

## CATHOLIC IDENTITY & ASH WEDNESDAY

The cross of ashes on your forehead (the "Holy Tattoo") on this Ash Wednesday is a sign of your Catholic identity and of your commitment to renewal through a deeper conversion of life. The ashes come from blessed palm branches and emphasize the rhythm of our spiritual lives from Palm Sunday to Easter and back again to a new Lent.

As the Lenten cross of ashes was imposed on your forehead, you heard either of these phrases, Remember that you are dust and into dust you will return." Or the newer formula, "Turn away from sin and be faithful to the Gospel." Both phrases remind us that we are to die to our own selfishness and sin, so that the life of Christ may be renewed in us and possess us more fully.

**ASHES BY FR. ROMANO GUARDINI:** "Ashes signify our overthrow by time. Our own swift passage, ours and not someone else's, ours, mine. When at the beginning of Lent the minister takes the burnt residue of the green branches of the last Palm Sunday and inscribes with it on my forehead the sign of the cross, it is to remind me of my death.

Everything turns to ashes, everything whatever. This house I live in, these clothes I am wearing, my household stuff, my money, my fields, meadows, woods, the dog that follows me, all without exception will fall back into dust."

*Fr. Romano Guardini (1885-1968) was an influential writer who related the Christian message to a modern audience and helped to prepare the way for Vatican I.*

**THE DISCIPLINE OF LENT:** This involves three exercises...*Prayer, Fasting and Almsgiving.* We are to be more attentive to prayer so that God's voice will be heard in our hearts. Through some form of fasting we are to die to our own self-centeredness so the life of Christ may be renewed and grow more fully within us. If we are motivated by love in our prayer and we embrace some form of dying to our own selfishness through fasting, then the outcome should be almsgiving – a desire to share some of our blessings with those who are in need. Almsgiving means that we hold out our arms and give some of our blessings to others in love.

**THE TRIPOD OF THE LENTEN DISCIPLINE:** How will I balance the tripod of the Lenten discipline – (*PFA*) *Prayer, Fasting and Almsgiving* – during this Lenten season of renewal?

**Questions to ponder...How will I do PFA this Lent?**

- Will I set aside more time for intentional *prayer*?
- What will I *fast* from or *die* to, so that the presence of Christ may be renewed and blossom more fully within me?
- How will I share my bread – blessings of my life lovingly with others...*almsgiving*?

## PARISH LENTEN RENEWAL OPPORTUNITIES

**A LENTEN CALL TO ESTABLISH FAVORABLE PLACES & TIMES FOR PRAYER:** In my own personal practices of daily prayer I found that a **favorable time** each day for intentional prayer and a **favorable place** to pray are two essential pillars for daily communion with God. Our desire to pray and to pray more often is best translated when we have a place favorable for prayer in our home...a prayer corner and a specific time to be there each day. A prayer corner in the catechism of the Catholic Church is described as a place that is favorable for prayer, a place that is free from distraction, and a place that will help us focus on sharing with God. Many of our parishioners have such prayer corners in their homes. They are constant reminders to them of the Holy and a call to have a consistent appointment time with the Lord to be there in the prayer corner on a daily basis. The corner may consist of a little table in a corner of a room with some sacred images, perhaps the Scriptures on the table, prayer books, and a candle that might be lighted when someone comes there to pray.

**THE FRIDAY LENTEN CONNECTION:** (*PFA*) *Prayer, Fasting and Almsgiving* are interconnected on Friday evenings beginning with the 5:30pm Mass. The Mass is followed by the *Soup and Sacrifice* meal in the **Parish Hall**. The Soup and Sacrifice meal involves us individually and as families in a way of fasting and renewal for peace and justice. What is contributed for the meal is given in almsgiving to help the homeless women of Sr. Jose Women's Center and the Blessed Nuno Society orphanage. You are encouraged to think of prayer, fasting and almsgiving within the Friday evening context.

**LENTEN OUTREACH PROJECT "YOUR CHANGE CAN CHANGE HAITI":** This Lent reach out to our brothers and sisters in Haiti by collecting change to help St. Francis Church in Bombardopolis spread the Joy of the Gospel. At each meal during Lent remember in prayer our brothers and sisters in Haiti and collect change for their needs. This year Change Haiti will focus on Mission and Evangelization; in other words, spreading the Joy of the Gospel to the Haitian people. Change jars should be brought to Mass on Palm Sunday.

**The Sacrament of Mercy or Deeper Conversion of Heart** through Reconciliation/Confession is available every Wednesday 6-6:25pm and Saturday 4-5pm and 7-7:30pm  
**Communal Penance Celebration – Sunday, April 9th at 7:30pm**

**STATIONS OF THE CROSS** - Every Friday at 3:30 and 6:45pm; 7:30pm Estaciones de la Cruz

**ADDED EUCHARISTIC OPPORTUNITIES TO ENCONTER JESUS DURING LENT:** Daily Mass – Monday-Friday at 6:30am & 8:30am; Saturday morning at 8:30am; Wednesday evenings at 6:30pm and Friday evenings at 5:30pm. At 6:30 pm on Monday evenings during Lent there will be a Scripture/Communion service in the Daily Chapel conducted by two of our diaconal candidates, Frank Perotti and Eric Maugans. Both Frank and Eric will be ordained to the permanent diaconate in June for diaconal ministry here at Our Mother of Sorrows Parish.

**CENACLE CHAPEL AND PRAYER DURING LENT:** The Cenacle Chapel is an ideal time to respond to the Lord's call..."Come apart, and rest awhile." In prayerful quiet and silence, prayer there during the weekly Eucharistic hours is prayer in the presence of the Lord Himself in the Blessed Sacrament. St. Teresa of Calcutta once stated the following: "I make a Holy Hour each day in the presence of the Blessed Sacrament; all my sisters of the Missionaries of Charity make a Holy Hour as well, because we find that through our daily hour, our love of Jesus becomes more intimate."

**LENTEN MEAL BLESSING:** *We bless you, Lord, and we praise you, for you have give us this meal to share, provided by the earth and prepared by human hands. Help us remember those who cannot eat because of poverty or sickness. Let the brief hunger we feel this Lent make us hunger even more for justice. May this meal strengthen us to do your will. Blessed be God for ever. All: Blessed be God for ever.*  
Diana Macalintal, *The Work of Your Hands*

**PLATICA Y PREPARACIÓN CUARESMAL:** Sábado 25 de marzo en el auditorio del PAC de 9 a 2pm. Por que y como celebramos la cuaresma los católicos? Presentador se anunciara en las siguientes semanas.

**MISIONES EN ESPAÑOL:** Lunes marzo 27 y martes 28: El padre Sean Carroll de la Iniciativa Kino nos ayudara a comprender y meditar a través de las Sagradas escrituras, la historia bíblica de los migrantes y las implicaciones para nuestra practica de la fe en la actualidad.

**VIACRUCIS EN ESPAÑOL:** Cada viernes de cuaresma a las 7:30pm en la parroquia, trae a tu familia a participar en esta devoción tradicional de la cuaresma.

**SEDER MEAL:** Tuesday, April 11, 6:00 pm. Parish Hall. Take the opportunity to experience the Seder Meal at OMOS and learn the Jewish origins of our Christian faith, especially in the celebration of the Easter Triduum. The Seder Meal is a ritual that can not be interrupted and participants are required to be punctual. This event is limited to 50 participants and reservations are on a first-come first-serve basis. Please call the parish office for your reservation. Fr. Richard will lead this event.

**LA CENA DEL CORDERO:** Miércoles 12 de abril, 6pm. Salón Parroquial. Esta es una gran oportunidad para aprender los orígenes de nuestra fe Católica, especialmente en la celebración del Triduo Pascual. La cena del Cordero es un ritual que no puede interrumpirse, por lo que los que participen deben de ser puntuales. Este evento esta limitado a los primeros 50 participantes que reserven su lugar. Favor de llamar a la oficina de la parroquia para reservar su lugar. Diacono Francisco guiará este evento.

**SAVE THE DATE! Parish Mission April 3-5:** More information will be shared in upcoming Sunday bulletins.

**ONGOING EFFORT TO RECOVER THE MEMORY AND DATE OF OUR BAPTISM BY EASTER:** Between now and Easter we continue to encourage all parishioners to discover the date of the Baptism. This can be done by contacting the church of one's Baptism and perhaps getting a new Baptismal certificate for one's personal file, and procure a Baptismal candle from the parish office. As we discover the date of our Baptism and get a new baptismal candle from the parish office, it is important that each year on the Baptismal date the Baptismal candle is lighted and placed on the dinner table as a reminder of "Whose" we are. Newly acquired baptismal candles can be blessed during the sprinkling rite at all of the Easter Masses at the renewal of the baptismal promises. The symbolism of the baptismal candle is a most appropriate sign of the life of the Risen Christ among us and within us.

**POPE FRANCIS AND THE PRACTICE OF PILGRIMAGE:** The practice of **pilgrimage** has a special place in our religious practice, because it represents the journey each of us makes in this life. Life itself is a pilgrimage, and the human being is a **viator**, a pilgrim travelling along the road, making one's way to the desired destination. Everyone, each according to his or her ability, will have to make a pilgrimage. This will be a sign that mercy is also a goal to reach and requires dedication and sacrifice. May pilgrimage be an impetus to conversion: by crossing the threshold, we will find the strength to embrace God's mercy and dedicate ourselves to being merciful with others as the Father has been with us.

**MARCH 11TH PILGRIMAGE OF MERCY TO OUR LADY QUEEN OF ANGELS ORPHANAGE IN AGUA PRIETA:** The Tucson Chapter of the Blessed Nuno Society, home-based here at Our Mother of Sorrows Parish, is sponsoring an all-day pilgrimage to Our Lady Queen of Angels Orphanage in Agua Prieta on Saturday, March 11th. Carl Sylvester, Executive Director, will lead the one-day pilgrimage. Participants will be helping bring supplies provided by the Society to the orphanage. The onsite visit to the orphanage, now housing almost 30 orphans, will give a hands-on prayerful experience of reaching out to the most vulnerable among us, the homeless orphans at the orphanage.

Parishioner pilgrims will need to have a valid passport. The carpool/motorcade will depart from the parish parking lot after a 7:15am Mass on Saturday, March 11th returning by 8pm on that Saturday evening. Pilgrim cars will be parked on the Douglas side of the border and the pilgrim group will walk across the border and board a bus for the 5-minute ride to the pilgrim site in Agua Prieta. There is no cost, but a freewill offering to offset the cost of the bus and to assist the orphanage will be collected at the orphanage. Pilgrims are responsible for paying for their own lunch at a Mexican restaurant.

Parishioners interested in registration information on this pilgrimage are asked to contact Rocio at the parish office at 747-1321 or email [rzamora@omosparish.org](mailto:rzamora@omosparish.org).

**BLESSED ARE THOSE BY POPE FRANCIS:**

Blessed are those who remain faithful while enduring evils inflicted on them by others, and forgive them from their heart.

Blessed are those who look into the eyes of the abandoned and marginalized, and show them their closeness.

Blessed are those who see God in every person, and strive to make others also discover him.

Blessed are those who protect and care for our common home.

Blessed are those who renounce their own comfort in order to help others.

Blessed are those who pray and work for full communion between Christians. All these are messengers of God's mercy and tenderness, and surely they will receive from him their merited reward.

*Centen Practices Lead to the Easter Renewal of Baptismal Promises at all Easter Masses*

<p><b><u>HOLY THURSDAY, APRIL 13</u></b> 7:00pm - Mass of the Lord's Supper</p> <p><b><u>GOOD FRIDAY, APRIL 14</u></b> 2:30pm - Paraliturguy including Stations of the Cross 7:00pm - Paraliturguy including the Proclamation of the Passion</p> <p><b><u>SATURDAY, APRIL 15</u></b> 7:00pm - Easter Vigil Mass – Combined Choirs <i>There is no 5:30 pm Mass</i></p> <p><b><u>EASTER SUNDAY, APRIL 16</u></b> 5:45am – Sunrise Mass (Courtyard) – Cantor 7:00am – Cantor 9:00am – Church – Combined Adult Choirs 9:00am – Parish Hall – Cantor 10:45am – Church – Angel Choir &amp; Jammin' for Jesus 10:45am – Parish Hall – Cantor 12:30pm – Church – Jubilation (Young Adults) 2:00pm - Misa en Español - en la Parroquia 6:00pm – Cantor</p>	<p><b>BAPTISMAL PROMISES RENEWAL QUESTIONS TO PONDER</b></p> <ul style="list-style-type: none"> <li>• Do you reject sin, so as to live in the freedom of God's children?</li> <li>• Do you reject the glamour of evil, and refuse to be mastered by sin?</li> <li>• Do you reject Satan, father of sin and prince of darkness?</li> <li>• Do you believe in God, the Father almighty, creator of heaven and earth?</li> <li>• Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?</li> <li>• Do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting?</li> </ul>
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**MARCH 1, 2017 - ASH WEDNESDAY**



**LENTEN JOURNEY**  
**We are all sinners loved by God**



**POPE FRANCIS AND THE SEASON OF LENT:** The season of Lent should be lived more intensely as a privileged moment to celebrate and experience God's mercy. How many pages of Sacred Scripture are appropriate for meditation during the weeks of Lent to help us rediscover the merciful face of the Father! We can repeat the words of the prophet Micah and make them our own: "You, O Lord, are a God who takes away iniquity and pardons sin, who does not hold your anger forever, but are pleased to show mercy. You, Lord, will return to us and have pity on your people. You will trample down our sins and toss them into the depths of the sea" (cf. 7:18-19)

The pages of the prophet Isaiah can also be meditated upon concretely during this season of prayer, fasting, and works of charity: "Is not this the fast that I choose: to loosen the bonds of wickedness, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? (Is 58:6-8)

**WE ARE ALL SINNERS LOVED BY GOD...**This is the overall theme of our current Pastoral Plan and is most appropriate as our Lenten theme. The theme and the Pastoral Plan are based on The Joy of the Gospel document by Pope Francis. He says in its opening line, "The Joy of the Gospel fills the hearts and lives of all who encounter Jesus." Our parish mission statement lifts up the centrality of personal encounter with Jesus in our faith walk. The statement puts it in the following way: *Filled with the Joy of the Gospel, our parish proclaims an ongoing encounter with Jesus Christ through Word, community, Sacrament, and loving service.*

**THE FIVE-WEEK LENTEN JOURNEY** is spring training time in the Spirit leading us to a deeper personal encounter with Jesus. It is what I like to call "Catholic boot camp time" when we are reminded to embrace the basics of the Christian life. The three legs of the tripod of the Christian life are **prayer, fasting, and almsgiving**. We are called to embrace each of these more intentionally...a little more time and consistency to the practice of daily prayer; fasting as a denial of something that in and of itself might be good, but doing so that I might die to my own selfishness and sin so that the life of Christ may rise within me; almsgiving...holding out my hands lovingly and sharing some of God's blessings in my life with others. If my prayer and fasting during Lent are done with the right intention then they will show up in my acting lovingly and being a blessing to others.

Some important questions for personal focus on this Lenten journey might be: *How will I be different this Easter time as a result of my spring training in the Spirit? Will the intentional renewal of my Baptismal promises (with my Baptismal candle) at Easter be significantly different than last year? If so, how? Will this Lenten journey lead me to a deeper conversion of life and heart to learn and grow in love and mercy of God and neighbor?*

**BEST LENT EVER®:** This year you have the opportunity to experience a truly life-changing Lent! Join us for BEST LENT EVER® a free daily email program that will take you on an incredible journey through Lent. The program features video reflections from Matthew Kelly and Dynamic Catholic team members who share insights that will inspire and encourage you. Plus you'll get a simple action step and prayer each day to help you apply what you learn to your everyday life. Complimentary BEST LENT EVER® reminder cards are available in the church. I encourage you to sign up for this free program at [BestLentEver.com](http://BestLentEver.com).

**"CREATE A NEW HEART IN ME, O LORD"** This prayer of the Psalmist can involve encountering the Lord in the Sacrament of Reconciliation. The Sacrament of Reconciliation properly understood is really the Sacrament of God's mercy and of deeper conversation of life. It lets the Lord in His mercy do in us what we cannot do for ourselves. Jesus says, "Come to me all you who are weary and find life burdensome, and I will refresh you." The Sacrament of Reconciliation/Confession is a wonderful way to unburden our lives before the Lord and to let Him come to us and help carry our burdens. The Sacrament is available each Wednesday evening from 6:00pm to 6:25pm and each Saturday from 4pm to 5pm and from 7pm to 7:30pm or by way of personal appointment with any of our priests.