

'Pilgrims of Hope' on their Lenten Journey to Easter ... and to Heaven'

Living Lent in the Jubilee Year 2025

Home or business owners and **Parish Administrators** know that upkeep, repair and replacement issues never end. Currently, **Pastors** are also **Administrators**, who must see that all spiritual and temporal items entrusted to them are properly maintained. Many learn the hard way that attention to the seemingly least significant details, preventative measures, taking advantage of professionals who have a keener eye, and similar proactive procedures - saves money. The same is true of our souls. Human weaknesses, quirks, and thoughtlessness easily lead to bad habits, which can become venial sins, which can fester into mortal sins. So, we must be attentive to the condition of our soul, not just our home, business and parish.

**CLEAN OUT THE JUNK.** The holy season of **Lent** - and the spiritual events of a **Holy** or **Jubilee Year** - help us get our souls into tiptop shape. 5 sets of **Examinations of Conscience** [each week's bulletin will have one] can prepare us to seek **God's pardon** and **peace** in the **Sacrament of Penance**. Purged of all sin, we can make room for **God's** grace. **How** and **when** to celebrate this **Sacrament of Healing** are listed in this insert.

**CHECK THE FOUNDATION.** **Jesus** warned that a house built on sand will collapse and be ruined. [Cf: **Matthew 7:24-27**] This insert lists many sources, at the **Parish** and online, that can deepen and develop your **Faith**. **Lent's** pious practices of **prayer**, **fasting** and **almsgiving** can also help. There are many ways to fortify your foundation: **Eucharistic Adoration** or simply '**making a visit**;' **Stations of the Cross**; **receiving Eucharist** each day; donating to the **Bishop's Annual Appeal**, **CRS Rice Bowl** [mite boxes are available in the narthex], our **Food Pantry cart**, a poor box - or doing any loving deed.

**CHECK THE STRUCTURAL STABILITY.** **Sacraments** and the venerable **Lenten devotions** not only build a firm foundation - they also attune our mind and heart to keep us firm in our **Faith**.

**DO YOU HAVE INSURANCE?** One of the most misunderstood aspects of **Catholicism** is **indulgences**. They are based on **Christ's** commission of **Peter** and the other **Apostles** [our first **Pope** and **Bishops**] to **bind** or to **loose** all that that **may** - or may **not** - help us get through the **Gates** entrusted to **Saint Peter**. So, the **Church** has the right - and the duty - to declare what is best - and what is not good - for our spiritual life.

At one time, most **American Catholics** were barely literate, with scant formal education, and spoke little, if any, **English**. Most were immigrants, trying to blend into their new home, working day and night - with no time for faith formation or reading bulletin articles! So, things like **indulgences** were explained very simply: performing pious acts, taking part in certain **Rites**, saying special prayers, visiting designated **Shrines** or holy places, etc., freed you from a set number of days in **Purgatory** and the **punishment** due from the sins we confess and for which we receive **absolution**.

Here's an often-used analogy that can help explain **indulgences**. If I break your window, and ask you to forgive me, you may or may not do so. [**God always forgives truly repentant sinners!**] But even if, like **God**, you do forgive me, that broken window must still be replaced, and there's a cost involved. You could ask me to cough up the money or tell me not to worry about it and pay for it yourself. IN A WAY [for all analogies 'limp'], that is what an **indulgence** does: it 'pays for' some of the punishment we deserve and damage we caused by our **forgiven sins**. So, indulgences are like 'insurance' that 'covers' the 'expenses' we incur in the sinful storms of life. I will say more in a future bulletin article on **Indulgences**.

With my hope that we will all use this **Lent** to upkeep, repair and replace whatever our bodies and souls need to face the **Ultimate Building Inspector** - **God** - when he calls us from our temporary earthly home and, **God** willing, into our eternal heavenly home. **Happy Lent!**

Reverend Mark A. Kreder

Tuesday, March 11, 2025

7:00pm in the church

Colleen Kelly Raynor

will be presenting



## A LENTEN RETREAT/ MISSION FOR THE PARISH

### “HOPE”

In keeping with the Jubilee Year 2025 theme,

“We are Pilgrims of Hope.”

“Colleen is a dynamic speaker that engages her audience and gets them involved in the retreat. She strives to create an experience that allows Jesus to touch the hearts of each person in the room through her words.” GOOD WILL OFFERING



### Ash Wednesday March 5

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, March 9*, and *The Most Holy Trinity Sunday, June 15*. 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 (3/10 to 3/31)

Monday through Thursday: 8:00 am

The Sunday obligation is mandatory, but also try to attend a weekday Mass, if possible, to receive Holy Communion.

### Food Collection - CRS Rice Bowl

To help feed the hungry locally and abroad, donate to *Catholic Relief Services’ Rice Bowl’ [CRSRB]*, 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* box 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 12: Holy Innocents Society

March 19: Religious Education Students

March 26: Altar Rosary Society

April 2: Altar Servers

April 9: Men's Faith Group/HNS, OCIA

Good Friday—April 18: Living Stations by our Youth Group

When we do pray the Stations of the Cross, we can also connect them with the baptismal character of Lent if we place the stations themselves in the context of the whole paschal mystery. In Baptism we are plunged into the mystery of Christ's death and resurrection, and our baptismal commitment includes a willingness to give our life for others as Jesus did. Recalling his passion and death can remind us that we, too, may be called to suffer in order to be faithful to the call of God.

The liturgy never focuses on the death of Christ without recalling his resurrection. The resurrection is an integral part of the paschal mystery.

### 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*, as we did last *Advent*:

## LENTEN CONFESSIONS

FRIDAY – APRIL 4 - 5:30 -7:00 pm

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

Confessions will be heard on Monday evenings (3/10, 3/17, 3/24, 3/31) at 6:15 followed by Mass at 7:00 pm.

## TUESDAY EVENINGS AT SJM

On Tuesday evenings during Lent at 7:00 pm we will have Eucharistic Adoration till 8:00 pm.

"A Holy Hour of adoration before the Most Blessed Sacrament opens up the floodgates of God's merciful Love upon the world." (St. Teresa of Calcutta)

### 2025 Catholic Annual Appeal 'CAA' 'Fan the Flame of HOPE'

The Catholic Annual Appeal has begun. Our parish goal this year is \$67,000. Due to your generosity, we have always met and exceeded our goal. When we do so, money is returned to the parish. This year, we received a rebate of \$13,572. If you missed the Bishop's Appeal video, there is a link to it on our parish website. The video highlights all that the CAA provides as an outreach to the community and the less fortunate—both spiritually and materially. Please support the CAA, as I personally do, as generously as your means allow, for it also supports Saint Justin Parish. And please keep in prayer our Bishop and all the clergy of our Diocese and be assured of our prayers for you.

## Palm Sunday of the Lord's Passion April 13

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: 7:45 am - 9:30 am - 11:30**

**[PLEASE NOTE 8:00 MASS STARTS  
15 MINUTES EARLIER]**

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 14—7:30pm

*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 17

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 17

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 18

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

<i>Morning Prayer</i>	9:00 am
<i>The Passion of the Lord</i>	3:00 pm
<i>Stations of the Cross</i>	7:00 pm

## Holy Saturday - April 19

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/ OCIA Rites and Easter Food Blessing	9:00 am
Easter Vigil Mass	7:30 pm

## The Easter Vigil in the Holy Night April 19 - 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 in the Holy Night Mass*, 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, 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 7:30 pm!

## Easter Sunday - April 20

NOTE THE FIRST MASS DIFFERENT STARTING TIME!

*Easter Masses*

Saturday Easter Vigil: 7:30 pm

Easter Sunday:

7:45 am - 9:30 am

11:30 am

*Two catechumens* will receive the *Sacraments of Initiation* at the *Easter Vigil* this year.

The *OCIA candidates* will receive either *Holy Communion* and/or *Confirmation* on *Pentecost Sunday*. Please pray for our *catechumens* and *candidates*. They all have an interesting journey of faith. They are pictured in the narthex. 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 61 of our children and the *Confirmation* of 37 of our young people this year.



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