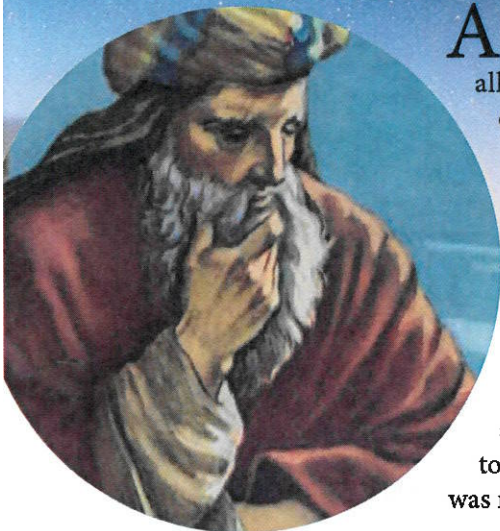


## OUR FAITH

# A Good Pharisee



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Although the word “Pharisee” has come to have a very negative connotation, not all Pharisees were wicked. Nicodemus, the curious Pharisee in today’s Gospel, was one of those who eventually followed Jesus. Besides his secret visit to Jesus at night, he appears twice more in Scripture. A member of the Sanhedrin, he defends Jesus when the chief priests and other Pharisees are debating what to do with Jesus. And after the Crucifixion, along with Joseph of Arimathea, he brought about a hundred pounds of myrrh and aloes to anoint Jesus’ body. Tradition says that he was martyred for the Faith.

## Catechism CONNECTION

“By giving up his own Son for our sins, God manifests that his plan for us is one of benevolent love, prior to any merit on our part: ‘In this is love, not that we loved God but that he loved us and sent his Son to be the expiation for our sins.’ God ‘shows his love for us in that while we were yet sinners Christ died for us.’”

— *Catechism of the Catholic Church*, 604

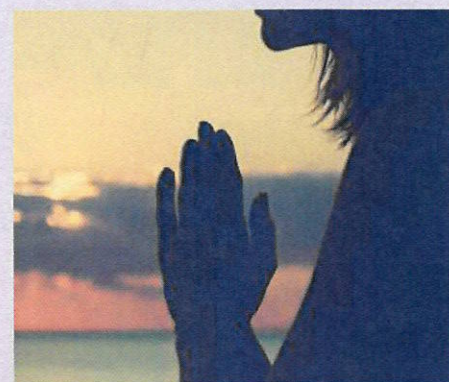
## FAMILY ACTIVITY

# Pretzel Prayers

Once considered the official Catholic food of Lent, pretzels date back at least 1,400 years. Because fat, eggs, and milk were part of the Lenten abstinence, these little bites of bread made only with flour, salt, and water were invented. They were wrapped in the shape of arms crossed in prayer and the three holes in the middle represented the Trinity. Traditionally, pretzels were the perfect food to share with people who were struggling for food or living on the streets because they didn’t spoil easily. Make your own pretzels as a family (find a recipe on the Internet) and share them with someone in need in your neighborhood or community.



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## Lenten Prayer

Unto to you, I cry, my God!

“No one who lights a lamp hides it away or places it [under a bushel basket], but on a lampstand so that those who enter might see the light.”

— Luke 11:33

*Lord, give me the courage to be a brave and bold witness to you in all that I say and do.*

## SIGNS OF THE SEASON

# The Color Purple

The liturgical color for Lent is purple, symbolizing pain, suffering, and mourning. But why purple? Purple was the most expensive color in biblical times. Extracted from a sea snail, it took as many as 12,000 shells to get enough dye to color a handkerchief. Because of the enormous cost, only the wealthiest (almost exclusively royalty) wore purple garments. When soldiers mocked Jesus for being the “King of the Jews,” they put a purple robe on his shoulders to belittle his claim. Therefore, we use the color purple during Lent to remind us of the Passion and death of the Lord.