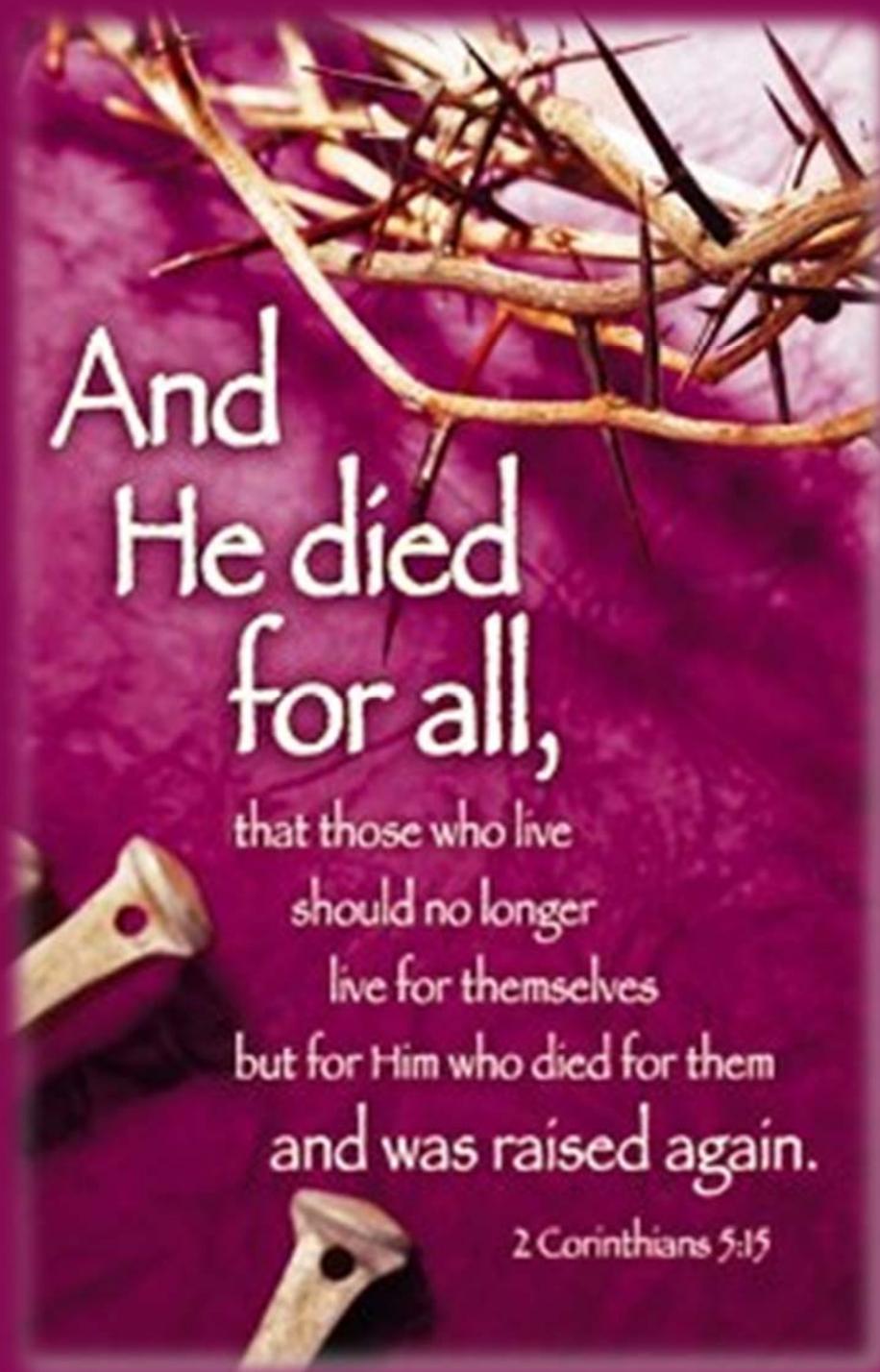


# *St. Jerome Catholic Church*



## *Lent 2021*



After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.  
 John 19:28-30



## Lenten Message from Fr. Tom

Dear Friends,

Lent is a time when we, as individuals and families, can make the decision to answer Jesus' Lenten call "Follow me" (Luke 6:27). I ask that you reflect on the words below. I hope you will accept Jesus' Lenten call.

*If not us, why?*

*If not now, when?*

*If not for the Kingdom, why?*

I encourage you to keep this Lenten information handy all through the Lenten season, both as a reference and as an inspiration to keeping

your Lenten promises and your efforts to follow Christ ever more closely. May God bless you on your journey.

Respectfully  
 Yours in Christ,  
 Fr. Tom Morgan  
 Pastor - St. Jerome Catholic Church

## Regulations on Fasting and Abstinence

The dual disciplines of fasting and abstinence have a long history in the Catholic Church. Going back to the early Church, the purpose behind the custom of self denial is not punishment; it is to simplify our lifestyles so that we create a certain emptiness. In this way, freed from all distractions, we are able to hear and respond to God's continued call to conversion and holiness.

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of 18 and 59 years (inclusive). On days of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

Abstinence from meat is to be observed by all Catholics who are 14 years of age and older. Ash Wednesday, all the Fridays of Lent, and Good Friday are days of abstinence. "Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance." (Canon 1252)

The Catholic Church requires her members to fast on Good Friday (see exceptions on next page), and encourages her members to continue this Paschal Fast until the Easter Vigil, but she does not require this prolongation by law. Catholics are also required to keep the Eucharistic Fast every time they receive Holy Communion, including during the Paschal Triduum. "Let the Paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, as a way of coming to the joys of the Sunday of the Resurrection with uplifted and welcoming hearts." (Ceremonial of Bishops, n. 295; see Sacrosanctum Concilium, n. 110)

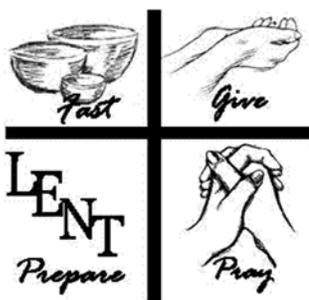
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## Fasting and Abstinence Regulations *(continued)*

Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self denial that are suitable to their condition. Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

Abstinence - Meat is considered to be the flesh and organs of mammals and fowl. Also forbidden are soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted as well as water hen, and turtle. Also permitted are animals derived from products such as margarine and gelatin which do not have any meat taste.

# Making a Family/Individual Plan for Lent



### Prayer

- Attend Stations of the Cross at church or pray stations at home, (the stations could be prayed inside or in your backyard; invite neighbors/family)
- Promote a spirit of prayer; pray throughout the day; find God in the ordinary moments of life; talk to others about how God works in your daily life
- Learn a new Catholic prayer every week (see <http://www.ewtn.com/devotionals/prayers/index.htm>)
- Choose a devotion to pray during Lent; find a Catholic book of prayer and meditation to assist you during Lent

- Incorporate praise and worship into your prayer life; music is an avenue to connect with Christ
- Gather friends/family in a home prayer service or rosary; encourage kid-friendly gatherings so the family can participate

### Fasting

- Always follow church fasting guidelines (i.e. no meat EVERY Friday in Lent; fast Ash Wednesday and Good Friday)
- Practice sacrifice and self-denial during Lent; encourage children to give up something; promotes spirit of self-control and discipline
- Attach an intention (daily, weekly) to your fasting and sacrifices (e.g. for the people of Haiti, for vocation, etc.)
- Use fasting to redirect your mind, heart and soul to Christ

### Almsgiving (all spiritual journeys include almsgiving)

- For self or other family members: plan a giving action for friend, neighbor, stranger, etc.; attach it to monetary donation
- Give up a weekly treat or lunch and donate cost to charity or to the church
- Keep extra food in the car to give to homeless
- Plan a small family mission (i.e. Metropolitan Ministries; San Jose Mission in Dover, FL)
- Make a habit of taking can goods from your pantry for Mt 25 ministry (families: make this an effort of the whole family)

### What to give up for Lent

- Give up watching TV one evening a week. Visit some lonely or sick person instead.
- Give up looking at other people's worst points. Concentrate on their strong points and positive attributes.
- Give up speaking unkindly. Let your speech be generous and understanding.
- Give up your worries. Trust God with your problems and frustrations.
- Give up hatred or dislike of anyone. Learn to love instead.
- Give up the fear which prevents Christian witness. Seek courage to speak about your faith to others.
- Give up spending excessive time with newspapers, magazines, the Internet, video games and other technology. Use some of that time to study your Bible.
- Give up grumbling. Learn to give thanks in everything.
- Give up 10 to 15 minutes each day. Use that time in prayer.

# TRADITIONS DURING LENT/HOLY WEEK

- Bring last year's palms from Palm Sunday on the Sunday prior to Ash Wednesday. These palms are burned and the ashes are used on Ash Wednesday.
- Alleluia Sunday (Sunday preceding Ash Wednesday) - This is the last day when the Alleluia is pronounced preceding the Gospel. It will not be heard again until the Easter Vigil.
- Attend Mass on Ash Wednesday (the first day of Lent) and receive ashes on the forehead. This custom reminds us of death and the necessity of penance and contrition.
- Stations of the Cross - This exercise of Christian piety can be traced back to the 4th century. The devotion is practiced in pious imitation of the pilgrims who traveled to the Holy Land to visit the places hallowed by Christ's suffering. Each station or stop is a halting pace at which the soul of the onlooker is moved to sorrowful contemplation.
- Almsgiving - Material or financial assistance given to a needy person or cause, prompted by Christian charity. Almsgiving is recognized by the Church as one of the principal forms of penance. During Lent, family or individual participation in Operation Rice Bowl or making contributions in the Alms Boxes located in the church would be examples of this practice. Those participating in Operation Rice Bowl are asked to bring the Rice Bowls to church on Palm Sunday.
- Reception of the Sacrament of Penance: A precept of the Church obliges the faithful guilty of grave sin to confess at least once a year. The Church favors more frequent reception of the sacrament not only for the reconciliation of persons guilty of serious sins but also for the reasons of devotion. Devotional confession - in which venial sins or previously forgiven sins are confessed.
- Sundays during Lent are excluded from the penitential season (see Nehemiah 8:9)
- Liturgical Colors – Violet vestments are used during Lent to symbolize penance except on the Fourth Sunday of Lent or Laetare Sunday when rose vestments may be used to mark the halfway point and a respite in the penitential season.
- The Fourth Sunday of Lent – a) Mothering Sunday - There is an ancient custom of visiting one's mother's church or cathedral on this day; later, a day when children would return home to spend the day with mother and parents with 'mother cakes' and simnel cakes prepared especially for the occasion. One tradition presents Mothering Sunday as an honor to St. Ann, the Blessed Virgin's Mother, when children would go 'a-mothering' and bring flowers, gifts and sweets to their mother. b) Reflection Sunday - because the Scripture included the story of Joseph feeding his brothers (First Reading) and Jesus feeding the multitude (Gospel). On this day it is traditional to serve rich simnel cakes. Ornamented with scallops, they commemorate the food spoken of in the readings. (read the readings before serving the cakes)
- Palm Sunday – a) It is traditional to participate in the recalling of the entrance of Jesus into Jerusalem by having the palms blessed and brought home. These palms are placed behind the Crucifix or the holy water font in each bedroom. b) Fig Sunday – It is traditional to eat figs on this day while reading Mk 11, for the eating of figs memorialize the fig tree cursed by Christ after his entry into Jerusalem - we are called to produce good fruit (see John 1:1-10)
- Easter Duty - The serious obligation binding Catholics of Roman Rite to receive the Eucharist during the Easter season - in the United States from the first Sunday of Lent to and including Trinity Sunday.

## OTHER TRADITIONS

- **Veiling of crosses, statues and pictures:** Veiling of crosses, statues and pictures is perhaps based on the notion of a “fast of the eyes.” Christ veiled His divinity during His passion. “Jesus hid himself and left the temple.” Veiling of crosses reminds us of the Redeemer’s humiliation and thus imprints the image of the crucified Christ more deeply on our hearts.
- **Spring Cleaning:** Traditionally done as a preparation during the first day of Holy Week for the celebration of Easter, its parallel is the custom in Jewish families to rid the homes of ‘the old’ in preparation for Passover.
- **Holy Thursday:** Attend Mass and then visit three churches for the Adoration of the Blessed Sacrament.
- **Listen to Spiritual Tapes:** Try listening to audio tapes of the New American Bible (RE) and meditating on the Scripture Readings or praying the Stations of the Cross before a crucifix that has the stations embossed on it.
- **Soup and Bread Suppers:** Fast on soup and bread for supper once a week. *Dear Lord, help me this Lenten Season to fast from resentment and to feast on forgiveness.*
- **Your Love Nail:** Take one nail from the baskets in the church on the First Sunday of Lent. Look at it. Meditate on what our sinfulness cost Jesus in His suffering. Bring back the nail on Good Friday and hammer it into the cross which will be placed at the entrance to the church.
- **Breaking the Chains of Sin:** Make a paper chain of forty links using colored construction paper. On each link type a Scripture verse and activity. Memorize one line each day and perform the activity suggested. At the end of forty days the chain will have disappeared.
- **Dropping of the Stones:** At our Good Friday Liturgy, stones will be dropped in a metal pail as we walk up to kiss the crucifix. It will help remind us of many Biblical quotes: Ps 91:12 - “...Lest you dash you foot against a stone;” Mark 12:10 - “The stone which the builders rejected has become the cornerstone;” John 8:7 - “He who has no sin be the first to cast a stone at her.” Simply, I AM A SINNER.
- **Hot Cross Buns:** In England it was a popular custom to bake sweet buns, ice them with a cross, and eat them on Good Friday. These hot cross buns eventually became a popular food eaten all during Lent.
- **New Easter Clothes:** Wearing new Easter clothes may be traced to the new white robes in which the newly baptized at Easter were clothed. They are also symbolic of the newness of resurrection.
- **Easter Parade:** It is traditional to take a long walk after Easter Mass with family or friends as a sign of the new life of the resurrection and the call to walk in the steps of the Lord.
- **Easter Eggs:** The egg is a symbol of the resurrection. It also represents the tomb from which Jesus came forth to new life. It is also a German custom to decorate trees outdoors with decorated hollow Easter eggs. The Eggs remain on the tree eight days beginning on Easter Sunday.
- **Easter Lilies:** It is traditional to give an Easter lily to someone you love on Easter Sunday. The lily is a symbol of purity and the resurrection.



# THE PRETZEL STORY



The pretzel has a deep spiritual meaning for Lent. It has been used in Lent for over 1500 years. The pretzel is made in the shape of the crossed arms, for in those days the people crossed their arms over their chests while praying. The braids were called “little arms.” Later the Germanic people coined the term “pretzel” which we use today.

## PRETZELS

Ingredients:

- 2 tablespoons honey
- 1 cup warm water
- 1 envelope Rapid rise yeast
- 1 teaspoon salt
- 3 cups flour
- 1 egg, beaten
- Coarse salt, sesame seed, Ms. Dash seasoning

*Soften yeast in the warm water. Add the honey and salt. Blend in the flour. Turn out dough on a lightly floured surface and knead until smooth, about five minutes. Roll the dough into ropes about 18 inches long and shape into pretzel shapes. Place on lightly greased cookie sheet. Brush with beaten egg. Sprinkle with coarse salt or use sesame seeds and Ms. Dash seasoning. Bake at 425 degrees for 12 to 15 minutes until pretzels are golden brown. Yields 10 to 12.*

**Pretzel Prayer:** We beg you, O Lord, to bless these breads which are to remind us that Lent is a sacred season of penance and prayer. For this very reason, the early Christians started the custom of making these breads in the form of arms crossed in prayer. Thus they kept the holy purpose of Lent alive in their hearts from day to day, and increased in their souls the love of Christ, even unto death, if necessary. Grant us, we pray, that we, too, may be reminded by the sign of these pretzels to observe the holy season of Lent with true devotion and great spiritual fruit, We ask thus through Christ our Lord. Amen.

## HOT CROSS BUNS

Ingredients (buns):

- |                              |                                      |                               |
|------------------------------|--------------------------------------|-------------------------------|
| 1 egg                        | 1/2 cup warm 2% milk (110 to 115° F) | 1 tablespoon butter, softened |
| 2 teaspoons active dry yeast | 4 teaspoons sugar                    | 1/4 teaspoon salt             |
| 1 1/2 cups all-purpose flour | 2 tablespoons raisins                | 2 tablespoons dried currants  |
| 1/4 teaspoon ground cinnamon | 1 dash ground allspice               | 1 egg yolk                    |
| 1 tablespoon water           |                                      |                               |

Ingredients (icing):

- |                              |                              |
|------------------------------|------------------------------|
| 1/4 cup confectioners' sugar | 1/8 teaspoon vanilla extract |
| 3/4 teaspoon 2% milk         |                              |

Directions:

In a small mixing bowl, dissolve yeast in milk. Stir in butter, egg, sugar and salt. Combine 3/4 cup flour, raisins, currants, cinnamon and allspice; add to the yeast mixture and mix well. Stir in enough remaining flour to form a soft dough.

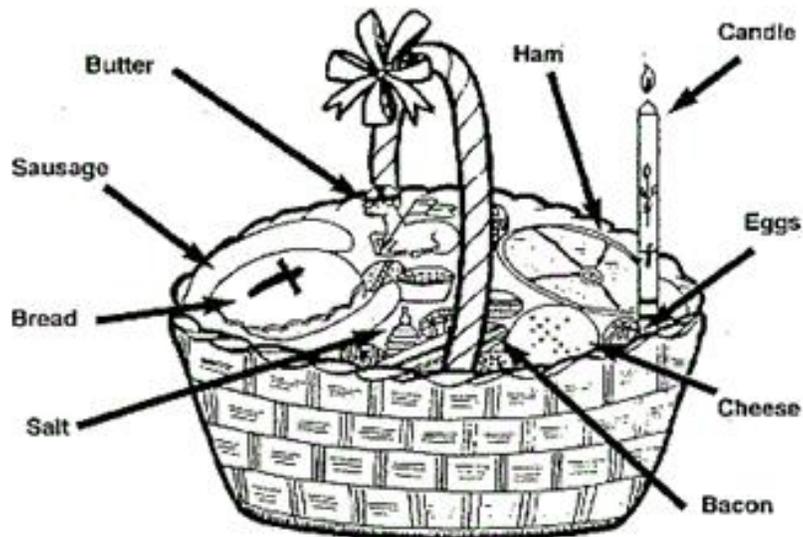
Turn onto a floured surface; knead until smooth and elastic, about 4-6 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; shape into six 2-in. balls. Place 2 in. apart on a baking sheet coated with nonstick cooking spray. Using a sharp knife, cut a cross on top of each bun. Cover and let rise until doubled, about 30 minutes.

Beat egg yolk and water; brush over buns. Bake at 375 degrees F for 13-15 minutes or until golden brown. Cool on wire racks. Combine icing ingredients; pipe over buns.



# HOW TO PUT TOGETHER A TRADITIONAL EASTER FOOD BASKET



The custom of bringing an Easter basket to Church on Easter Sunday is an age old tradition among the Slavs. The Blessing of the Easter Food and Baskets takes place on Holy Saturday morning at St. Lawrence. It stems from the desire of the Christian community to ask God's blessing on the foods that will break the Great Fast (Lent) and from which they have abstained during this period. The religious significance attached to the foods eaten is symbolic of Christ Himself, our true Passover.

**Maslo (Butter)** - Usually the butter is shaped into a figure of a Lamb or of a three-barred cross and decorated in much the same fashion as the cheese. Butter is to remind us of the

goodness of Christ that we ought to be demonstrating to all men by our lives in Him.

**Babka (Easter Bread)** - A sweet, yeast bread rich in eggs, butter and other condiments. It is symbolic of Christ Himself, who is our True Bread. Usually it is baked as a round loaf baked with a golden crust decorated with some symbol indicative of Christ, such as a braided cross, a lamb or something similar.

**Jajka (Eggs) and Pisanki** (decorated with symbols of Easter)- Highly decorated eggs with symbols and markings made with beeswax. Indicative of new life and of resurrection.

**Szynka (Ham)** - Symbolic of great joy and abundance. Some prefer lamb or veal. The lamb also reminds Christians that the Risen Christ is the "Lamb of God."

**Slonina (Smoked Bacon)** - A piece of uncooked bacon cured with spices. Symbolic of the lavishness, the overabundance of God's mercy toward us.

**Sol (Salt)** - Symbolic of prosperity and justice and to remind us that people are the flavor of the earth. A condiment necessary for flavor, reminding Christians of our duties toward others to "flavor" the world.

**Ser (Cheese)** - A custard-type cheese shaped into a ball which has a rather bland but sweet taste, and is intended to be indicative of the moderation that Christians should have in all things. Also, creamed cheese is sometimes placed in a small dish and decorated with initials or patterns by placing peppercorns or cloves in appropriate patterns.

**Kielbasa (Sausage)** - A spicy, garlicky sausage of pork, veal, beef and other products. Indicative of God's favor and generosity.

**Candle** - Represents Christ as the Light of the World.

**Colorful Ribbons and Sprigs of Greenery** - are attached to the basket as signs of joy and new life in the season of spring and in celebration of the Resurrection.

**Linen Cover** - drawn over the top of the basket which is ready for the priest's visit to the home or the trip to church where it is joined with the baskets of others to await the blessing. The food is then set aside and enjoyed on Easter.



# LENT/EASTER SCHEDULE - 2021

**Daily Masses** - Monday - Friday, 7:00 am and 9:00 am  
 Wednesday 7:30 pm (7:00 pm during Mission March 3)  
 Saturday, 9:00 am

**Stations of the Cross** - Fridays in Lent 9:30 am and 7:00 pm - Church

Monday, March 1 - Tuesday, March 2  
 Wednesday, March 3

**Parish Lenten Mission** - at 7:00 pm with Bishop Robert N. Lynch  
 7:00 pm Mass with Bishop Lynch - Talk within Mass

Friday, March 5

**Mission Week Concert** - at 7:30 pm in the Plaza featuring Chris Brunelle

## HOLY WEEK

Weekend of March 27 - 28, 2021

**Palm Sunday** - Blessing of palms. Solemn Entrance at the church doors before all weekend Masses.

Tuesday, March 30, 2021

7:30 pm - **Seven Last Words** - Church

Wednesday, March 31, 2021

8:15 pm - **Tenebrae** - Church

## Triduum

Holy Thursday, April 1, 2021

9:00 am - 10:00 am - **Drive-thru Confessions** - north entrance to Church  
 7:30 pm **Mass of the Lord's Supper** - Church  
 Adoration follows until midnight - Tent  
 11:45 pm - **Night Prayer** - Tent

Good Friday, April 2, 2021

9:00 am - 10:00 am - **Drive-thru Confessions** - north entrance to Church  
 3:00 pm **Good Friday Liturgy** - Church  
 7:00 pm - **Good Friday Liturgy** - Church

Holy Saturday, April 3, 2021

12:00 pm - **Blessing of Easter Food and Baskets** - Church  
 8:00 pm - **Easter Vigil Mass** - Church

## Easter Sunday Masses

Sunday, April 4, 2021

7:00 am - Mass - Church  
 7:00 am - Mass - Tent  
 9:00 am - Mass - Church  
 9:00 am - Mass - Parish Center  
 9:00 am - Mass - Tent  
 11:00 am - Mass - Church  
 11:00 am - Mass - Parish Center  
 11:00 am - Mass - Tent

**Please note: On Easter Sunday, there will not be a 5:00 pm evening Mass**

## Divine Mercy Sunday

Sunday, April 11, 2021

All Weekend Masses are Divine Mercy Masses  
 3:00 pm - Divine Mercy Holy Hour

## Special Lenten Confessions

Monday, March 22, 2021

9:30 - 10:30 am Special Lenten Confessions - three outside stations