

Sacred Heart Catholic Church

FIDE

Heart & Soul

Monthly Catechetical Resource

LENT

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Introduction

Welcome to the 8th issue of this year's *Heart & Soul: Monthly Catechetical Resource*! In this month we will be learning about the season of Lent. As mentioned in our last issue, these Heart and Soul booklets will be directed towards teens and adults. To help you educate and talk to your children about the faith, please refer to Heart and Soul Lessons which you can find in the back of the Church or by asking EJ Cerdeiras to email it to you. EJ's email is ecerdeiras@shcatholic.org.

In this issue of *Heart and Soul* you will find my "Top 3 Resources" to refresh your memory on what Lent is. From there we will explore the Church's teachings Lent as well as what the three practices of Lent are, and what the saints have to say about Lent. As usual, there will be a resource page (to explore the topic further if you wish), a page of feast days and how to celebrate them, and an events page. Lastly, as always, your SAP and I, the Director of Evangelization (EJ), are at your service. Feel free to contact EJ Cerdeiras if you have any questions about the season of Lent. Enjoy!



LENT

EJ's Top 3 Resources to Refresh Your Knowledge on Lent

READ - Read an article that explains what Lent is and how we practice it (5min)

Link: Article [HERE](#)

QR CODE:



WATCH - Watch Fr. Mike Schmitz explain the purpose of Lent (7min, on YouTube).

Link: Video [HERE](#)

QR Code:



LISTEN - Listen to this series by Sr. Miriam James Heidland as she speaks about the different parts of Lent. To access Formed.org, refer to text box to the right.

Link: Series [HERE](#)

QR Code:



****If you aren't already signed up for FORMED, you can sign up for free using our parish code! Just go to FORMED.ORG, click "Sign Up," and enter our parish zip code (28147).**



Lent begins on Ash Wednesday where we are reminded of our origin of being created out of dust, as well as our death in that we will return to dust. Lent ends on Holy Thursday which is the night of the Last Supper as well as when Jesus was handed over to be crucified.

What is Lent?

Lent is a 46 (40 days excluding Sundays) day period in which we prepare for Christ's passion, death, and resurrection (Easter). Right after Jesus was Baptized by John in the Jordan River He went to the desert to pray and fast for 40 days and 40 nights in order to prepare for His ministry and mission. There He was tempted by the devil, but was able to overcome those temptations (read Matt. 4:1-11 for full account). During Lent, we accompany Jesus through His suffering so that we can learn to share in His passion, death, and resurrection.

Therefore, during the season of Lent, the Church calls us to practice prayer, fasting, and almsgiving so we can draw closer to Christ and be reminded of our goal to share in His resurrection by overcoming the temptations of this world. To do this, Lent also calls us to repentance so we can work on ridding ourselves of the things that keep us from



The Three Marks of Lent

As mentioned on page 5, during Lent we participate in three practices that invite us to follow in the footsteps of Christ and grow closer to Him. These practices are prayer, fasting, and almsgiving. Let's break these three practices down.

Prayer

Prayer is how we communicate with God. It involves both speaking and listening to God so we can grow deeper in our relationship with Him. There are 5 common forms of prayer that we can participate in:

- 1) **Petition**, which is when we ask God for things we may need.
- 2) **Thanksgiving**, where we thank God for the things we have.
- 3) **Intercession**, where we pray for others.
- 4) **Worship**, where we adore God mainly through Mass as well as moral actions.
- 5) **Praise**, where we recognize God for His glorious majesty.

During Lent we are called in increase our prayer life so we can grow deeper in our relationship with God and come to know Him more and experience His love at a deeper level.

Fasting

Fasting is when we remove a good from our life for a certain period of time. This is an ancient Christian practice which continues today. It is important to note that fasting without prayer is just a diet, so it is important that we increase prayer when we fast. Here are 5 reasons why Catholics fast:

- 1) By removing a good from our life we free up more time for God in prayer, or we can replace that good with prayer.
- 2) By removing a good we become more dependent on God. For instance, if you are fasting from a certain food that you desire, you will need God's help to avoid giving into the temptation of eating that food.
- 3) By fasting we become more free. What this means is that we can become a slave to our appetites, so by fasting we learn to break free from the control of our appetites. For example, if I have a problem of not getting up when my alarm goes off, then I am a slave to my desire to sleep longer. However, if I fast from sleeping in, I learn to control by desires which frees me from them.
- 4) By fasting we can merit for our selves and others. What this means is we can offer the discomfort of our fasting to God for certain intention. For instance, fasting from meat is hard for me, but I can offer my suffering to God to help someone who is suffering more than I am.
- 5) By fasting we share in the sufferings of Christ which will help us on our journey to share in His resurrection.

Almsgiving

Almsgiving is the practice of giving to those in need. In Matthew 25: 35-40, Jesus tells those gathered there that when you give to those in need you give to Him. By doing charitable works we are growing closer to God because we are following in His path and listening to His teachings. Likewise, we are caring for our brothers and sisters who, along with ourselves, are His most precious creation.

During Lent we focus on the practice of almsgiving so we can better our habit of being charitable and following God's call to care for one another. Almsgiving can be practice by donating money, food, clothes, or your time to those in need.

What are the Fasting Rules for Lent?

As Catholic we are required by the Church to live out certain precepts so that we can remain practicing Catholics and grow in holiness. Among these precepts is fasting during Lent. Below are the current rules that the Church prescribes in order to remain a practicing Catholic and live a life that is pursuing holiness.

- **On Ash Wednesday and Good Friday Catholics are obligated to fast.**
 - ◇ **Fasting** = Eating one full meal plus two smaller meals that do not equal to one full meal.
 - ◇ **The following identifies those who are exempt from fasting:**
 - Mothers who are pregnant or nursing
 - Those who are mentally or physically ill
 - Those who are under the age of 18
 - Those who are 60 or older
- **On every Friday throughout the duration of Lent, Catholics are obligated abstain from eating meat.**
 - ◇ **Abstaining** = not eating meat or meat products on Friday (different from fasting in that you are not eating less, you are just removing one thing for a certain period).
 - ◇ ****Fish is permitted**
 - ◇ **The follow identifies those who are exempt abstaining:**
 - Mothers who are pregnant or nursing
 - Those who are mentally or physically ill
 - Those who are under the age of 14



What do the Saints Say About Lent?

**Below are some quotes from saints
about the season of Lent:**

“If you suffer with Him, you will reign with Him. If you cry with Him, you will have joy with Him. If you die with Him on the Cross of tribulation, you will possess the eternal dwelling place in the splendor of the saints. And your name, written in the Book of Life, will be glorious among men.”

- **St. Clare of Assisi**

“As Lent is the time for greater love, listen to Jesus’ thirst...He knows your weakness. He wants only your love, wants only the chance to love you.”

- **St. Teresa of Calcutta**

“Fasting cleanses the soul, raises the mind, subjects one’s flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity. Enter again into yourself.”

- **St. Augustine of Hippo**



“Let us set out with trust on our Lenten journey, sustained by fervent prayer, penance and concern for those in need. In particular, may this Lent be a time of ever greater concern for the needs of children, in our own families and in society as a whole: for they are the future of humanity.”

- **St. John Paul II**

"Lenten practices of giving up pleasures are good reminders that the purpose of life is not pleasure. The purpose of life is to attain to perfect life, all truth and undying ecstatic love – which is the definition of God. In pursuing that goal we find happiness. Pleasure is not the purpose of anything; pleasure is a by-product resulting from doing something that is good. One of the best ways to get happiness and pleasure out of life is to ask ourselves, 'How can I please God?'

- **Fulton Sheen** (Not a saint, but very well respected in the Church)

Resources for Lent

Videos/Articles On Lent

- [The History of Lent](#)
- [Hallow: What is Lent and How is it Different?](#)
- [What is Lent and Commonly asked Questions about Lent](#)
- [Fr. Mike Schmitz– The Purpose of Lent](#)
- [Fr. Mike Schmitz - How to Prepare for Lent](#)
- [Bishop Barron on Lent](#)

Books for Lent

- [The Essential Lenten Handbook - A Daily Companion](#)
- [What Jesus Saw From The Cross & 33 Years in the Holy Land: What Jesus Saw From Bethlehem to Golgotha](#)
- [The Pieta Prayer Book](#)
- [Making a Holy Lent - 40 Meditations To Prepare You For The Church's Holi-est Season](#)

Lent Resources for Teens

- [Fr. Mike Schmitz– The Purpose of Lent](#)
- [Fr. Mike Schmitz - How to Prepare for Lent](#)
- [Bishop Barron on Lent](#)
- [Lent | Catholic Central](#)
- [Lent: One Day at a Time for Catholic Teens](#)
- [RESTORE: GUIDED LENT JOURNAL FOR PRAYER AND MEDITATION](#)

Resources on Fasting

- [The Lenten Cookbook](#)
- [Why do Catholics Fast? \(article\)](#)
- [Why the Purpose of Fasting is Freedom \(article\)](#)
- [The Spiritual Reason for Fasting \(video\)](#)
- [Fr. Mike Schmitz - 4 Reasons for Fasting \(video\)](#)
- [Catholic Fasting \(Video\)](#)

Resources for Prayer

- [Hollow - Prayers for Lent + Stations of the Cross](#)
- [Meditations of Lent](#)
- [Prayer during Lent \(Video\)](#)
- [Matt Fradd - Prayer of St. Ephrem the Syrian During Lent \(Video\)](#)
- [List of Catholic Prayers](#)
- [How to pray the Rosary](#)
- [The Jesus Prayer \(what it is and how to pray it\)](#)
- [FORMED: Lenten Reflections](#)
- [A Prayer Book of Catholic Devotions](#)
- [St. Ignatius Spiritual Exercise](#)

Resources for Almsgiving

- [Fr. Mike Schmitz - 4 Reasons for Almsgiving](#)
- [A Short Catechism on Almsgiving](#)
- [USCCB List of Organizations to Donate to](#)
- [Catholic Charities](#) (Donation options in the link)
- [MiraVia Ministries](#) (helping pregnant women in college choose life)
- If you would like to find more places to support, or would like to find a service project, please email EJ Cerdeiras at cerdeiras@shcatholic.org

Feast Days and How to Celebrate

Not all feast days of this month will be listed, but if your patron saint is celebrated this month it is encouraged that you celebrate it. If you need assistance in knowing how to celebrate a feast day contact the Director of Evangelization, EJ Cerdeiras (ecerdeiras@shcatholic.org)

- **February 14 - St. Valentine**

- Read About St. Valentine [HERE](#)
- [8 Ways to Celebrate St. Valentine](#)

- **February 22 - The Chair of St. Peter**

- Read about the feast of The Chair of St. Peter [HERE](#)

- **February 22 - Ash Wednesday**

- Read about Ash Wednesday [HERE](#)
- Go to Ash Wednesday Mass and receive ashes

- **February 228 - St. Hilary**

- Read About St. Hilary [HERE](#)
- Pray for Church Unity as a Family

Parish Events in February

Wednesdays of February

Mass/Adoration/Confession

- Mass starts at 5:15, followed by adoration and confession

February 18th

Lenten Mission Night

- Join us for a night of prayer, food, and crafts as we begin our journey of Lent as a parish. The night will begin Mass at 4:30, followed by Adoration/Reflection. Food will then be served at 6:30pm (BBQ). Right after dinner we will begin our family crafts for children to learn more about Lent. ALL ARE WELCOMED!

Throughout February

Podcasts on Lent

- Video podcasts on Lent will be released within the month of February. These podcasts can be found on YouTube. All podcast will be directed toward adults, but will be kid friendly as well.

February 23rd

Catechism Series (3:30pm)

- Fr. Eckert and Michael Becker discuss a section of the Catechism of the Catholic Church (live on FB and YouTube at 3:30pm).

Throughout February

FIDE Questions Podcast

- During the month of February, email EJ at ecerdeiras@shcatholic.org with any questions you may have about the Catholic faith, and he will answer them in short podcast videos (if you wish for your question to be anonymous, please indicate so in your email).

What to Expect in September

Heart & Soul Topic for March: Virtue

- What is Virtue?
- Why is it important to the Christian life?
- How can you obtain virtue?
- Resources virtue
- And more!

Events in March

- First Saturday: March 4th
- Every Wednesday in March: Mass/Adoration/Confession starting with Mass at 5:15pm.
- Podcasts Discussing Virtue: Throughout March
- Catechism Series: March 30th @3:30pm
- FIDE Questions Podcast: Throughout March

For more information, and to access hyperlinks, scan the QR code on the bottom right, or follow the instructions below to get access on our website:

salisburycatholic.org → *FIDE* → *Heart and Soul: Monthly Catechetical Resource*



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