

# March

## Family Catechesis

### MONTH OF ST. JOSEPH

March 2024

## March

### Lent

- 6- St. Joseph Stringtown 6:30pm [CYM]
- 6- *Confirmation Check-In*
- 6- *First Eucharist Check-In*
- 24- Palm Sunday
- 24-30 Holy Week/Triduum
- 31- *Easter Sunday*

## April

### Divine Mercy

- 3-Holy Cross 6:30 pm
- 3- *Confirmation Check-In*
- 3-*First Eucharist Check In & Practice*  
*Confirmation Practice (t.b.d.)*
- 12- *Confirmation 5:00 pm St. Joseph Olney*
- 27/28- *First Eucharist Weekend*

## Live LENT

*Live Your Catholic Faith*

Say out loud everyday

No one will Rise from the dead who has not *First Died with Jesus!*

Ask yourself this daily

What do I need to have **die** within me? so that I will **rise** with Jesus!

# Catholic Faith Focus

## Holy Week

The week between Palm Sunday and Easter Sunday, Holy Week, is the most sacred time of year. During this special time, we enter into the passion of Christ — his crucifixion, death and resurrection — through liturgical celebration and personal conversion. While the season of Lent is a very important time in the Church, it is helpful to remember that our Lenten practices (prayer, fasting and almsgiving) are meant as preparation for the three days of the Triduum.

### What Is the Triduum?

The three days of the Triduum are counted as the Hebrews counted their days, from dusk to dusk. Lent officially ends and the Triduum begins at dusk on Holy Thursday and continues through dusk on Easter Sunday. Because we cannot separate Jesus' death from his resurrection, the Church teaches that the Triduum is really one celebration that lasts for three days. However, in the liturgy, each day has its unique qualities and different focuses.

### Holy Thursday

*So when he had washed their feet [and] put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you?" ~ John 13:12*

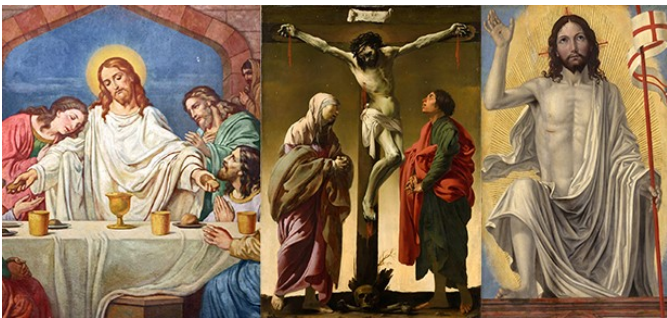
The evening Mass on Holy Thursday begins the Sacred Triduum. On this night we remember the Last Supper and celebrate the institution of the Eucharist and the Sacrament of Holy Orders. At the end of the liturgy, the sanctuary is stripped clean in preparation for the most somber of feasts, Good Friday.

**Family Faith Activity:** Talk about how Jesus is really present in holy Communion and how sharing in his body strengthens us to become the Body of Christ and to follow him each day.

### Good Friday

*He said, "It is finished." And bowing his head, he handed over the spirit. ~ John 19:30*

Good Friday is a somber remembrance of Jesus' crucifixion and death on the cross. It is a day of fasting and penance and a time to examine all of the places in our lives where we fail to follow Christ and fall into sin. Good Friday is not merely a commemoration of a historical event; rather, Christ's sacrificial death on the cross, along with his glorious resurrection, comprise the heart of the Christian faith.



Good Friday is not a Mass; holy Communion that is distributed had been consecrated on Holy Thursday and kept in the tabernacle for adoration. Also, many parishes offer Stations of the Cross on Good Friday.

**Family Faith Activity:** Pray the Lord's Prayer at bedtime on this night in remembrance of Christ's gift for all of salvation.

## Easter Vigil

Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there. ~ John 19:41-42

The Easter Vigil is the restoration of the early Church's tradition as the great celebration of adult baptism and confirmation. It is the high point in the liturgical year. The vigil begins in darkness (usually outside) and the long procession of candlelight that enlivens the church reminds us that Jesus is the light of the world who has conquered all darkness and death. The Paschal candle that is lit at the Easter Vigil will remain in the church throughout the year as a sign of Christ's death and resurrection.

**Family Faith Activity:** During the day on Holy Saturday, spend some time as a family talking about the Paschal Mystery — Jesus' crucifixion, death and resurrection. Take a walk around your neighborhood looking for signs of new life in springtime. Talk about how Jesus rising to new life is truly transformative and life-changing. teachingcatholickids.com

## Easter Sunday

Celebrate the risen Lord at Mass with the singing of the Gloria and alleluias, the renewal of baptismal vows, a sprinkling with Easter water and receiving the Eucharist. The time you spend on your Holy Week preparations will make Easter Sunday more meaningful for the whole family!

**Family Faith Activity:** Pray together and Thank Jesus for dying and rising for us+

### *3 Simple Ways to Celebrate Holy Week*

- ◇ Give yourself (and *your family*) the gift of quiet time for prayer and reflection in front of your home altar early in the morning or late at night.
- ◇ Move your crucifix to the front door (or the door you use most) as a remembrance of Jesus' sacrifice on the cross.

During Holy Week, turn off your car radio and pray silently while driving.

# Catholic Faith Focus

## St. Joseph Table



St. Joseph's Table is an expression of gratitude for the simplest things in life, such as a crop of fava beans that grew at a time when the fields were otherwise dry and barren. Sicilians often call fava beans "lucky beans." Those who keep the fava bean in their pantry are said never to run out of food .

The St. Joseph's table itself — also known as an "altar" — is traditionally comprised of three ascending tables, or "steps," representing both the Holy Trinity and the ascent from earth to heaven. At the center of the last and highest table is a statue of St. Joseph or a picture of the Holy Family.

St. Joseph, head of the family directs the family unit to Christ. St. Joseph was a very righteous, humble and just man . He is a great Saint for husbands and sons to develop a devotion to. He is also, the protector of families, and is the terror of demons. Celebrate the Feast Day of St. Joseph on March 19th. St. Joseph, pray for us!

ACT of LOVE

Make a meal for a family in the spirit of St. Joseph

# Family Prayer

St. Joseph,  
watch over me  
and care for me  
just as you cared for  
the child Jesus;  
and by your help,  
may I come to know  
your Son,  
and to grow  
in strength  
and wisdom  
and live in the favor of God.  
Amen.

## March Saints

The saints that we will focus on this month and try to imitate are:

**St. Katharine Drexel** (March 3),  
**St. Casimir** (March 4),  
**Sts. Perpetua and Felicity** (March 7),  
**St. John of God** (March 8),  
**St. Frances of Rome** (March 9)  
**St. Patrick** (March 17),  
**St. Cyril of Jerusalem** (March 18),  
**St. Joseph** (March 19)  
**St. Toribio de Mogrovejo** (March 23)  
**Annunciation of the Lord** (March 25)