

Saint Justin the Martyr Roman Catholic Church, Toms River, NJ  
Lent/Easter Triduum 2023

“So what if Ash Wednesday ‘preempts’ the Feast of the Chair of Peter?”

Are you building on ‘Rock’ or on sand?

This year, *Ash Wednesday* falls on *February 22*, so it ‘preempts’ the *Feast of the Chair of Peter*, a *Solemnity* in the *Vatican*. When this occurred in 2012, Rome celebrated it the previous *Sunday*, February 19, as we move our *Patronal Feast Day* to a *Sunday in Ordinary Time*. You may say I’m making much ado about nothing, but it does offer an interesting ‘hook’ for my annual *pre-Lenten* letter. For the *Feast of the Chair of Peter* highlights *Christ’s* pledge: “*And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.*” [Matthew 16:18-19] What does this mean for us, and what is its *Lenten* twist?

First and foremost, who does *not* need to be ‘loosed’ from their *sins* and the ‘*just punishments*’ dreadfully feared in a *dated* ‘*Act of Contrition?*’ [Newer versions depict *God* more positively!] To be ‘loosed’ of your sins, properly celebrate the *Sacrament of Penance*; how and when to do so is noted in this insert. However, *Jesus* offers even more in the quote above about the *Church* He built on *Peter’s* profession of faith. Based on it - and the many unique things about *Peter*, who is *mentioned and* quoted more often than all the other *Apostles combined* [only *Peter*, with *James* and *John*, witness certain events; only *Peter* walked on water; and *Peter* was the *first* to enter the empty tomb] - the *Catholic Church* has the teaching authority of the *Magisterium*.

Through our *Bishops* and theologians, we can be certain we are accurately interpreting the *sacred Scriptures* and applying them to our everyday life. That, in turn, enables us to build our life on the firm foundation of the ‘*Rock*’ who is *Jesus Christ*. What will you do this *Lent* and *Eastertime* so that your life is more firmly planted on this ‘*Rock?*’ May this annual *Lenten* insert guide you in doing so!

**HOLY MASS & THE SACRAMENTS.** The best way to build upon the “*Rock of our salvation*” [Cf. *Psalms* 62:3] is through *Word* and *Sacrament*, especially the *Eucharist*. During the *National Eucharistic Revival*, *American Catholics* are encouraged to make *holy Mass* [once again, for some!] the ‘source and summit’ of their spiritual life. Years ago, it was a revered custom to go to *holy Mass* each day of *Lent*; in Grade School, it was a competition: we got a gold star next to our name for each *daily Mass* we attended, and even got to eat breakfast [BYO!] with Sister in our classroom! With so many *Catholic Churches* nearby, find one that fits your schedule; or watch a *virtual Mass* via the media. At the very least, read or listen to each day’s *Readings*; you may find the *Readings* and a brief video reflection on them on the USCCB’s [U.S. Conference of Catholic Bishops] website:

[www.usccb.org/bible/reflections/index.cfm](http://www.usccb.org/bible/reflections/index.cfm).

**PRACTICE MAKES PERFECT.** We are fortified by practicing the three venerable *Lenten disciplines*: *Prayer*, *Fasting* and *Almsgiving*. While we can pray anywhere, making a visit to the *Blessed Sacrament*, walking the *Stations of the Cross* [a variety of booklets are available], lighting a candle, or inscribing your intentions in the *Parish Prayer Book*, are *all* grace-filled events. Check each week’s bulletin, also online, to see when our church is open, and commit to coming to your spiritual home to pray.

**TWO BIRDS WITH ONE STONE.** In addition to *prayer* as explained above, *fast*: from food; from optional activities; from whatever distracts you from prayer or good works. Give what you save by fasting *to the poor* via *CRS Rice Bowl* [mite boxes are available in the narthex], the *Food Pantry Cart*, the *Bishop’s Annual Appeal* or other charities. Reconsider and ‘set in stone’ your weekly donation to your *Parish* and other charities. May the “*Rock of our salvation*” grace us this *Lent*, *Sacred Triduum* and *Eastertime*.

Rev. Mark A. Kreder, Pastor

**+ St Joseph Celebrate St Patrick +**

Join in The St. Joseph Celebration/ St Patrick Day Party, Sunday March 5, 2023 from 2 pm -6pm. Enjoy great company, delicious food and brilliant Irish music featuring the Willie Lynch Band. This event is for the entire family. Tickets are \$25.00 for adults and \$15.00 for children 13-17. Children 12 and under are free. This is a great opportunity to gather with friends since we have not held this annual event since the pandemic started in 2020. These are two great saints that we celebrate in the month of March--St. Patrick on the 17<sup>th</sup> and St. Joseph on the 19<sup>th</sup>. Tickets are sold after Sunday Masses or in the parish office.



**Ash Wednesday  
February 22**

Blessed ashes mark the start of our Lenten journey of self-denial, penance and prayer. Ashes are a sign of repentance and mortality, so those of any age may receive ashes. Heed the words used to impose ashes: "Turn away from sin and be faithful to the Gospel." or "Remember you are dust and to dust you shall return."

Ashes are distributed during Mass at:  
**8:00 am – 12 noon - 7:00 pm**  
and at a Liturgy of the Word  
[no Holy Communion]  
at 4:30 pm.

**Easter Precept or Easter Duty**

All Catholics are obligated to receive Holy Communion at least once a year, between the 1<sup>st</sup> Sunday of Lent, February 26, and The Most Holy Trinity Sunday, June 4. Those conscious of serious, grave or mortal sin must celebrate the Sacrament of Penance [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 Fridays all year long for **Pro-Life causes** and **world peace**.

**Sunday 'Obligation' Masses:**

**Saturday at 5:00 pm**

**Sunday at 8:00 - 9:30 - 11:30 am**

**Daily Mass during Lent**

**Monday: 7:00 pm (2/27 to 3/20)**

**Monday through Thursday: 8:00 am**

**All should attend Mass at least once a week, even on a weekday, to receive weekly Holy Communion.**

**Food Collection - CRS Rice Bowl**

To help feed the hungry locally and abroad, donate to Catholic Relief Services' Rice Bowl' [CRSB] collections on Ash Wednesday and the 5<sup>th</sup> Sunday of Lent or donate money and/or nonperishable food to our St. Vincent de Paul cart to the right of the main doors. Return **CRSRB** mite boxes, found in the narthex, by Holy Thursday, to the **CRSRB** in the narthex.

**Lenten Reflection**

Spend some time reflecting on your life. Is there anything that you have lost interest in? What has gone to ashes? Prayer? Discipleship? Enthusiasm? Joy? Hope? Trust? Perhaps we need to fast from noise and busyness in order to hear God speaking in the silence. Perhaps we need to fast from television and entertainment in order to hear God in the cries of the poor and the stranger. The Lord says, "Return to me with all your heart!" God pleads for our return. "Now is the acceptable time!" says St. Paul. Don't wait. The gospel gives us the spiritual tools of almsgiving, prayer, and fasting for bringing cold embers back to life.

## Stations of the Cross: Wednesday Evenings

Many parishes pray the Stations of the Cross on the Fridays of Lent. We made the decision to pray them on Wednesday evenings to accommodate those who cannot come on Friday evenings. This will give people more opportunities to experience this rich tradition of the Church. If someone is not able to come on a Wednesday evening they can go to a local parish on a Friday evening. Likewise, people in other parishes can come to our parish on a Wednesday night if they are unable to go on a Friday evening. Many people in our parish like to go to the Knights of Columbus on Friday evenings for the Lenten suppers. This will allow them to do so.

There are many formats for the *Stations of the Cross*. All of them are beautiful. This year Stations will be prayed at 7:00 pm and will be led by:

March 1: Altar Servers

March 8: Religious Education Students

March 15: Holy Innocents Society

March 22: Altar Rosary Society

March 29: Our Deacons

Good Friday—April 7: Living Stations by our Youth Group

On Wednesday of Holy Week, we will not have Stations of the Cross. Our Youth Group will perform the Living Stations on Good Friday at 7:00 pm directed by Deacon Fred Ebenau. This has always been well received. Our young people do a wonderful job in making the Stations come alive for us. Come to support them and be spiritually touched. As we pray the stations either privately or in community, let us reflect on how we, the *Body of Christ*, must die and rise to new life each day!

### The Sacrament of Penance [Reconciliation or Confession]

We can enjoy the *primary* sacramental experience of God's mercy by confessing our sins. While only all *mortal* sins *must* be confessed, this *Rite's* sacramental grace also washes away all lesser, venial sins. And a spiritual '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*. Throughout *Lent* we will print a variety of *Examinations of Conscience* in the bulletin to assist you in preparing for *Confession*, which we will do as we did last *Advent*:

## LENTEN CONFESSIONS

FRIDAY - MARCH 31 - 5:30 -7:00 pm

During Lent, like last year, confessions will not be heard on Saturdays.

Confessions will be heard on Monday evenings (2/27, 3/ 6, 13 & 20) at 6:15 followed by Mass at 7:00 pm.

## LENTEN FAITH ENRICHMENT AT SJM

On Tuesday evenings during Lent at 7:00 pm various topics will be presented for your faith enrichment. The topics will usually be about 30 minutes long, but no longer than an hour. Follow the bulletin for the dates, the topics and the presenters.

### 2023 Catholic Annual Appeal 'CAA' during the Three-Year National Eucharistic Revival: 'Renewed and Sent on Mission by the Eucharist'

As noted in the start of this *Lenten insert*, we are in a three-year *National Eucharistic Revival*, which is intended to help us better appreciate, understand, and celebrate the *Eucharist*. We are truly transformed by the *Gift of Jesus Himself* in the *Eucharist* - a transformation that becomes visibly tangible in our concern for and outreach to others. The diocesan website heralds all that the *BAA* provides: [www.dioceseoftrenton.org](http://www.dioceseoftrenton.org). You will be hearing more about the appeal. Please be as generous as your means permit.

## Palm Sunday of the Lord's Passion April 2

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: 8:00 am - 9:30 am - 11:30 am**

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—Wednesday of Holy Week

Daily Mass at 8:00 am

Chrism Mass on Monday, April 3 – 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 *Cathedral* for this ancient rite. Pray for our *Priests!*

### Holy Thursday Morning - April 6

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." [Ceremonial of Bishops # 295]

## Holy Thursday - April 6

To begin the Transfer of the Blessed Sacrament at the end of Holy Thursday's Mass of the Lord's Supper, the Eucharist is revered with incense and then carried, covered with a humeral veil, through the church, and into the Place of Repose

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 our call to continue His work in *Christian Service*. 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 *CRS Rice Bowl*, and 'watching one hour' with the Lord at the *Place of Repose* through *Night Prayer* and then until *Good Friday's 3 PM Service*.

### Holy Thursday Services

Morning Prayer 9:00 am

Mass of the Lord's Supper 7:00 pm

Night Prayer 10:15 pm

Keeping Watch in the Presence  
of the Blessed Sacrament

"When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour?" Matthew 26:40

## Good Friday - April 7

The Cross which is in the narthex during Lent is brought into the church during Good Friday's Service. After all adore it, it is carried to all unable to come to it; then it is affixed in the Sanctuary for the Stations of the Cross. Throughout Eastertime, it reigns in the garden which is in the narthex as a promise that all who die with Christ will live with Christ forever!

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*, the *Main Celebration of the Passion of*

*the Lord* and the annual *'Living Stations'* performed and delivered by our Youth Group. *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	7:00 pm

## Holy Saturday - April 8

Ancient tradition prohibits *holy Mass* on 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/ RCIA Rites and Easter Food Blessing	9:00 am
Easter Vigil Mass	7:00 pm

## The Easter Vigil in the Holy Night April 8 - 7:00 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 in the Holy Night Mass*, the climax of the liturgical year, which begins at *7:00 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, our newest members share *Eucharist* with us for the first time. We renew our pledge to become *Eucharist* by being *Christ's Risen* presence in our world.

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

## Easter Sunday - April 9

*Alleluia! Alleluia! Alleluia!*

*Easter Masses*

Saturday Easter Vigil: *7:00 pm*

Easter Sunday:

*8:00 am - 9:30 am*

*11:30 am*

*Two catechumens will receive the Sacraments of Initiation at the Easter Vigil this year. Joshua Webber and Fani Chavez Rosas will be received into the Church. The RCIA candidates will receive either Holy Communion and/or Confirmation on Pentecost Sunday. Please pray for these catechumens and candidates. They all have an interesting journey of faith. They are pictured on the picture board. Please keep them in your prayers and welcome them to the Catholic Church and Saint Justin the Martyr Parish. Easter joy continues as our Parish celebrates First Holy Communion for 64 of our children and the Confirmation of 44 of our young people this year.*



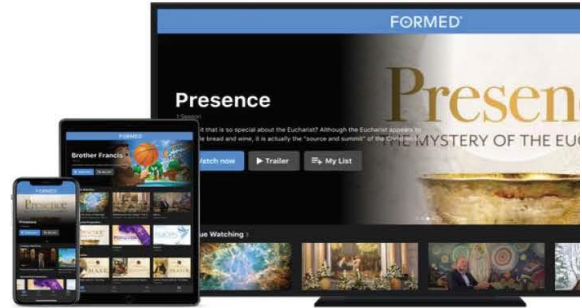
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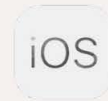
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