

LENT

BEGINS NOW

A time to reflect,
repent, and renew.

Cathedral of St. Jude the Apostle | St. Joseph Catholic Church



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." I hope you will accept Jesus' Lenten call. I ask that you reflect on these words. If not us, who? If not now, when? If not for the Kingdom, why?

I encourage you to keep this Lenten bulletin handy all through the Lenten season, as a reference and as an inspiration to keeping your Lenten promises and to support your efforts to follow Christ ever more closely. May God bless you on your journey.

Respectfully Yours in Christ,

Fr. Tom Morgan
Rector

Regulations on Fasting and Abstinence

Fasting and abstinence have a long history in the Catholic Church dating 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 continual 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 ages 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

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 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 the them. Salt and freshwater species of fish, amphibians, reptiles, and shellfish are permitted as well.

Making a 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 the neighbors or 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. <https://www.ewtn.com/catholicism/devotions/prayers-69>
- 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 or family in a home prayer service or rosary. Encourage kid-friendly gatherings so the family can participate.

Fasting

- Always follow church fasting guidelines.
- Practice sacrifice and self-denial during Lent; encourage children to give up something; promotes spirit of self control and discipline.
- Attach an intention, daily or weekly, to your fasting and sacrifices. e.g. for people in war torn countries, for vocations, for the sick, 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 a friend, neighbor, stranger, etc.; attach it to a monetary donation.
- Give up a weekly treat or lunch and donate the cost to charity or to the church.
- Keep extra food in the car to give to the homeless.
- Sign up to make a meal for the residents of Pinellas Hope or Tampa Hope.
- Plan a small family mission, for example Metropolitan Ministries or San José Mission in Dover, FL.
- Make a habit of taking canned goods from your pantry for our St. Joseph Food Pantry collection.

What to give up for Lent

- Give up watching TV one evening a week, visit a 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 the news, the internet, video games and other technology. Use some of that time to study the Bible.
- Give up grumbling, learn to give thanks in everything.



Traditions During Lent and Holy Week



- Bring last year's palms to the cathedral on the Sunday prior to Ash Wednesday. These palms are burned and the ashes are used on Ash Wednesday.
- Alleluia Sunday is the Sunday preceding Ash Wednesday. This is the last day when the Alleluia is pronounced before the Gospel. It will not be heard again until after 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 at 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 principle forms of penance. Examples of this practice during Lent could include family or individual participation in Operation Rice Bowl or making contributions in the St. Vincent de Paul boxes located in the church. 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 in Lent are excluded from the penitential season, see Nehemiah 8:9. Instead, every Sunday is viewed as a *mini Easter*, and is to lived as such, no fasting, etc.
- 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.
- There are two traditional observances for the Fourth Sunday of Lent:
Mothering Sunday –There is an ancient custom of visiting one's mother's church or cathedral on this day. Another custom, children would return home to spend the day with mother and parents. *Mother cakes* and *simnel cakes* were prepared especially for the occasion. One tradition presents Mothering Sunday as an honor to St. Ann, the Blessed Virgin's Mother. **Reflection Sunday** –The Scripture included the story of Joseph feeding his brothers in the First Reading, and Jesus feeding the multitude in the Gospel. On this day it is traditional to serve rich simnel cakes. Rich simnel cakes commemorate the food spoken of in the readings. Read the readings before serving the cakes.
- Palm Sunday—It is traditional to participate in the recalling of the entrance of Jesus into Jerusalem by having palms blessed and brought home. These palms are placed behind the Crucifix or the holy water font in each room.
Also called Fig Sunday, it is traditional to eat figs on this day while reading Mk 11. This memorializes the fig tree cursed by Christ after His entry into Jerusalem. We are called to produce good fruit, see Matthew 21:19-21.
- **Easter Duty** –The serious obligation binding the Catholics of Roman Rite to receive the Eucharist during the Easter season. In the United States from the first Sunday of Lent up to and including Trinity Sunday (Sunday after Pentecost).

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 in 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 Podcasts: Try to listen to podcasts of the New American Bible and meditating on the Scripture Readings or praying the Stations of the Cross before a crucifix that has the stations embossed on it. Fr. Mike Schmitz has a lovely podcast called *Bible in a Year*.
- Soup and Bread Suppers: Fast on soup and bread for a supper once a week. Dear Lord, help me this Lenten Season to fast from resentment and to feast on forgiveness.
- The Love Nail: Take one nail from the baskets in the church on the First Sunday of Lent. Look at it. Meditate on the suffering of Jesus for our sinfulness. Recognize His great love for us. Bring back the nail on Good Friday and surrender it to the Lord.
- Breaking the Chains of Sin: Make a paper chain of forty links using colored construction paper. On each link write a Scripture verse and Lenten activity. Memorize one line each day and perform the activity suggested. At the end of forty days, the chain will have disappeared.
- Holy Heroes Lenten Adventure. Great for Families! Check out <https://holyheros.com/pages/lenten-adventure> for daily activities for children and families to do together through Lent.
- 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 white robes worn by the newly baptized at Easter. 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 them pretzel which we use today.



Pretzels

Ingredients:

2 tablespoons honey	1 cup warm water
1 envelope of rapid rise yeast	1 teaspoon salt
3 cups flour	1 egg, beaten
Coarse salt	Sesame seed, optional
Mrs. Dash seasoning, optional	

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 a lightly greased cookie sheet. Brush with beaten egg. Sprinkle with coarse salt or use sesame seeds and Mrs. Dash for seasoning. Bake at 425° 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 Crossed Buns

Ingredients - Buns

1 egg
1/2 cup warm 2% milk (110 to 115°)
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 an hour. Punch dough down, shape into six 2 inch balls. Place 2 inches 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° for 13-15 minutes or until golden brown. Cool on wire racks. Combine icing ingredients; pipe over buns.

Assembling a Traditional Easter Food Basket



The custom of bringing an Easter basket to Church on Easter Sunday is an age old tradition among the Slavic people. The blessing of the Easter Food and Baskets takes place on Holy Saturday morning here at the Cathedral. 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 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 a new life and of resurrection.

Szynka (Ham) - Symbolic of a 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 Gods 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 the church where it is joined with the baskets of others to await the blessing. The food is then set aside and enjoyed on Easter.



Cathedral of St. Jude

Daily Mass

Monday—Friday 8:15 am and 11:00 am, Saturday at 8:15 am

Stations of the Cross

Fridays in Lent 8:45 am in Our Lady's Chapel, 7:00 pm in the Cathedral

Friday Fish Fry Sponsored by Knights of Columbus

Fridays, March 7—April 11, from 5:00—6:30 pm

Parish Lenten Mission

Presented by Fr. Albert Haase, OFM

Monday, March 10—Wednesday, March 12

7:00 pm—Cathedral

Lenten Evening of Confession

Wednesday, April 9, 7:00 pm—8:00 pm—Cathedral

Holy Week

Sunday, April 12-13, Palm Sunday

Blessing of Palms at all Masses

Monday, April 14

7:45 am Morning Prayer, 8:15 am Mass, 8:45 am, 11:00 am Mass and Confessions following—Chapel

Tuesday, April 15

7:45 am Morning Prayer, 8:15 am Mass, 8:45 am Exposition of the Blessed Sacrament and Benediction—Chapel

Chrism Mass 11:00 am—Cathedral, No Confessions will be heard today

Wednesday, April 16

7:45 am Morning Prayer, Daily Mass 8:15 am, 8:45 am Exposition of the Blessed Sacrament and Benediction, 11:00 am and Confession following, Tenebrae 8:00 pm—Chapel

Holy Thursday, April 17

8:15 am Morning Prayer—Chapel, Confession 9:00 am—10:00 am—Cathedral, No Exposition today
7:00 pm Mass of the Lord's Supper—Cathedral, Eucharistic Adoration follows until 12:00 am—Parish Center

Good Friday, April 18

8:15 am Morning Prayer—Chapel
12:00 pm Stations of the Cross—Cathedral
3:00 pm The Passion, Veneration of the Cross and Holy Communion—Cathedral
7:00 pm The Passion, Veneration of the Cross and Holy Communion—Cathedral

Holy Saturday

8:15 am Morning Prayer—Chapel
No Confessions will be heard today
12:00 pm Blessing of Easter Food and Baskets—Chapel
8:00 pm Easter Vigil—Cathedral

Easter Sunday

8:00 am Mass—Cathedral
9:30 am Mass—Cathedral
9:40 am Mass—Parish Center
11:30 am Mass—Cathedral

Please note, there will be no 6:00 pm Mass on Easter Sunday.

St. Joseph

Daily Mass

Monday—Saturday at 8:00 am

Stations of the Cross

Fridays in Lent 8:30 am and 7:00 pm

Lenten Parish Dinners

Fridays, March 7—April 11, from 6:00—7:00 pm

Holy Week

Sunday, April 12-13, Palm Sunday

Blessing of Palms at both Masses

Monday, April 14

8:00 am Mass

Tuesday, April 15

8:00 am Mass

Wednesday, April 16

8:00 am Mass

Holy Thursday, April 17

7:00 pm Mass of the Lord's Supper, Eucharistic Adoration follows until 12:00 am

Good Friday, April 18

12:00 pm Stations of the Cross
3:00 pm The Passion, Veneration of the Cross and Holy Communion

Holy Saturday

8:00 pm Easter Vigil

Easter Sunday

10:00 am Mass

