

# Our Lady of Victories Church

(serving Harrington Park, River Vale and the Pascack/Northern Valley)

150 Harriot Avenue, Harrington Park, New Jersey

www.olvhp.org

Rev. Bryan F.J. Adamecik SFO, KHS Pastor

Sunday, March 5, 2017 A.D.

Rev. Duverney Bermudez

Rev. Anthony Mastroeni

Rev. Christopher M. Ciccarino KHS

Rev. John O'Connor

Rev. Brian Muzás

Latin Mass Assistants

Weekend Assistants

Br. Angelus CFR

Parish Seminarian

Sr. Elizabeth Holler, SC

Sr. Mary Corrigan, SC

In Residence-Convent

Mr. Thomas Lagatol Mr. Albert McLaughlin

Deacons

Susan Evarella

Religious Education

Deacon Al McLaughlin

Parish Catechetical Leader

Selena Piazza

Ministers of Music

Lesa Rossmann

Ministers of Music

Jerryl Pulis & Meagan Mullany

Jr. High School Ministry

Curtiss & Katie Stella

High School Ministry

Maria Hellrigel

Parish Secretary

Jorden Pedersen Esq.

President Parish Council

Jon Fischer CFA

Chairman Finance Committee



## SPECIAL MASSES OR DEVOTIONS:

First Friday: 7:30pm, Mass of Sacred Heart & Devotions

First Saturday: 8:00am, Mass of Immaculate Heart of Mary

First Saturday: 12:00pm Mass for Souls in Purgatory

## Novenas prayed after 8:00 a.m. Mass:

Our Lady of the Miraculous Medal: Monday

St. Jude and St. Anthony: Wednesday

Infant of Prague: 25th of the month

Rosary: Recited M - Sat after 8:00am & 12Noon Mass.

Tuesday-Novena Prayer and Adoration: 2:00-3:00pm

Thursday-Holy Hour with Adoration & Benediction: 7:00pm

Friday-Exposition & Adoration: 12:30PM-3:00pm

## THE SACRAMENT OF PENANCE/CONFESSION:

Monday - Friday 7:30am - 7:50am. First Friday at 7:00pm

Saturday at 11:00a.m.-Noon; 3:00pm - 3:25pm

## THE SACRAMENT OF BAPTISM:

To register for Baptismal preparation and Baptism, call the rectory.

## THE SACRAMENT OF CONFIRMATION:

Call the Religious Ed Office for requirements/class schedule.

## THE SACRAMENT OF MATRIMONY:

Please call the rectory for an appointment.

## THE SACRAMENT OF THE SICK/LAST RITES:

Sick calls at any time in emergency.

## THE SACRAMENT OF HOLY ORDERS AND VOCATIONS:

Anyone contemplating a vocation to the Priesthood or Religious Life should contact the Vocations Office at 973.497.4365.

# WELCOME

To the Parish Family of  
**OUR LADY OF VICTORIES**  
(THE LITTLE CHURCH WITH THE BIG HEART)

## COME WORSHIP WITH US

## Mass Schedule

Saturday: 4:00pm, 5:00pm

Sunday: 7:30am, 8:15am (Latin)

9:30am, 10:45am, 12:00pm,

1:00pm (Spanish)

6:00pm & 7:00pm

Weekdays: M-Sat 8:00a.m. & 12:00noon



Phone:

OLV Rectory

201-768-1706

Email:

olvrectory.hp@gmail.com

OLV Fax

201-768-3962

Religious Education

201-768-1400

olvhpccd@gmail.com

OLV Convent

201-768-1705

### **PRAY FOR OUR SICK**

Please **PRAY** in the name of **JESUS**, the Healer, that the **SICK** of **OLV PARISH** may be restored to health and all those who **ASSIST** and **CARE** for the sick will be given the **STRENGTH** to continue **GOD'S GOOD WILL**: Fr. Apostoli, Br. Pius, a little boy—Finn, Sean, William Biasi, John Bolger, James Brady, Joey Bulger, Kamal Faris, Kathy Freeburn, Marylou Goreb, Thomas Haring, Rosanne Kearny, Peter Kellar, Arnold Kemner, Joseph LoVecchio, Anne Matthaei, Teresa Meierdierks, Kathleen Musante, Canice Prince, Dan Ragusa, Odalis Recchia, Mary Rinner, Danny Rizzi, Suzanne Rothschild, Wendy Ruggiero, George Rush, John Smith, Kathryn Turrell, Therese Vaglio, Jim Walsh, Yvette Walls, and Catherine Wanner.

### **SPIRITUAL EXCERPT**

#### **THE STRUGGLE**

I don't want any of you to ever think that you are not going to have a struggle. Holiness is a constant struggle. It is not something you arrive at and enjoy while the rest of humanity wallows in imperfections. We are an imperfect, miserable bunch of people—and we're gonna be that way until we die. Sinners? Let's hope not. Imperfect? You bet.

You're going to have inclinations, temptations to anger, lust, gluttony. Don't blame it all on the devil. You have a lot to do with it too, sweetheart. I think the old guy gets more credit than he deserves. So examine your own heart and keep struggling to make the right choices.

**Mother Angelica, Little Book of Life Lessons**

### **ADDITIONAL FRIDAY MASS**

During LENT there will be an additional Friday evening Mass offered at 7:00PM followed by the Stations of the Cross which will be led by one of the adult ministries of OLV parish.

### **STATIONS OF THE CROSS**

During Lent there will be Stations of the Cross, followed by Exposition and Benediction of the Blessed Sacrament, on Thursday evenings at 7:00p.m. Each week the Thursday evening Stations will be led by OLV's Confirmation Class. Also, Stations of the Cross will be held after 8:00a.m. Mass on Saturday mornings during Lent.

### **2017 Sharing God's Blessings Appeal**

Your contribution to the 2017 Sharing God's Blessings Appeal makes a difference in the lives of so many in our community. Funds raised through the appeal help to educate children in our inner-city Catholic schools, serve the spiritual needs of people at parishes located in poor neighborhoods, and assist Catholic Charities in running its programs, which help the poor overcome the many obstacles in life. In addition, the appeal assists with seminarian and priest retirement costs. Please consider making a generous gift. **IF YOU MAKE A PLEDGE DIRECTLY TO THE ARCHDIOCESE, PLEASE INFORM THE RECTORY SO THAT WE CAN CHECK AND VERIFY THAT OLV GETS THE CREDIT.**

### **SPIRITUAL WARFARE**

We are constantly under attack and tempted by the forces of EVIL. Every Tuesday afternoon from 2:00-3:00PM members of OLV parish meet and pray the Mary Mother of All Nations Novena which focuses on this daily battle. All are welcome. Join us.

### **FRIDAY ADORATION**

Just a reminder we have Exposition and Adoration of the Blessed Sacrament on Fridays from 12:00Noon – 3:00PM.

**So stop by and adore Our Eucharistic Lord.**

### **Women's Commission Day of Reflection**

**Saturday, March 11, 2017, 8:00am–3:30pm, Cost: \$25, Seton Hall University.** This year's theme is "**Alive in Christ as Missionary Disciples.**" **Mother Olga of the Sacred Heart**, founder and mother servant of the Daughters of Mary of Nazareth, Archdiocese of Boston, and **Lisa Hendey**, founder and editor of CatholicMom.com, are the keynote speakers for the English track. The Spanish track will feature **Kathia Arango**, director of the Office for Hispanic Catholics in the Archdiocese of Philadelphia, joined by the musical talents of **Freddy Flores** and **Shaddai**. Register at [www.rcan.org/womenscommission](http://www.rcan.org/womenscommission). *Incls. continental breakfast and lunch.*

### **2017 LENTEN REGULATIONS**

The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted. Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

The obligation to observe the laws of Fast and abstinence substantially", or as a whole, is a serious obligation.

The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the **First Sunday of Lent, March 5, 2017 to the Solemnity of the Holy Trinity, June 11, 2017.**

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

### **Feast of St. Patrick—Friday in Lent**

This year, the Feast of St. Patrick, March 17, falls on Friday the Second Week of Lent. Cardinal Joseph W. Tobin has dispensed the people of the Archdiocese of Newark from the obligation to abstain from meat on Friday, March 17, 2017. Catholics who avail themselves of this dispensation are highly encouraged to substitute some other act of penance, such as special prayer, acts of piety or works of charity on March 17.

### **CONFESSION/RECONCILIATION**

Our Lord told St. Margaret Mary Alacoque that individuals should go to confession at a minimum once a month. This sacrament is offered EVERY Saturday from 11:00AM to Noon and 3:00-3:30PM. Monday thru Friday at 7:30AM, as well as every First Friday at 7:00PM. A Priest is also available to hear Confessions daily by appointment.

### **CLOTHING BINS**

"What better way to share your heart with someone than to help a person in time of need? Would you be willing to take few moments and look in your closet today? We accept clothing, shoes, small appliances, linens, sheets, towels, stuffed animals, novels and children's books. Thank you with all our heart.

### **DEAR PARENTS**

It is a genuine cause for alarm that so many of children who attend area Catholic schools and our Parish's Religious Education Classes (CCD) **DO NOT** go to Mass on the weekends. **ALL the MONEY, TIME and COMMITMENT** to our Catholic Religious Education is **WASTED** if **PARENTS** fail to impress upon their children the importance of worshipping on Sunday. **There is no substitute for fulfilling your Sunday Mass obligation.**

## Upcoming OLV Parish Events

Mar 7 -Tue—Moms, Pops and Tots 11:30AM-1:30PM  
 Mar 7-Tue – Marian Novena Prayer 2:00-3:00PM  
 Mar 8—Wed—Bible Study Group—10:00AM  
 Mar 8 - Wed—OLV Needlers 6:30PM  
 Mar 9—Thu—Stations of the Cross / Exposition of the Bl. Sacrament 7:00PM  
 Mar 10 -Fri— Adoration from 12:30PM-3:00PM  
 Mar 10—Fri—**7:00PM** Mass & Stations of the Cross  
 Mar 11/12—Sat/Sun—CDA St. Patrick's Day Bake Sale—after Masses  
 Mar 25—Sat—Mass of Anointing 12:00PM  
 Apr 2— Sun—Rosary Society Breakfast w/guest speaker  
 May 21—Sun - 2:00PM -Confirmation

## PRAY for THOSE in the MILITARY

Private Matthew Brady, U.S. Marine Corps;  
 Lieutenant Julia H. Cheringal, US Navy;  
 Lieutenant Ben Clemente, US Army;  
 Ensign Jon Clemente, US Navy;  
 1st Lieutenant Ryan Colomeo, U.S. Marine Corps;  
 Major Michael Franson, US Army;  
 Sergeant First Class Charles Greene, US Army;  
 Lieutenant Tara Harris, US Air Force;  
 1st Lieutenant Thomas lafrate, U.S. Marine Corps;  
 Lieutenant Joseph Jaeger, US Navy;  
 Lieutenant Andrew Jaeger, US Navy;  
 Chief Master Sergeant Shawn Llewellyn, US Air Force;  
 Captain Shawn Linn, US Army;  
 SN Daniel T. LoVecchio, U.S. Navy;  
 2nd Lieutenant Gigi McElroy, US Army;  
 Colonel John McLaughlin, US Army;  
 Lieutenant John G. Miele, US Army.

## Are YOU new to the AREA?

If you are, why not join our ever-growing Parish family. Stop by OLV Rectory any weekday and meet Maria and register to become a member of the OLV Family. Census forms are also located in the Church vestibule.

## OLV K of C Council #14483

All men over the age of 18 are cordially invited to join the OLV Knights of Columbus Council. The Knights are the largest Catholic Fraternal Organization in the world. For info' contact Greg Evanella at 201-784-5752.

## SAVE USED EYEGLASSES

The Knights of Columbus collects used and old eyeglasses for the less fortunate. Any old or "retired" glasses may be left in the basket in the back of Church.

## Camp Veritas 2017

Camp Veritas is a one-week play & pray summer camp for teens going into 7th to 12th grades. 3 locations: Mount Saint Mary College in Newburgh, NY July 16-22; Summit Lake Camp in Emmitsburg, MD July 23-29; Camp Lakota in Wurtsboro, NY August 13-19. \$450 per camper. Early bird rate / paid in full by 4/1/17 \$400. Volunteers (must be 18 and older) are needed and free! For more info' visit [www.campveritas.com](http://www.campveritas.com).

## What is Celibacy????

Celibacy can be a choice in life, or a condition imposed by circumstances. While attending a Marriage Weekend, Frank and his wife, Ann, listened to the instructor declare, "It is essential that husbands and wives know the things that are important to each other." He then addressed the men. "Can you name and describe your wife's favorite flower?" Frank leaned over, touched Ann's arm gently, and whispered, "Gold Medal-All-Purpose, isn't it?" And thus began Frank's life of celibacy.

## St. Patrick's Day Bake Sale

Catholic Daughters of the Americas will have a St. Patrick's Day Bake Sale next weekend, March 11 and 12 after each Mass. If you would like to donate baked goods, please contact [Reneeetingali@gmail.com](mailto:Reneeetingali@gmail.com) or 201-913-2580.

## BREAKFAST CEREAL COLLECTION

Please remember the needy as you shop. OLV will be collecting breakfast cereal during the month of March for St. Cecilia's food pantry.

## Toiletries Collection for the LITTLE SISTERS OF THE POOR

The Annual Toiletries Collection will be the weekends of March 4/5 and March 11/12. Please see the shopping list below for suggested donations. Small and medium size toiletries are especially useful.

REQUESTED ITEMS FOR THOSE IN NEED:

<b>Toothpaste</b>	<b>Soap</b>	<b>Disposable razors</b>
<b>Toothbrushes</b>	<b>Lip Balm</b>	<b>Body Lotion (unscented)</b>
<b>Dental Floss</b>	<b>Shampoo</b>	<b>Shaving Cream</b>
<b>Deodorant</b>	<b>Talcum/Baby Powder</b>	<b>Combs/Brushes</b>
<b>Denture Adhesive/Cleanser</b>	<b>Individual Packets of Tissues</b>	

*Please leave your donations in the Church vestibule.*

## 2017 Wedding Anniversary Masses

The Archdiocese of Newark is preparing the annual tradition of honoring those couples who will be celebrating five, twenty-five and fifty years of Christian marriage in 2017. Couples deserving of such recognition are urged to participate. These liturgies will be celebrated at 3:00p.m. at the Cathedral Basilica of the Sacred Heart in Newark as follows:

Sunday, April 30, 2017— 5 & 25 years

Sunday, May 7, 2017—50 years

Please call the OLV Rectory to register at 201-768-1706.

## WHY DO WE HAVE A HOLY HOUR?

On Holy Thursday evening Jesus asked his disciples to stay awake for an hour and pray with him, yet despite his request, they all fell asleep. **Each Thursday evening** at OLV we have a Holy Hour where we stay awake in adoration of our Eucharistic Lord. During the Hour - prayers are recited, a song or two may be sung and there is quiet time for one to pray or meditate. We live in a very noisy world which pulls us in every direction. The weekly Holy Hour helps to refocus and recharge one's inner batteries to face the world for another day. So if you have never been at the Holy Hour, **try it you may like it.** **Every Tuesday afternoon** from 2:00-3:15pm we have a Holy Hour with recitation of the Marian Centicle Novena which is a version of the rosary with additional prayers. **On Fridays** we have continuous quiet meditation of the Blessed Sacrament from after the Noon Mass to 3PM.

## STEPHANIE CYSINSKI-O'BRIEN STUDENT SCHOLARSHIP APPLICATIONS

For the 10<sup>th</sup> consecutive year, student scholarships are being offered through the Stephanie Cywinski-O'Brien Trust. Applications are now being accepted from parish 7<sup>th</sup> and 8<sup>th</sup> grade students attending a Catholic grammar school, as well as Freshmen, Sophomores and Juniors attending a Catholic high school and continuing their education at a Catholic school. Applications and eligibility requirements are available at the rectory. Applications are due March 31 with decisions to be made by April 30.

## Congratulations!

... to the following OLV parishioners who achieved 2nd Quarter 2017 honors at Paramus Catholic High School:

First Honors—M. Jude Rossmann—Grade 9

Second Honors—Lisa LoSchiavo—Grade 12

**TERMINALLY ILL WITH CANCER**

Rosary Hill Home, owned and operated by the Dominican Sisters of Hawthorne, NY, since 1901, is committed to providing loving, one-on-one palliative care to those suffering from terminal cancer. Free to all who meet the Admission requirements. The Sisters depend solely upon the "providence of God and the hourly mercy of the charitable public;" no payment is accepted from patients, their families, private insurance or from the government. Call 914-769-0114 or visit www.rosaryhillhome.org.

**St. Zita's Villa for Women**

When your loved one needs a Home away from Home, NYS certified St. Zita's Villa for women in Airmont, NY provides affordable private rooms with nutritious, tasty meals in a clean, comfortable Catholic setting with 24/7 personal care nursing and medical assistance. Please call 845-356-2011 for more info.

**OLV Prayer Power House**

Become one of our prayer team members. There are no meetings, so this apostolate is wonderful for all, including those parishioners who are homebound. For information, please phone Maria at the rectory.

**Jesus asked one thing from us!!!**

On His last night on earth (Holy Thursday) Jesus asked His disciples one thing – to stay awake with Him for one hour. Every Thursday evening we at OLV try to fulfill this request by having a Holy Hour from 7-8PM. Join us in carrying out Jesus' request.

**Interesting Stats**

Although 84% of Americans are Christians, 97% of the nation celebrate Christmas, 69% prefer the greeting "Merry Christmas", while 61% oppose generic greetings. Leaves little doubt as to what your greeting should be during December! Now we'll have to work on Christmas cards. Snowmen and house scenes just don't make it!

**GRILLED MOOSE**

Each Friday night after work, sun, snow or rain, Jack would fire up his outdoor grill and cook a moose steak. But, all of Jack's neighbors were Catholic. And since it was Lent, they were forbidden from eating meat on Friday. The delicious aroma from the grilled moose steaks was causing such a problem for the Catholic faithful that they finally talked to their priest.

The priest came to visit Jack, and suggested that he become a Catholic. After several classes and much study, Jack attended Mass, and as the priest sprinkled holy water over him, he said: "You were born a Protestant and raised a Protestant, but now you are a Catholic." Jack's neighbors were greatly relieved, until Friday night arrived, and the wonderful aroma of grilled moose filled the neighborhood.

The priest was called immediately by the neighbors, and, as he rushed into Jack's yard, clutching a rosary and prepared to scold him, he stopped and watched in amazement. There stood Jack, clutching a small bottle of holy water which he carefully sprinkled over the grilling meat and chanted "You wuz born a moose, you wuz raised a moose, but now you is a Codfish."

**Gianna Center for Women**

St. Peter's University Hospital, New Brunswick, has the Gianna Center, a medical practice dedicated to helping women with reproductive issues, especially infertility and various gynecologic disorders. This Center works within the moral tenets of the Catholic Church's teaching on reproductive healthcare, but is to women of all faiths. For more information go to www.saintpetershcs.com/giannacenter.

**Mass Intentions**

**Monday, March 6 – St. Colette, Virgin - France**

8:00 Rose Rubino R/b Tony and Laura Scott  
12:00 Bernard Daly R/b the Bloomer Family

**Tuesday, March 7- Saints Perpetua and Felicity, Martyrs**

8:00 Francis Accavallo R/b Karen Accavallo  
12:00 John Tomaszek R/b the Hargrove Family

**Wednesday, March 8 – St. John of God, Religious**

8:00 Rita Farrell R/b Joan Kincaid  
12:00 Thomas F. Lagatol II R/b the Lagatol Family

**Thursday, March 9 – St. Frances of Rome, Religious**

8:00 Mark Joseph Fizulich R/b Michael and Barbara Fizulich  
12:00 Josephine Conlon R/b John Conlon

**Friday, March 10 – St. Macarius, Bishop of Jerusalem**

8:00 Joseph O'Shea R/b the Bloomer Family  
12:00 Bartram Lee Reeves R/b the Reeves Family  
7:00 Carmella Zanetti R/b the Zanetti Family

**Saturday, March 11 – St. Eulogius, Martyr**

8:00 Mary Runac R/b Michael and Barbara Fizulich  
12:00 Yolanda Blasi R/b Michael and Maureen Glennon  
4:00 Vincent Ricciardi R/b Bruce Michael Ricciardi  
5:00 Mary Ann Lyddon R/b Stephen and Robin Hartman

**Sunday, March 12 - St. Theophanes of Greece, Abbot**

7:30 Kevin Lagatol R/b the Lagatol Family  
8:15 People of the Parish  
9:30 Adelina Colarullo R/b Loving Family  
10:45 Richard Harrison R/b Barbara Harloe  
12:00 Alice Harloe R/b Mary Spillane  
1:00 Lois Unanue R/b the Unanue Family  
6:00 Eileen White R/b Chris and Mary Oakes  
7:00 Brian Roche R/b the Younghans Family

The Church Sanctuary Lamp burns for the Intentions of Fr. Bryan— birthday blessings, r/b Staff of OLV

The Convent Sanctuary Lamp burns for the repose of the soul of Mark Joseph Fizulich.

The Blessed Virgin Mary Votive Lamp burns this week in honor of our grandchildren—in thanksgiving, r/b Michael and Beth Rota.

The St. Joseph Votive Lamp burns this week for a little boy named Finn, r/b his Grandmother.

The Infant of Prague Votive Lamp burns for the unemployed.

The Pope John Paul II Votive Lamp burns for an increase in Priestly and Religious Vocations.

The Hosts and Wine for the Masses this week have been donated in memory of Catherine A. Trainor, r/b George and Paula Sikoryak.

**Sanctuary Offerings**

The Altar Flowers, Bread and Wine, the BVM Votive Lamp, and St. Joseph Votive Lamp, the Sanctuary Lamp in the Church and in the Convent can be dedicated on a weekly basis.

**HARRINGTON PARK RESIDENTS-FREE BLOOD PRESSURE CLINIC**  
March 11 (weather permitting), 8:30AM-10:00AM at 15 Kline Street, Harrington Park (rear of building). Stop by, get your baseline - no appointment necessary.

**KIDZ KORNER ANSWERS**

- 1. John. 2. Mary Magdalene, Mary (the mother of James and John), Salome and Joanna. 3. Joseph of Arimathea. 4. Jesus. 5. Isaac.

## March is dedicated to Saint Joseph.

### HOW THE CATHOLIC CHURCH CREATED PRETZELS

BY RYAN SCHEEL

The commonly accepted story for the origin of the pretzel begins around A.D. 610, when Italian monks presented their young students with treats of baked dough twisted in the shape of crossed arms (then a common prayer posture). They called them "pretiolas" or "little rewards," and were a reward for children who had memorized their prayers. An alternate explanation for the word pretzel is that they were originally called "braccellae," the Latin term for "little arms," from which Germans later derived the word "bretzel."

As the custom spread through medieval Europe, the pretzel's three holes came to represent the Holy Trinity—Father, Son and Holy Spirit—and the twisty baked good became associated with good luck, long life and as a way of providing them with both spiritual and literal sustenance. Pretzels, made of a simple mixture of water, flour and salt, were an ideal food to consume during Lent, when all types of meat, dairy and eggs were prohibited. By the 16th century, it had become popular tradition to eat pretzels on Good Friday in Germany, and Catholics once considered them the "official food of lent." To this day here are still many Catholic traditions surrounding the pretzel.

In southern Germany and adjoining German-speaking areas, pretzels have retained their original religious meanings and are still used in various traditions and festivals. In some areas, on January 1, people give each other lightly sweetened yeast pretzels for good luck and good fortune. Sometimes children visit their godparents to fetch their New Years pretzel. Especially Catholic areas, such as Austria, Bavaria or some parts of Swabia, the "Palm pretzel" is made for Palm Sunday celebrations. An old tradition on Palm Sunday dating back to 1533 is the outdoor pretzel market (Brezgenmarkt) in the Hungerbrunnen Valley near Heldenfingen.

On Laetare Sunday in Luxembourg, the fourth Sunday in Lent, there is a festival called "Pretzel Sunday". Boys give their girlfriends pretzels or cakes in pretzel form. The size symbolizes how much he likes her. In return, if a girl wants to increase his attention, she will give him a decorated egg on Easter. The pretzel custom is reversed on Pretzel Sunday during leap years.

Popular during Lent in Biberach are "Lent pretzels", which are shortly boiled in water before baking and afterwards sprinkled with salt.

### FOUR WORDS

A king called all of his wise men and counselors together for a meeting. He addressed them and said, "I want you to go and think, read, and research. Consult the wisest and most learned men in the land. Spare no expense." "I want you to find the ONE statement that will get me through all situations in life. Whether I am on top of the world or in the pits, find that statement." "Find me a Mountain Wings Moment statement." "I don't want to learn long and complicated philosophies. I want one simple statement. Find it or write it; I don't care, just bring me the statement." The men left and consulted for months. They finally returned and handed the King a scroll. The King unrolled the scroll. On it was written four words. "THIS TOO SHALL PASS" That was it.

The wise men explained. When you are on top of the world, that is but a fleeting moment, things change, always remember, this too shall pass. When you are in the pits, all nights are followed by day, at your lowest moments remember also, this too shall pass. All external circumstances and material things change. No matter what your circumstances, remember, THIS TOO SHALL PASS!

The wise men reminded the great King that this would get him through his earthly things, but the truly wise knew there were things beyond this earth and life ... things that were eternal. True wisdom, they reminded the King, was in the ability to recognize the fleeting temporal things of the material world from the truly eternal things. "O Great King", they said, "Most of the things that you worry or gloat about are temporary, and our four words apply." For most of your situations. . .THIS TOO SHALL PASS!

### LENTEN DISCIPLINES

*The Lenten discipline consists of three separate parts:*

1. **Corporal or External Fast**, including the abstinence from certain foods, drinks and amusements, i.e. music, and parties during Lent. These points of fast should be stressed today especially with the mania of entertainment besetting our society;
2. **Spiritual or Internal Fast**, which consists of abstinence from "all evil" – sin. St. John Chrysostom taught that the "value of fasting consists not so much in abstinence from food but rather in withdrawal from sinful practices." And St. Basil the Great explains: "Turning away from all wickedness means keeping our tongue in check, restraining our anger, suppressing evil desires, and avoiding all gossip, lying and swearing. To abstain from these things – herein lies the true value of fast!"
3. **Spiritual Change** achieved by the practice of virtues and good works must be the main objective of our fasting. The Fathers of the Church insisted that during Lent the faithful attend the Lenten church services and daily Mass.

### THE CROSS

1. The Cross is the key to the secret treasures of the Church. A Christian is one who takes up his cross to follow Jesus.
2. The treasures of faith are hidden. How are they hidden? They are hidden under the Cross. Who would look for joy and happiness under such a symbol?
3. What is the Cross a symbol of? It is above all a symbol of disgrace before the world, of being jeered at and spit upon, of being deserted by friends and gloated over by enemies, of being in utter defeat, yet able to shout at the top of your voice: "I have conquered!"
4. Saint Paul warned us against making vain the Cross of Christ. What does that mean? It means preaching a salvation that has not got the roots nor the fruits of the Cross - a salvation without the Faith or the sacraments.
5. Only God's religion dares to take for its banner a symbol of defeat. By the Sign of the Cross we proclaim the Faith entirely. By the Cross we honor the true God; we associate ourselves with the work of Redemption; we proclaim the eternal destiny of man.
6. Is there any man who cannot gaze at the Cross? Is there any man who cannot pray for salvation? Is God ungenerous in His dealings with us?
7. The Cross makes our bodies pure and our souls confident; it reveals the divine meaning of suffering and of death; it lifts man to a new plane of existence.
8. When we gaze at the Cross nothing of our entire being remains untouched.

### QUESTION?

**The dates for Lent and Easter change all the time. Who determines when these feasts will be celebrated each year?** Though there is some divergence in parts of the Christian world, our celebration of Easter is on the first Sunday after the first full moon following the vernal equinox. The vernal equinox, which we ordinarily refer to as the first day of spring, is on or about March 21. The dates for Lent, Ascension and Pentecost are determined by counting backward or forward from the date of Easter.

### KIDZ KORNER

1. Which of Jesus' friends remained with him at the crucifixion?
2. Name the four women who arrived at the tomb to anoint Jesus' body.
3. Who asked Pontius Pilate for the body of Jesus?
4. Who brought Lazarus back to life after he had been dead for 4 days?
5. Name the son who was born to Sarah when she was 90 years old?

**ANSWERS ON PAGE FOUR.**