



WHAT'S  
INSIDE:



Here Comes Lent!

Ash Wednesday,  
March 2

Why Do We Fast Dur-  
ing Lent?

St. Patrick—the patron  
of the Archdiocese of  
New York

St. Joseph—spouse of  
Mary and patron of the  
Family!

Who spoke these words  
first, “Hail Mary full of  
grace?”

Spring forward! March  
20th

a community of life and love

# family

MARCH

2022



As a daughter, a wife and then a mom, I always anticipated spring time as a time to clean house, to make things ready, to open the windows and let in the clean, fresh air. So, too, this is the perfect time to clean our spiritual house—to make things ready, with a clean heart, to honor and praise our Resurrected Lord, to open the windows and, as St. John XXIII so famously said, “let the Holy Spirit in.”

Lent begins with **Ash Wednesday, March 2nd.** We dress the Church in the color purple. We tell the children that everything they see and hear and do in Church has a special meaning and tells a story. Purple is the color of penance and of preparation. We receive on our foreheads, in the sign of the Cross, blessed ashes from last year’s burnt palms mixed with precious oil. This is a sign. The Cross signals our identity. We belong to the crucified and Resurrected Christ. Ashes signal our mortality and our true sorrow for what we have chosen to do wrong on purpose—our sin. For these forty days we will walk with Jesus and His Mother on the sorrowful way. We will fast and pray and ponder the world’s greatest love. With hope in His words, “be of good cheer, I have overcome the world,” we will set our sights on that Sunday morning when the tomb was found empty and death had no more sting. Purple is also the color of Kings.

Sr. Nancy Elizabeth

## Did you know?

The act of fasting goes back to the Old Testament and in the New Testament, Jesus asked his disciples to fast. He told them that fasting, along with prayer, adds power to our prayer. It has been said that fasting, or self-denial, is a key to holiness. When we deny ourselves something we would like to have, out of love for God and in sorrow for our offences, we grow in our love and friendship with Him.

We can fast from sweets or favorite foods. We can fast from tv or video games. We can fast all during Lent or for part of Lent. Or..we can ADD acts of kindness or generosity to our daily walk with Jesus. Whatever we offer to God is an act of love.

We abstain from meat on Fridays to mark the day Jesus died. This helps us to think more deeply about the events of this day.

Click on: [Why Do We Fast and Abstain from Meat During Lent?](#)

Your Guide to Fast and Abstinence during Lent—see page 2

## ST. PATRICK—PATRON OF THE ARCHDIOCESE OF NEW YORK

St. Patrick was not born in Ireland! But he is one of the world's most popular Saints and is always associated with the Emerald Isle and its peoples whom he came to love. He was born in Roman Britain and at the age of 14 captured by Irish pirates. He was made a slave and became a shepherd tending sheep. Ireland at the time was pagan and the people were called Druids. When Patrick was 20 years old and had spent his days and nights in prayer growing very close to God., he was told in a dream to go to the coast where he was picked up by sailors and escaped slavery. He was reunited with his family at home.

Patrick had another dream in which he heard the people of Ireland calling for him to return to them. He studied for the priesthood, was ordained, and sent to bring the Gospel to Ireland.

After many trials, with God's help, Patrick was able to convert thousands of people to the faith and he began to build churches throughout the land. Patrick used the three-leafed shamrock to help explain the Blessed Trinity. For forty years Patrick lived among the Irish people bringing to them God's love and mercy. He died on March 17, 461.

Ireland has given the world many priests and religious women who have traveled to all countries of the world as missionaries. They established Churches and schools, hospitals and homes for orphaned children. The New World, and particularly our own New York, was blessed by those of Irish heritage who were bearers of the faith and who built Christian communities of love and service.

The main church of the Archdiocese of New York is dedicated to St. Patrick. What a great family outing, and pilgrimage. Click on the website to find information about visits to St. Patrick's Cathedral in New York City.



Click on: [St. Patrick's Cathedral](#)

## Guide to Fast and Abstinence during Lent

Ash Wednesday and Good Friday are the two days of **fasting and abstinence**. This obligation is for those from age 18 until age 59.

**Fasting** means a person is permitted to eat one full meal. Two smaller meals may also be taken, but they are not to equal that of a full meal.

We **abstain** from meat on Ash Wednesday and all Fridays during Lent.

The rule of abstinence from meat is binding upon Catholics aged 14 and onwards.

“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. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.”  
USCCB

[Refresher on the rules of fast and abstinence during Lent - Catholic Telegraph](#)

Watch: [Lent in 3 Minutes - Busted Halo](#)

[Lent for Kids](#)

During Lent we pray the Way of the Cross. 14 Stations—or stops—along the way of Jesus' Passion and Death. There are many versions of these scenes in churches around the world. Some are very modern and some are more traditional. Check out those in your parish church. Some churches have a 15th Station—the Resurrection! Because Good Friday is not the end of the story!

Watch: [Way of the Cross for Kids - EWTN](#)

**St. Joseph, Spouse of Mary**  
**Patron of the Family**  
**And the Universal Church**

**March 19**

St. Joseph was an ordinary manual laborer although descended from the royal house of David. He was to become the spouse of the Mother of God and the "Foster-father of Jesus." Sacred Scripture has little to say about him other than he was a just man. He faithfully fulfilled his high trust of protecting and guarding God's greatest treasures upon earth, Jesus and Mary.

His darkest hours may have been when he first learned of Mary's pregnancy; but in this time of trial Joseph showed himself great. Joseph was to be, for all times, the trustworthy witness of the Messiah's virgin birth. After this, he modestly retires into the background of holy Scripture.

The bible tells us nothing of St. Joseph's death. There are indications, however, that he died before the beginning of Christ's public life. We imagine that his was the most beautiful death that one could have, in the arms of Jesus and Mary. Humbly and unknown, he passed his years at Nazareth. Silent and almost forgotten he remained in the background through centuries of Church history. Only in more recent times has he been accorded greater honor. Liturgical veneration of St. Joseph began in the fifteenth century, fostered by Sts. Brigid of Sweden and Bernadine of Siena.

Catholic online: Watch and listen: [St. Joseph](#)



**"HAIL MARY FULL OF GRACE"**



The angel spoke and Mary's reply changed the world forever. "Be it done unto me according to thy word." On **March 25** we celebrate the Annunciation of the Blessed Virgin Mary. Mary only had one question, "How can this be?" She and Joseph, although betrothed, were yet to live together. The angel's response was "Nothing is impossible with God." Jesus was conceived in the Virgin Mary not of man but of God. Mary submitted herself to God's will even though the way ahead was not known. Mary's trust in God was foremost all through the trials and the years that followed.

What can we learn from this humble Jewish maiden who so loved God?

Can we surrender as she did to God's will?

Do we believe that with God nothing is impossible?

Do we trust that, no matter how things may seem, God is with us, loving us and helping us through even the darkest moments, guiding us on the unseen paths?

Pray: Mother Mary, help me to love God so much that I can say with you, "be it done unto me according to God's plan." Help me to believe that even when things look so dark, all things are possible because of God's merciful love. Help me to trust that I am held in His embrace even in the most difficult moments of my life. Amen.

[Read: The Annunciation \(National Basilica of the Immaculate Conception\)](#)

[Watch EWTN: For Kids: The Annunciation](#)

## CATHOLIC PRAYERS AND PRACTICES

### St. Patrick's Breastplate

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks  
of me,  
Christ in the mouth of everyone who  
speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.



For the complete prayer go to: [St. Patrick's Breastplate - Prayer Foundation](http://St.Patrick'sBreastplate-PrayerFoundation)

St. Joseph, guardian of Jesus and chaste husband of Mary, you passed your life in loving fulfillment of duty. You supported the holy family of Nazareth with the work of your hands. Kindly protect those who trustingly come to you. You know their aspirations, their hardships, their hopes. They look to you because they know you will understand and protect them. You too knew trial, labor and weariness. But amid the worries of material life your soul was full of deep peace and sang out in true joy through intimacy with God's Son entrusted to you and with Mary, his tender Mother. Assure those you protect that they do not labor alone. Teach them to find Jesus near them and to watch over him faithfully as you have done. Pope John XXIII . Catholic.org

[Watch and pray: Prayer to St. Joseph](#)

Why do we eat St. Joseph's bread on his feast day?

Find the answer and a St. Joseph's bread recipe: [Mangia Bene Pasta](#)

Click here: [Recipe for St. Joseph's bread](#)



ARCHDIOCESE OF NEW YORK  
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Catechetical

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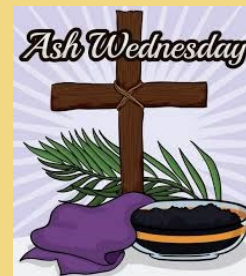
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**For more information  
about the Saints and  
Feast Days we honor this  
month, visit:**

[www.franciscanmedia.org/  
saint-of-the-day](http://www.franciscanmedia.org/saint-of-the-day)

[www.catholic.org/saints](http://www.catholic.org/saints)



**March 2**