



*March 17 - St. Patrick's Day  
March 19- St. Joseph's Day  
March 28- Palm Sunday  
Beginning of Holy Week*

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## Archdiocese of Detroit

St. John's Deaf Center  
Our Lady of Loretto

CATHOLIC DEAF NEWSLETTER- MARCH 2021



current topics >>>

### Facebook Scams

#### >>>Advice from Kathy

There are more Facebook scams during the pandemic. Scams on Facebook happen when people create fake accounts or hack into your Facebook account or Page you have liked. The scammers use these fake accounts to trick you into giving them money or personal information.

#### Common scams on Facebook

- Romance scam- scammers typically send romantic message to people they don't know, often pretending to be divorced, widowed, or in a bad marriage. They want to build your trust before they ask for money.
- Lottery scam- Messages will claim you are a month the winners of a lottery and you can get cash prize for a fee. The scammer may ask you to provide personal information such as your address or bank information.

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## From Fr. MD's Desk



Dear Friends,

I hope you are doing well. It is hard to believe that we have begun Lent and before we all realize it, Easter will be here! Not only that, it was exactly one year ago that our lives changed entirely due to the pandemic.

I hope you did read my letter about the Archbishop's dispensation (permission for people not to go to Mass) ending on March 13. In short, Archbishop Vigneron said all Catholics, except for those who have serious health / mental issues, are obliged (required) to attend Mass every Sunday. He pointed out that the Eucharist is the very center of our faith. We need to receive Holy Communion on regular basis to nourish our spiritual needs, which in turn, help us mentally, emotionally, and physically.

As mentioned in the letter, I remain mindful of your valid concerns about staying safe from COVID. At OLL, we will continue to have Mass in the big church's basement. At Holy Innocents', people can watch live streamed Mass from their iPhone while staying in their cars and then come out from their cars to receive Holy Communion. Once the weather gets comfortably warm, we will resume outdoor Mass - both at OLL and HI.

Below is the schedule for Holy Week:

March 28 - Palm Sunday: 9:30 Mass at OLL; 11:30 AM Mass at HI  
 April 1 - Holy Thursday: 4 PM Mass of the Last Supper at HI  
 April 2 - HI: Good Friday: 11AM Stations of the Cross & 12PM Good Friday Service  
 OLL: 3 PM Stations of the Cross  
 April 3 - Easter Vigil: 7 PM Easter Vigil Mass at HI  
 April 4 - Easter Sunday 9:30 Mass at OLL; 11:30 AM Mass at HI

You may notice that I did not include Chrism Mass in the schedule. This Mass will be held privately in the cathedral attended mainly by priests. Let's hope that Chrism Mass will be open again to the public in 2022.

For Lent, I highly encourage all of us to do more than we normally do when praying, helping other people, and fasting.

Please do not hesitate to contact me or Veronica if you have questions.

Have a blessed Lent.

Fr. MD

## Out of the Ordinary~ by Veronica

I was listening to one of the USCCB daily reflections where one of the presenters, Fr. Greg Friedman, talks about the Lenten season being an “out of ordinary” time for Catholics. During this time, we make changes to our lifestyles by adding praying time, fasting, and taking on works of charity.

He makes a comparison of Lent and what we are going through with the pandemic to what the 8 people in Noah’s Ark might have felt with their “out of ordinary” experience and how much they probably longed to be back to their “normal lives”. When God made the Covenant with Noah and his family, He promised not to destroy the earth by flood again. This story implies that His people were not supposed to go back to their old, normal, earthly, sinful ways but they did. So, God sent His only Beloved Son as His Final and Eternal Covenant.

After almost a year of dealing with the pandemic, we long to be back to some type of normalcy. This “out of ordinary” experience has been challenging and has called us to adapt and to change our ways of living just like Noah and his family did.

Now let’s think about Lent and the pandemic in terms of God. Both are times that call us to pause, reflect and change. Both remind us that doesn’t matter what is going on in our lives or in the world, God is with us every step of the way. That He is readily waiting for us to come to Him, to depend on Him and to trust Him.

Let us pray that these “out of ordinary times” brings us closer to God and help us to make more permanent changes in our personal lives, in our communities and in the world. Like Fr. Friedman says, let’s us remember to be the Living Gospel and to make these Lenten changes part of our daily lives no matter the season nor what’s going on in our lives or the world. Blessings to you all!

## Facebook Scams ... >>>

### Things to watch out for

- People asking you for money when you don’t know in person.
- People claiming to be a friend or relative in an emergency.
- People asking to meet you at a parking lot and to bring cash.
- Messages or posts with poor spelling or grammatical mistakes.

There are many more things to watch for. Most importantly never give out your personal information such as social security number, bank information, address, etc. If you think someone scammed, you talk to someone you trust as soon as possible.

Stay safe  
Kathy Mitchell

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## LENTEN FASTING & ABSTINENCE



### Fasting

Ash Wednesday  
Good Friday

Ages 18-59

### Abstinence

Every Friday  
during Lent

Ages 14+

### How do we fast?

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

### Am I excused from fasting and abstinence?

Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women.

For more information on fasting and abstinence, visit [usccb.org](http://usccb.org).

## DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

