

“Can You Not Watch One Hour With Me?”**Will You ‘Fit’ Jesus Into Lent and Easter?**

Easter 2019 is *almost* as *late* as **Easter** can possibly be: April 21; it will be this late again in 2030; but in 2038 it will be on its *latest* possible date: April 25, which last occurred in 1943. Between now and 2050, **Easter** will only be in March 6 times; the closest it will come to its *earliest* possible date, March 22, is in 2046, when it falls on March 25. **Easter** was last on March 22 in 1818 and will be on this date again in 2285. [There’s some **Easter** trivia to share!]

Over the centuries - or rather, millennia, numerous attempts to ‘set’ **Easter** on a certain Sunday in spring have failed, which may be a blessing in disguise. For by keeping the way the ‘first’ **Easter** was ‘set’ [roughly: Jesus rose from the dead on the first Sunday after the first full moon in spring, which some say puts the ‘first’ **Easter** on March 25] - and as a *moveable* feast, **Easter** ‘intrudes’ on us. And should not the three greatest days in world history: **Holy Thursday**, **Good Friday** and **Easter** - be days around which **WE** plan **OUR** life ... not the other way around?

As we begin the annual 40-day **Lenten** campaign to prepare ourselves to properly celebrate the crux of our faith, what can we do to make **LENT** - the three day **SACRED TRIDUUM** - and **EASTERTIDE** - the center of our life? This annual **Lenten** insert offers the ways our Parish helps make these times more central, more meaningful and more spiritually fruitful.

Good Friday Family Promotion. We join with our brother Knights of Columbus who, throughout the country, are encouraging families to come to church on **Good Friday** for that solemn day’s once-a-year rites. [We would add that we also make **Holy Thursday** and all **Easter** weekend events a priority!] And the best way to do that is to first ‘get in shape’ by taking part in as many **Lenten** events as you can.

How sad that many treat the day Jesus suffered and died for us like any other day. If we make time for Super Bowl parties, Fourth of July BBQ’s, Christmas and New Year’s festivities and other special events - **we can make room for the Great Three Days!**

Lenten Spiritual Exercises. For your first **Lenten** ‘workout’ we strongly suggest everyone gets their ashes in church! Personally, we find ‘Ashes-on-the-go,’ where people get dabbed at train stations, malls, etc., offensive and contrary to the liturgical norm that Sacraments - and even sacramentals like ashes - take place in a dignified place, during a prayer service in which the Word of God is proclaimed! Ironically, some non-Catholic Christian communities, who once criticized Catholic customs like ashes as superstitious non-biblical, manmade rites now conduct such rites - devoid of Scripture, hymns, prayers, etc. **So, as we said, get your ashes in church!**

Then, on each day of **Lent**, make time for daily prayer; come to daily Mass; log onto a Catholic website for the day’s readings or reflections; watch each day’s Mass homily on the US Catholic Bishop’s website: www.usccb.org/bible/reflections/index.cfm; if you have Sirius Radio, check out their programs; they even broadcast the 7:00-7:30 am daily weekday Mass from NYC’s Saint Patrick Cathedral. Join in communal **Stations of the Cross** and pray the **Rosary**. **JUST DO SOMETHING EACH DAY IN LENT FOR JESUS!**

The venerable **Lenten** triple play: Prayer, Fasting and Almsgiving still works! In addition to prayer as mentioned above, fast: fast from food, from optional activities, from whatever distracts you from prayer or good works. Give to the poor via Operation Rice Bowl [mite boxes are available in the narthex], the Food Pantry bin, the **Catholic Annual Appeal** or other charities. **Again, just DO SOMETHING!**

Above all, allow Jesus and His Church to recreate you through the **Sacrament of Penance or Reconciliation**. As they say, **“Confession is good for the soul!”** May all our **Lenten** prayers and good works, fasting and charitable offerings, bring us to the joy of **Easter!**

In Christ,

Father Mark and Father Tom

+ Mardi Gras Tuesday March 5 +

“Mardi Gras” is a French term meaning ‘Fat Tuesday’. Please join us for fun: 6-7:30 pm in the parish hall. There will be entertainment and snacks in the hall. At 7:30 we will go to the church for Night Prayer and then strip the church to bare essentials for our Lenten observance. Explanations will be given as to why we remove certain things from the church during the Lenten season. We end the evening by going outside to burn last year’s palms for this year’s ashes. Contact the Religious Education Office at 732-270-3797 so we can get a count as to how many will be attending.



**Ash Wednesday
March 6**

Fasting from all signs and sounds of festivity, we strip away all that keeps us from focusing on God. Blessed ashes mark the start of our Lenten journey of self-denial, penance and prayer, for we must ‘spring clean’ our homes and our souls! Ashes are a sign of repentance *and* mortality so those of *any age* may receive ashes. In Ash Wednesday’s First Reading the Prophet Joel includes “infants at the breast” in the fasting and communal penance imposed on the people.



Ashes are distributed during Mass at:

7:00 am - 8:30 am

12:00 noon - 7:00 pm

and during a

Liturgy of the Word

[no Holy Communion]

At 4:30 pm

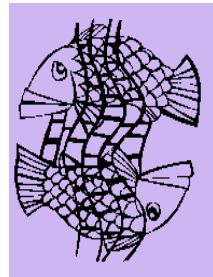
Wear your ashes proudly!

Easter Precept or Easter Duty

All Catholics are obligated to receive Holy Communion at least once a year, between the **1st Sunday of Lent, March 10**, and **Trinity Sunday, June 16**. Those conscious of serious, grave or mortal sin must celebrate the **Sacrament of Reconciliation** first; they must go to Confession before receiving **Holy Communion**.

Fast & Abstinence Guidelines

Those 14 and older are to **ABSTAIN** from meat on **Ash Wednesday** and all **Lenten Fridays**. Those between 18 and 59 should **FAST** by eating only one main meal and two smaller ones on **Ash Wednesday** and **Good Friday**. Those unable to abstain or fast for a valid reason [*i.e., St. Patrick’s Day party or wedding*] may abstain on another day or perform a different penance; Canon law only permits **PASTORS** to dispense from fasting or abstaining. Ignoring penitential days, without good cause, is a serious sin of omission. Our Bishops ask us to abstain from meat on Friday all year long for **Pro-Life causes** and **world peace**.



Sunday Mass Obligation

Saturday at 5:00 pm

Sunday at 7:30 --9:00 – 10:30 am

12:00 noon

Morning Mass - Monday –Friday at 8:30am

Saturdays: 9:30 am

Food Collection - Operation Rice Bowl

To help feed the hungry locally and abroad: make a donation to our special “Fruit of our Fast” collections on **Ash Wednesday** and Passion [Palm] Sunday or donate money and/or nonperishable food to help those less fortunate. All are also encouraged to take part in **ORB: Operation Rice Bowl** mite boxes by **Holy Thursday, April 18**, the special **ORB** box is located in the narthex.

Stations of the Cross Friday Evenings

The church is open weekdays [Mondays-Thursdays] from 8:00 am to 2:00 pm and Fridays from 8:00 am to 11:00 am for private praying of the venerable *Stations of the Cross* or for private prayer. Public Stations of the Cross are prayed on the following Friday evenings at 6:00 pm. led by:

****3/08:** Altar Rosary Society

3/15: Men's Faith Group

3/22: Confirmation Candidates

3/29: Parish Deacons

4/05: Holy Innocents—St. Justin Center of Learning

On *Good Friday* at 7:30 pm our St. Justin Youth Group will conduct the beautiful Living Stations of the Cross.

******On March 8th, we will have and Soup and Salad Supper following the Stations. Pre-registration is required so we can have enough soup and salad. Flyers are available in the narthex and downloadable from our parish website: www.stjustin.org. Under News/Events.

The Sacrament of Reconciliation Penance or Confession

Let Jesus purge your heart and soul of sin in the primary sacramental experience of God's mercy: by confessing our sins in the Sacrament of Penance or Reconciliation - aka 'Confession.' While only all mortal sins must be confessed, this Rite's sacramental grace also purges us of our lesser or venial sins. It serves as a 'check-up,' helps nip sinful habits in the bud before they bloom into full-blown sins, and strengthens us against temptation and other distractions.

Those guilty of mortal sin may NOT receive Holy Communion until they confess them to a Priest. Confession is also encouraged in *Lent* and *Advent*, before a *Baptism*, *Confirmation* or *Wedding*, or serving as a Sponsor or Godparent. The 4 parts are:

CONTRITION. To be contrite or remorseful we must know our sins, so we examine our conscience by shining God's divine Light, found in Gospel values, the Ten Commandments, Precepts of the Church,

Beatitudes and Seven Deadly Sins, into every aspect of our life. *If you can't come up with any sins, ask your family or friends to help ... they know your sins!*

CONFESSION. Priests not only speak for God and the Church; as '*doctor of the soul*' they help cure sick souls, as medical doctors help heal bodies - but only if we are totally open and honest. Begin with "*Bless me, Father, for I have sinned*" or simply say, "*Please help me*" from behind a screen or ask to go face-to-face. We may remain anonymous, but should tell our state in life [*married, single, ordained, a parent, etc.*], and approximate date of our last confession. List all grave, serious mortal sins *by number and kind*: abortion, adultery, etc.; a general admission [*I'm impatient, rude, insensitive, etc.*] covers all lesser sins. An *Act of Contrition* card is available in the confessional; at Penance Services we recite it from a printed program; don't let not knowing an Act of Contrition keep you from this Sacrament of Healing!

ABSOLUTION. Listen as the Priest prays; make the Sign of the Cross on yourself as he imparts it on you at the end of the beautiful *Prayer of Absolution*.

PENANCE. To express our gratitude and offer a token of our willingness to try to avoid future sins, we perform a penance: a prayer, good deed or other sign. To celebrate Reconciliation come to the:

Parish Penance Service

Friday - APRIL 12 - 7:00 pm

Several priests will hear private confessions after the communal Examination of Conscience & Act of Contrition at this annual Penance Service.

Or Saturday afternoons at 3:30pm.

All MUST ARRIVE at 3:30 pm as Confessions

MUST END by 4:45 pm due to the 5:00 pm Mass!

Note: On Passion [Palm] Sunday eve, confessions must end by 4:30 pm.

Or call ANY Parish Office to make an appointment with a Priest.

NO Confessions will be heard during the Sacred Easter Triduum - so plan to come to Confession early!

0514-pg. 3

LENTEN FAITH ENRICHMENT

Catholics are always undergoing a process of never-ending conversion. There's always more to learn. There's always a greater level of holiness to be reached when our true goal is to conform ourselves to Christ. A basic knowledge of our faith is a pressing need for all. Both Father Mark and Father Tom are committed to continuing adult faith formation.

This year, during Lent, we will offer four weeks of lectures on the following Wednesday evenings (3/13, 3/20, 3/27, and 4/3). As we have in previous years, we will offer Mass on these Wednesdays during Lent at 6:30 pm. Immediately following Mass, we will offer a lecture which will be approximately 45 minutes to an hour. One can come for Mass and can either leave or stay for the lecture or one can come for the lecture alone. Both Mass and the lecture will take approximately ninety minutes (30 minutes for the Mass and no longer than one hour for the lecture. No books or materials are required for the lectures. The following topics will be addressed:

March 13: Forgiveness.

The Season of Lent is a time not only to give alms, pray, and fast, but to also seek forgiveness from God through the Sacrament of Reconciliation and then, having received it, to practice giving that gift of forgiveness to others. Forgiveness is one of the hardest things for all of us when we have been hurt; yet Jesus commands us to forgive. We often hear people say, "I don't feel as if God has forgiven me" or "I find it difficult to forgive the person who has hurt me." This lecture will explore what forgiveness is and what it is not. It will also help us to model God's forgiveness, which incorporates repentance, allows for consequences and demands justice.

March 20: "A Pastoral Approach to Difficult Topics Facing Catholics"

The Church of Christ is countercultural. Our Church is facing many difficult situations: conflicts with political authorities, concerns about religious freedom, shrinking rates of sacramental practice and declining religious knowledge. The Church is also impacted by the issues facing our country: economic disparity, racial tension, a growing culture of selfishness and relativism. While disciplines and customs can change, over time, fundamental truths handed down from Christ cannot.

This lecture will address pastoral solutions to some of the difficult topics we face as Catholics.

March 27: The Image of the Church as a Ship

Because we communicate with words and gestures, God uses signs and symbols, images, words and deeds to speak to His people. Jesus, a master storyteller, gave many images of the Church. The primary Biblical images of the Church are the Bride of Christ and the Body of Christ. However there are other images of the Church (CCC 753-757). This lecture will look at the image of the Church as a ship-- sometimes referred to as the bark or barque. It is the Church tossed on the sea of disbelief, worldliness, and persecution but finally reaching safe harbor with its cargo of human souls—the chief work of the Church is the salvation of souls. Part of the imagery comes from the ark saving Noah's family during the Flood (1 Peter 3:20-21) and Jesus protecting Peter's boat and the apostles on the stormy Sea of Galilee (Mark 4:35-41). "The barque of Peter is not like other ships. The barque of Peter, despite the waves, remains firm because Jesus is inside, and He will never leave it." Pope Francis

April 3: The Passion and Resurrection Narratives in Luke's Gospel.

In November, we were privileged to have Father Pablo Gadenz lecture on: An Introduction to St. Luke's Gospel and the Infancy Narrative. Father is an associate professor of Biblical Studies at Seton Hall University and the author of a commentary on the Gospel of Luke. Father will celebrate Mass at 6:30 and then offer a presentation on the Passion and Resurrection Narratives in St. Luke's Gospel. St. Luke's account of the Passion will be read this year on Passion (Palm) Sunday. Father is an outstanding teacher. Do not miss this informative lecture.

Get FORMED for Lent!

This Lent, take advantage of the dynamic online platform called **FORMED**. SJM Church *gifts* every parishioner with 24/7 access to the best Catholic content, including bible studies, movies, talks and books. It is **FREE** to register at www.stjustin.org. Once you set up your profile, you can access the material at any time. Be sure to take advantage of the numerous resources for Lent at no cost to you! 0514-pg.4

Palm Sunday of the Lord's Passion ***April 14***

In Procession, with *blessed palms*, we honor Christ as our King and reflect on His Passion and Death. Masses are:

Saturday: 5:00 pm

Sunday:

7:30 - 9:00 - 10:30 am – 12:00 noon

All children are invited to our special Children's Liturgy of the Word at ALL Masses this weekend; before Mass all children are invited to the center aisle; after the Procession they go to see a ½ hour age-appropriate video on Christ's Passion, Death and Resurrection and return later than usual, during the Lord's Prayer.

Monday of Holy Week - April 15

regular daily Mass at 8:30 am

Chrism Mass – 7:30 PM

***Saint Robert Bellarmine Co-Cathedral,
Freehold***

Priests renew their Ordination promises and our Bishop blesses and consecrates the Holy Oils: the Oil of Catechumens used at Baptism, the Oil of the Sick used in the Anointing of the Sick, and the Sacred Chrism, used at Baptism, Confirmation, Holy Orders, and the blessing of new churches & altars. All are invited to our Co-Cathedral for this ancient, moving ceremony. Pray for our Priests!

Tuesday of Holy Week - April 16

Wednesday of Holy Week - April 17

regular daily Mass at 8:30 am

Holy Thursday Morning - April 18

Morning Prayer at 9:00 am

[no morning Mass or any other Mass permitted]

The Sacred Triduum & Paschal Fast

Lent ends as we begin Holy Thursday's Mass of the Lord's Supper; we then enter the shortest but most central liturgical time: the three-day Easter Triduum. To more fully join in Christ's Death and Resurrection, all are strongly encouraged to join in all Triduum events and the Paschal Fast, which is even more intense than the Lenten fast: all should fast from Good Friday until the Easter Vigil "as a way of coming to the joys of the Sunday of the Resurrection with uplifted and welcoming hearts." [From the Ceremonial of Bishops # 295.]

Holy Thursday - April 18

We solemnly celebrate Jesus' parting gifts of love: His abiding Presence in the Eucharist; His care and concern for us in the Ordained Priesthood; and Christian Service, our call to continue His work. For as Jesus said after washing the Apostles' feet: *"If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."* [John 13:14-15] In the Mass of the Lord's Supper we serve by: washing feet, giving alms through Operation Rice Bowl, and 'watching one hour' with the Lord in *Eucharistic Adoration* until *Night Prayer*.

Holy Thursday Services

Morning Prayer	9:00 am
Mass of the Lord's Supper	7:00 pm
Night Prayer	10:30 pm

Good Friday - April 19

We meditate on Christ's Passion and Death with ancient rituals and in profound silence. The church is open all day for private prayer and for public services: Morning Prayer, *Main Celebration of the Passion of the Lord* and evening Living Stations of the Cross. All should visit the church this solemn day to thank God for His redeeming love!

Good Friday Services

Morning Prayer	9:00 am
The Passion of the Lord	3:00 pm
Stations of the Cross	7:30 pm

Holy Saturday - April 20

Ancient tradition prohibits Mass this day; we keep watch at the tomb in solemn prayer. Pray for those who will be baptized and welcomed into our Church during this day of prayerful reflection.

Holy Saturday Services

Morning Prayer with RCIA Rites	9:00 am
Easter Food Blessing	follows MP
Easter Vigil Mass	7:30 pm

The Easter Vigil in the Holy Night April 20 - 7:30 pm

Church law strictly requires that the ONLY Masses permissible on Holy Saturday begin AFTER nightfall, in darkness, so there can be no 5:00 pm Vigil Mass on Holy Saturday. The Easter Vigil Service, the climax of the liturgical year, which begins at 7:30 pm, is a four-part ritual with roots in antiquity. The four parts are:

SERVICE OF LIGHT. The Paschal Candle, symbol of the Risen Christ, lit from the blessed fire, is brought into the darkened church. As all light their candle from the Christ-Light, the darkness of the tomb erupts into the warm glow of the Risen Lord's presence!

LITURGY OF THE WORD. We tell our scriptural story of God's marvelous, saving deeds throughout history.

LITURGY OF BAPTISM & CONFIRMATION. With blessed Easter Water we renew our Baptismal Promises and welcome our newest members through the Sacraments of Initiation, making God's saving deeds and the Risen Lord *truly alive* in us, His Church!

LITURGY OF THE EUCHARIST. In the highpoint of the Great Three Days [and the entire year] we share Eucharist with our newest members for the first time. We pledge ourselves anew to become Eucharist: to become Christ's loving presence in our world.

NOTE: There is NO 5:00 pm Vigil Mass on Holy Saturday; the **ONLY MASS** is at 7:30 pm.

Easter Sunday - April 21

Alleluia! Alleluia! Alleluia!

Easter Masses

Saturday Easter Vigil: 7:30 pm

Easter Sunday:

7:30 am - 9:00 am

10:30 am - 12:00 pm

[Note the different Easter Mass schedule!]



Parish Website: www.stjustin.org

Parish Office: 732-270-3980