Bowl), although bowls will be available.



This weekend is our Food Drive to benefit Providence House. Requested items are juice boxes, individually wrapped snacks, canned goods, cereal, peanut butter and personal hygiene products. *Please*

do not leave clothing, home furnishings or perishable items in the Church.



Happy St. Joseph's Day - March 19th



On this special occasion of Saint Joseph's Day, March 19th, we ask God to impart in us all the strength to take inspiration from Saint Joseph to love our family and take care of our family members.

May Saint Joseph protect you and guide you in everything you do and may his loving protection be a blessing to you always.

St. Joseph is the patron saint of the universal church, families, fathers, expectant nothers, travelers, immigrants, house sellers and buyers, craftsmen, engineers and working people. He is the patron saint of Sicily.



EUCHARISTIC ADORATION—Join the Men's Group each Friday in Lent (March 21, 28, April 4 and 11) from 9am-3pm in Gonzaga Chapel and strengthen your faith through

Eucharistic Adoration. We can show our devotion to God in many ways, but in Eucharistic Adoration, we spend time worshipping the true presence of Christ in the Eucharist.

HOW DO YOU PRAY THE **EUCHARISTIC ADORATION**?

The Eucharistic Adoration is a prayer (it normally lasts an hour, called Holy Hour) that is made before the Blessed Sacrament.

Steps to pray:



3. ASK

Present Him all your intentions and the intentions of those around you.



1. REALIZE WHO IS PRESENT

Place yourself in the presence of Christ.



4. MEDITATE
In a moment of silence,
try to listen to the voice
of God.



2. GIVE THANKS

Be thankful for this momento of prayer and for all the blessings the Lord has given you.



5. ASK FOR FORGIVENESS

Express your sorrow for the world's sins and your own.

How to pray? 10 ways of praying





Prayer to St Michael The Archangel

St. Michael the Archangel, defend us in battle. Be our protection 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, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.

Amen



Barbara Zjawin

Eternal rest grant unto them, O Lord and let perpetual light shine upon them. May their souls and the souls of the faithful departed, through the mercy of God, rest in peace. Amen

Devotional Lamps - Week of March 16-22 2025

The Sanctuary Lamp will burn for *Our Parishioners*The Blessed Mother Lamp will burn for *Our Holy Father, Pope Francis*The Holy Family Lamp will burn for *All Fathers of the Parish*

We honor and thank all those who have served our country. We're thankful for their service and dedication to our nation. Lord, bless and protect all those that have served and are serving our country. We pray that all Veterans may know your love for them.

SSGT Nicole Marchitto C4C Nicholas Accardi, AF Lt. Jr. Grade Michael Hennicke 2nd Lt. Paul Scalzo

RCT Patrick McBride CPT Chris Mision Capt. Scott Maraldo SSG Marcus Torre MJR Jason DiDomenico Capt. Zach Gould Capt. Cameron Lindsey AFPVT Logan Moran Capt. James Accardi

INTERCESSORY PRAYERS - Lord of Life, you desire wholeness for your people. Be with those who ask for help. Please bring health, healing and hope to those in our community who ask for our prayers. Amen.

Vocation Awareness, Stephen Maraldo, Donna Maglio, Brian Venables, A Special Intention, Peace on Earth, Raymond Mamazza Sr., Curtis Hart, Judy Saal, William Raimondi, Meg Noone, Theresa Heublein, Roger Belli, Tom Martin, Jacob Heber, Jackie Fleming, Debbie Scatuccio, Jacqueline Krutulis, Kassidy Krutulis, Gladys Murphy, Corinne Nepsha, Nathanial Nepsha, Marilyn Zwarych, Ricky DeBlois, Gary D'Alessandro, Frank DiGiamo, Don and Kathy Sopko, Nicholas DeVito, Betty Dreyfuss, Louise Kolarsick, Diane Warner, Lorraine Godleski, M.E. Koval, Patricia Cappello, Greg Mann, Fran Guldner, Vincent Joliffe, Kathleen Scudieri, Rosalie Delapi, Sharon Christensen, Ruth Nisay, Christian Rivera, Sage Rivera, Cassie Jouban, Rob and Gina Zangrillo, Pam and Mike Mills, Pat Gallagher, Theresa Raimondi, Ann Rucando, Camille DeRosa, Kathy Perlson, Theresa Keim, Susan Miluk, Daniel DeVito, Jack Vreeland, Angelo Magri, Christopher Popp, Kristin Valetta, Jeanette Correa Schalen, Jordan Elkary, Valerie Behar, James McCarthy, Andrea Mitreuter, Barbara Ziff, John and Dolores Cosentino, Gary Gerlach, Iggy Antico, William Johnson, Louis Rivera, Linda McLane, Daffron Family, Barbara Griffin, Davy McClure, Paulette Aronstam, Donna Day, Vinny Day, Marge Sabo, John Narsany, James Vihonsky, Bertha Vihonsky, Karen Crimmins, Kaitlyn Krutulis, Logan Martucci, Louise Murnane, Deby Daoust, Laura Meltzer Potts, the Groft Family, Maryann Lombardi, Michael Woodlock, Peggy Mulvehill, Austin Trezza, Lillian Zumbado, Michael Tardio, Agnes Smith, Vikki McGlone, Michelle Neuhaus, Margie Libonati, Viola Gatyas, Lynette Younker, Kathy Cronin, Robert and Annamarie Kowalewski, Barbara Owens, Laurie Wroda, Louis Iacono, Joe Musumeci, Jeremy Birnbaum, Grace Lowney, Matthew Machin, Toni Marzorati, John Silvestre, Tim Popp, Mickey Silecchia, Ann Farringer, Paige Luke

Thank you for your prayers for all those on our Intercessory and Armed Forces prayer lists. If you would like to add or change information please contact the Parish Office.



In the Catholic Church, the anointing of the sick is a sacrament that is administered to a Catholic "who, having reached the age of reason, begins to be in danger due to sickness or old age". There is no need to wait until a person is at the point of death to receive the Sacrament. The Sacrament may be received at any time during a person's illness, especially before surgery or treatment. We suggest calling to receive the Sacrament *before* a person is in grave danger

of death as it is not always possible to have a priest available at the actual time of death. If you would like to schedule the Sacrament of the Anointing of the Sick for a loved one, please contact the parish office.

MASS INTENTIONS March 16-23, 2025

Sunday, March 16, 2025

7:00 a.m. Parishioners

8:30 a.m. Joseph Tredici, r/o Joan and Frank Pontoriero

Henry Stanziale, r/o Angela Flora

10:30 a.m. Frances Stillo Little, r/o Jean and Joe Cosentino

Joey Tredici, r/o Murina and Chuck

Monday, March 17, 2025

8:30 a.m. Edward and Edna Sullivan, r/o Henry Hintze and

Theresa Sherman

Catherine Kenny, r/o Pat and Bill Robinson

Tuesday, March 18, 2025

8:30 a.m. Dominic Litterio, r/o Edward Litterio

Wednesday, March 19, 2025

8:30 a.m. Frances Lambusta, r/o Rosie Raymond

Patricia Steiner, r/o Rosie Raymond

Thursday, March 20, 2025

8:30 a.m. Dennis Swawell, r/o Carol & Tom Kolodziej

Friday, March 21, 2025

8:30 a.m. Rosaria Incantalupo, r/o Vicki LiPuma

Laura Pilo, r/o Mary Galante

Saturday, March 22, 2025

5:00 p.m. Anthony LiPuma, r/o Vicki LiPuma

Barbara Herochik, r/o Rae Marsico and Friends

Sunday, March 23, 2025

7:00 a.m. Parishioners

8:30 a.m. Joseph Tredici, r/o Calabrese amd Friends Club

Rich Haelig, r/o Chris and Family

10:30 a.m. Aida Dierking, r/o Normajean and Vincent Cesario

John P. Riso, r/o Riso Family

March 9:

Offering: \$11,906.76 Online Giving: \$5,934.83 Ash Wednesday:

43,934.03 Ash Wednesday: \$2,151.00





If you require a contribution statement for 2024, contact the parish office and one will be sent to you. *Statements must be*

requested.

2025 Annual Catholic Appeal Your Gift Makes a Difference

Goal: \$80,000.00

Pledged: \$24,338.00 (30%)

Paid: \$18,509.00 (23%)

Total Donors: 138

Average Gift: \$169.01

ACA 2024 Performance Comparison as of

March 7, 2024

ACA 2024 Pledged: \$17,645.00

ACA 2024 Donors: 91

ACA 2024 Average Gift: \$180.05

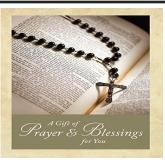
https://dioceseoftrenton.org/aca-donate-page. Make sure to add St. Aloysius.



Weekly Readings

Monday Dn 9:4b-10 Ps 79:8, 9, 11 and 13 Lk 6:36-38 Tuesday Is 1:10, 16-20 Ps 50:8-9, 16bc-17, 21 and 23 Mt 23:1-12 Wednesday 2 Sm 7:4-5a, 12-14a, 16 Ps 89:2-3, 4-5, 27 and 29 Rom 4:13, 16-18, 22 Mt 1:16, 18-21, 24a or Lk 2:41-51a

Thursday Jer 17:5-10 Ps 1:1-2, 3, 4 and 6 Lk 16:19-31
Friday Gen 37:3-4, 12-13a, 17b-28a Ps 105:16-17, 18-19, 20-21 Mt 21:33-43, 45-46
Saturday Mi 7:14-15, 18-20 Ps 103:1-2, 3-4, 9-10, 11-12 Lk 15:1-3, 11-32
Sunday Ex 3:1-8a, 13-15 Ps 103:1-2, 3-4, 6-7, 8, 11. 1 Cor 10:1-6, 10-12 Lk 13:1-9



The Annual Enrollment is a beautiful gift for special times in life and for the eternal rest of our faithful departed. We are very happy to pray for you and your loved ones.

The Annual Enrollment Mass is celebrated the First Friday of each month at 8:30am for a period of one (1) year—12 months.

James and Natalie McMahon, Richard Iacono, Arlene Hassler, Religious Education and Youth Ministry Teams, Jill, Frank and Rose Hubit, Carmine Merlucci, Neal Collenburg, Logan Family, Cunningham, Jacobs, Thesan, Theodore, Jourdan, McKenzie, Cabrol, Duplan and Butler Families, Francesca M. Bonucci, James O'Leary, John Flynn, Michael Cetta, Merced Lotrena, The Nowak Family, Virginia and Allen Walp, Chad Vitello, Maria and Belto Ristaino, John Owens, Anna Marie DeLeonardis, Quaglia Family, Marty Munroe, John and Donna Fichera, Peter Miluk, Jr., Alfred Nader (Dadasee), David LaRosa, Mario Garcia, Virginia Laschet, Patricia Fountain, Connie Russo-Riley, George Newman, Jr., Phyllis Vitiello, Ivan Sriwardena, Harry and Phyllis Gunasekara, Tina Rogers, Ivano John Bott, Juan Opa Torres, Joseph LaScala, Rev. Stanley Jarosz, Maryann Pucilowski, Aida and James Dierking, Rose and Joseph Cesario, Peter Miluk, III, Joseph G. Moroney, Donald and Erin McLoughlin, Don and Maureen Gorny, Evelyn and George Doerbecker. Gertrude amd Eugene McLoughlin, Catherine and William McLoughlin, Evan and Olivia Gorny, Pete Albany, Jack Bassi, Des Fitzgerald, Loretta Conway, Carmela Vicidomini, Marie Pompa, Joseph Sumanski, James and Elisa Oliver, Frank and Pearl Szumianski, Thomas Cetnar, Urban and Millo Families, Michael Matzo, Walter Heublein, Eileen and George Graziano, Richard LoPresti, Edith and Ernesto Scalatempore, Jennie and John Tatulli, John, Lucy, Nick, Mary and George, Glenda Morisano, Michael Seyglinski, Raymond Magnussen, Ruth Nisay, Elena Salvato, Eileen and Don Malter, Robert McCarthy, Pat O'Connor and Tim O'Connor, Angelo Mazzeo, Dante Dedonno, Gilvo L. Gialanella, Steven Pirniak, Angelo Mazzeo, Antoinette Maria Puccio, Lynda J. Bradley Clay, Manny Oliveira, Joao Batista Abreu de Oliveira, Yedda Abreu de Oliveira, Maria de Lourdes Abreu, Joao C. Abreu, Cleisa Abreu Cantuaria, Linda Alm, Frances Brauner, John and Rose Jobst, Kathleen O'Connell, Miriam Whalen, Florence Spinello, Bernie Daquila, Pitkethley, Kuhl, Quillinan, Walters Families, Joanne and Keith Veltre, Kate Castell, Ronald Brancaccio, Anna and Salvatore Carnemolla, Joseph, Josephine and Bob Brancaccio, James D. Diefendorf, III, Mary Ann Borghi, Joseph S. Romano, Dorothy Theresa Maher, Cosmo (Gus) Mongiello, Fermina Lopez, James Migliori, Edna Parzygnat, Sophie, Anthony and Ted Wojton, Tracy Lee Papp-Hill, Walter Heublein, Frank Sandtner and Family, Anthony Sandtner and Family, Connie and Tony Giammona, Barbara Brennan, Miriam Spinelli, Rosemarie Artale, Joyce Elizabeth Mennella, Ana Librada Ramos, Enid Muraca, Paul V. Farley, Steve Yayac, Christopher Oliveira, Pat and Phelan Brady, Judy DeMichael, John P. Riso, Charles C. Gordon, George Rivera, James F. Moran, Anna Oliveia, William McCarthy, Boryschuk Family, Louise Jones, Edward F. Brown, Sr., Teresa Brown, Elizabeth Brown, Edward F. Brown, Jr., Robert Newmiller, Breakfast Club, Maria K. Wolfe, Rosalie and Nick DeLapi, Nunzio Masone, Boscarino Family, Johnson Family and Tessa, Shirley Shuberda, Mark Koval, Justin Jude Gingeleskie, Forgotten Souls of Purgatory, Cirricione Family, Elaine Marie Chambers, Merced Lotrena, Richard Wojaczyk, Paul Frankowski, Lawrence Houlihan



Francis House of Prayer serves the people of the Diocese of Trenton and FRANCIS HOUSE beyond providing a contemplative environment for ongoing spiritual

growth. Register for programs by going to the website

FHOP@verizon,net or call 609-877-0509.



Our mission as Religious Teachers Filippini is to "Go forth and teach the Stooseph Word of God." Our ministry on this holy ground is for the people of God

who come to St. Joseph By the Sea for soul searching, trying to find peace in their lives and a God who understands them. A CURRENT BROCHURE CAN BE FOUND ON OUR WEBSITE - www.sjbsea.org



CALLING ALL MUSICIANS!!!!! Serve the Lord with all your heart, soul, Ministry and all your strength by serving Him through ministry.

Rehearsal times:

Youth Choir (singers ages 7-16) meet Wednesday from 6:15-7:15pm.

Adult Choir: Meet Wednesday from 7:30-9pm. We sing in harmony and prepare for special concerts. All are welcome.

Instrumental Ensemble—do you have an instrument covered in a closet that needs another chance? Consider playing a Church. Email Naomi if you are interested in joining the group at musicministry@saintaloysiusonline.org.

Christian Book Study—Who are we? We are women and men, just like you. We are NOT SCHOLARS! No special knowledge is needed—just a desire to grow in knowledge of the Christian faith. In the past, we chose books that introduced us to the early Church Fathers; another gave us a deeper knowledge of the Gospels and another – the Sacraments. The book just completed took us into Jerusalem and the happenings at the time of Jesus' life and death. In March, we will begin "The Acts of the Apostles" St. Luke tells the story of a New Religion and of the Christian Community after the Ascension of Jesus. If you have a desire to know more...COME SEE WHAT WE'RE ABOUT! *The group*: Women and Men. *Meet*ings: 1st and 3rd Tuesdays at 10 a..m. Where: In the Parish Office. Questions? Contact Bill Spedding (862) 432-9358.



Becoming a Man After God's Own Heart

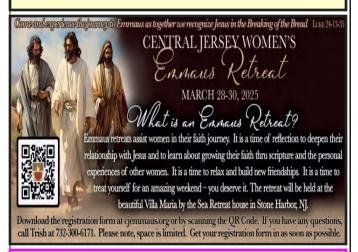
The Saint Aloysius Men's Group invites you to join us for "That Man is You!".

That Man is You is a men's faith building program that honestly addresses the pressures and temptations that men face in our modern culture, especially those relating to their roles as husbands and fathers.



Bible Study—Join Fr. RJ Tuesdays at 2:30pm in weekly the parish office to Break Open the Word, analyzing and exploring the mean-

ing of scripture through discussion and reflection. No RSVP required, just BYOB (Bring Your Own Bible).





We can't live the Christian Life well in isolation.....Lisa Brenninkmeyer

Are you longing for connection to live a Christian life? Connecting to God and to other women? Walking with Purpose invites all women to journey through Scripture together and build relationships that matter! Join us for Walking with Purpose Thursday evenings at 7:00pm in Morello Hall. All ladies of the parish are welcome no matter what season you are in, there is always room for one more at the table. For more information call Pat at the parish office or email to klaudiawalkingwithpurpose@gmailcom



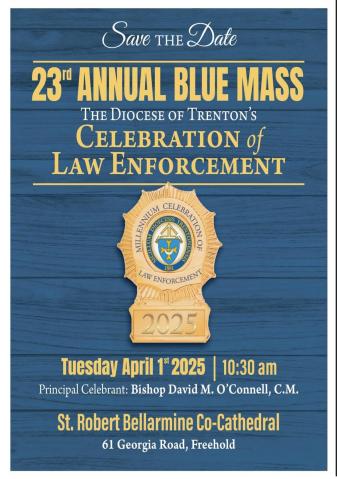
Please see below for reminders about upcoming events. To RSVP to any of the following, please contact Mrs. Jen Petrillo at 732-370-1515 ext. 311 or jpetrillo@saintaloysiusonline.org. Events are open to teens in grades 8 through 12. *Please keep in mind that it is a diocesan policy that parents should be copied on e-mail communication between parish staff/volunteers and those under 18.

Parish St. Patrick's Day Event: Our parish is hosting a St. Patrick's Day event on Sunday, March 16th at 12:00 pm in Morello Hall! The afternoon will include a performance from Irish step dancers, live music, and an Irish soda bread contest. The event is open to the whole parish, and teens are invited to attend and sit together, so that they can enjoy the festivities with one another. During the event, we also plan to have a table set up where parishioners can learn more about AYM. If you would like to attend and sit together, please let me know by Thursday, March 13th. Please also let me know if you would be open to serving at our AYM Info table, handing out flyers and talking with interested parishioners.

Soup and Stations: On Friday, March 21st, AYM will be sponsoring "Soup and Stations!" Soup will be served at 6:00 pm, and Stations of the Cross will start at 7:00 pm. Teen volunteers are needed to assist with the following: Bringing and serving a meatless soup (Any soup that is provided should arrive in a Crockpot. Those bringing soup will need to arrive at 5:30 pm.), reading reflections as we pray the Stations of the Cross, cleaning up at the end of the event

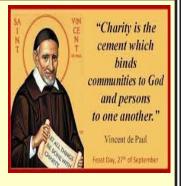


All those who wish to participate are asked to please RSVP by Monday, March 17th.



From Prayer to Action—A Lenten
Journey with St.
Vincent dePaul

This Lent, go beyond giving something up—GIVE BACK! The Society of St. Vincent



dePaul is in urgent need of volunteers to serve those in need in our community. We need help with Phone Intake Volunteers and Home Visitors. (training is available). During this season of prayer, fasting, and almsgiving, what better way to live your faith than by answering the call to serve? Whether you can give a few hours a week or an afternoon, your help will make a real impact. Interested? Our next

meeting 24th at Join us to our r

meeting is Monday, March 24th at 5pm in Morello Hall. Join us in bringing Christ's love to our neighbors.



The Three Pillars

- 1. PRAYER uniting our hearts with Christ in the wilderness.
 - Attending daily Mass, receiving the Eucharist frequently
 - Praying the Holy Rosary, especially the Sorrowful Mysteries
 - Meditating on Christ's Passion through the Stations of the Cross
 - Spending time in Eucharistic Adoration, keeping watch with Our Lord
 - Reading Sacred Scripture, especially the Gospels
- 2. FASTING detaching from worldly comforts to hunger for God.
 - Ash Wednesday and Good Friday are obligatory days of fasting and abstinence
 - Fridays in Lent are days of abstinence from meat
 - Consider additional personal sacrifices (e.g., giving up sweets, unnecessary entertainment, social media)
- 3. ALMSGIVING offering our time, talent, and treasure.
 - Support the poor through donations and service
 - Perform corporal and spiritual works of mercy
 - Offer kindness and forgiveness

Cent: A Holy Season

"If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me." – Luke 9:23

These forty days mirror Christ's time of fasting and prayer in the desert, preparing us to walk with Him through His Passion, Death, and Resurrection.

Lent is not merely a season of external observances but an invitation to true interior renewal, turning away from sin and embracing the mercy of God.

Repentance

"Be converted to Me with all your heart, in fasting, in weeping, and in mourning. And rend your hearts, and not your garments, and turn to the Lord your God." – Joel 2:12-13

Lent is a time to examine our souls and recognize where we have strayed from God. Sin separates us from Him, but through sincere repentance and the grace of the Sacraments, we are restored and renewed. Let us return to the Lord with contrite hearts, embracing this season of mercy.

The Liturgy of Lent A Journey to Calvary

- The priest wears violet, symbolizing penance and humility.
- The Gloria and Alleluia are omitted, reflecting the season's solemnity.
- The faithful are urged to receive the Sacrament of Reconciliation, cleansing their souls before Easter.

"Create in me a clean heart, O God, and renew a right spirit within me." – Psalm 50:12

Lent is not about temporary change, but about permanent transformation. What we do in these forty days should lead us closer to holiness, shaping our hearts to reflect Christ. Let us walk this journey with devotion, knowing that beyond the cross lies the glory of the Resurrection.